



Cairns BikeShed

Activity Calendar

NDIS Program – Monday to Friday

Monday	Tuesday	Wednesday	Thursday	Friday
10am to 12pm	10am to 12pm	10am to 12pm	10am to 12pm	9am to 12pm
10am to 12pm NDIS Welcome to our garden Vitamin D	10am to 12pm Morning Mojo Social Coffee Garden Project Youth Justice	10am to 12pm NDIS Happy Belly Brunch @ The BikeShed Garden Project Youth Justice	10am to 12pm Morning Mojo Social Coffee	9am to 1pm NDIS Members Outdoor Adventure of your choice Black Chicks Talking
12.30pm to 2pm	12.30pm to 2pm	12.30pm to 2pm	12.30pm to 2pm	12.30pm to 2.30pm
12.30pm to 2pm NDIS Cooking up a Storm	12.30pm to 2pm NDIS Mosaic Decorations Craft you can feel	12.30pm to 2pm NDIS Welcome to our Garden	12.30pm to 2pm NDIS Mosaic Decorations Craft you can feel	12.30pm to 2.30pm Cooking and Baking for Mental Health
2.30pm to 5.30pm	2.30pm to 5.30pm	2.30pm to 5.30pm	2.30pm to 5.30pm	2.30pm to 4.30pm
Youth Program Bike Maintenance & Nutritional meal	Youth Program Group Ride & Nutritional meal	Youth Program Bike Maintenance & Nutritional meal	Youth Program Group Ride & Nutritional meal	Black Chicks Talking

ACTIVITIES

Our BikeShed is a place of connection and inclusion; a safe place to meet others and participate in activities that are meaningful to YOU!

Bikes aside, we wish to build an activities calendar based on YOUR interests. *Please let us know what excites you and what you would like to try!! All suggestions welcome.*

WHAT TO BRING

For the Bike Ride please bring your water bottle, wear comfortable clothing and footwear. The outing may include a stop for swimming, so please bring your hat, sunscreen, water bottle, towel and something comfortable for you to wear in the water. Rides will be on a flat terrain and beginner level.

Cairns BikeShed

Morning Mojo – Social Coffee

Find your morning mojo and start the day with a cup of coffee and a chat at the BikeShed! Meet other new members in a relaxed and easy-going space where everyone is welcome!

Bike Maintenance Workshop

Learn all about Bikes, how to maintain your bike with our Bike Technician, Paul! A fun and interactive workshop where you will learn new skills and meet new people all at the same time!

BikeShed Fun

Relax and have fun by taking part in our weekly Pool, Darts and Table Tennis Fun!

Sculpturing, Painting and Art

Participate in creating your artistic talents sculpting, painting and art.

Mosaic Decorations; Craft You Can Feel

Stimulate your senses with our craft time! Try your hand at creating a masterpiece through mosaic decorating.

Cooking Up a Storm

Taste the flavours of the world, arouse your tastebuds by trying something new or create an old favourite.

Welcome to Our Garden

Relax and have fun by taking part in Our Garden! Get your hands dirty, help us design and create a beautiful space.

NDIS Group Ride – Goomburra Park & Ryan Wear Park

- ❖ Meet at the BikeShed @ 9.30am for a 10am departure.
- ❖ Transport to the bike ride starting point –Goomburra Park & Ryan Wear Park.
- ❖ Enjoy a relaxing ride while taking in the serenity of these amazing locations.
- ❖ Transport back to the BikeShed.
- ❖ 12pm -12.30pm unload trailer and clean up.

For more information contact BikeShedCairns@selectability.com.au

