



Program timetable 1 January – 5 January 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	9:30am – 11:30am Public holiday New Year's Day	9:30am – 11:30am Affirmation boards Activity boards/therapy colouring	9.30am – 11.30am Park walk Bingo Activity boards/therapy colouring	9:30am – 11:30am Origami Activity boards/therapy colouring	9:30am – 11:30am Puzzles Activity boards/therapy colouring
	LUNCH 12.00pm – 12.30pm \$5 lunches for sale in the Clubhouse	LUNCH 12.00pm – 12.30pm \$5 lunches for sale in the Clubhouse Spaghetti bolognese	LUNCH 12.00pm – 12.30pm \$5 lunches for sale in the Clubhouse Butter chicken and rice	LUNCH 12.00pm – 12.30pm \$5 lunches for sale in the Clubhouse Pizza	LUNCH 12.00pm – 1.00pm \$5 lunches for sale in the Clubhouse Honey mustard chicken and rice
Afternoon	1.00pm – 3.00pm Public holiday New Year's Day	1.00pm – 3.00pm Movie and ice cream	1.00pm – 3.00pm Baking cupcakes	1.00pm – 3.00pm Puzzles	1.00pm – 3.00pm Board games



Program timetable 8 January – 12 January 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	9:30am – 11:30am Elevate with Riley Candy	9:30am – 11:30am Diamond dots Master art piece	9.30am – 11.30am Park walk	9:30am – 11:30am Bake up a storm with cookie making	9:30am – 11:30am Puzzles Fishing with Life Coach
	LUNCH 12.00pm – 12.30pm \$5 lunches for sale in the Clubhouse Toasted sandwiches/wraps	LUNCH 12.00pm – 12.30pm \$5 lunches for sale in the Clubhouse Spaghetti bolognese	LUNCH 12.00pm – 12.30pm \$5 lunches for sale in the Clubhouse Butter chicken and rice	LUNCH 12.00pm – 12.30pm \$5 lunches for sale in the Clubhouse Pizza	LUNCH 12.00pm – 1.00pm \$5 lunches for sale in the Clubhouse Honey mustard chicken and rice
Afternoon	1.00pm – 3.00pm Diamond dots Master art piece	1.00pm – 3.00pm Cook a meal for home with Life Coach	1.00pm – 3.00pm Diamond dots Master art piece	1.00pm – 3.00pm Giving back to our community	1.00pm – 3.00pm Afternoon spent in the park



Program timetable 15 January – 19 January 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	9:30am – 11:30am Elevate with Riley Candy	9:30am – 11:30am Consumers meeting (10am) (February's activities, what's running smoothly and what's not, improvements canteen, lunches) Arts and craft	9.30am – 11.30am Park walk Creative space- create a masterpiece to hang, wear or take home	9:30am – 11:30am Bake up a storm with cookie making	9:30am – 11:30am Puzzles Fishing with Life Coach
	LUNCH 12.00pm – 12.30pm \$5 lunches for sale in the Clubhouse Toasted sandwiches/wraps	LUNCH 12.00pm – 12.30pm \$5 lunches for sale in the Clubhouse Spaghetti bolognese	LUNCH 12.00pm – 12.30pm \$5 lunches for sale in the Clubhouse Butter chicken and rice	LUNCH 12.00pm – 12.30pm \$5 lunches for sale in the Clubhouse Pizza	LUNCH 12.00pm – 1.00 pm Lunch at Enterprise
Afternoon	1.00pm – 3.00pm Creative space- create a masterpiece to hang, wear or take home	1.00pm – 3.00pm Cook a meal for home with Life Coach	1.00pm – 3.00pm Drumming circle Music session	1.00pm – 3.00pm Giving back to our community	1.00pm – 3.00pm Card games afternoon



Program timetable 22 January – 26 January 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	9:30am – 11:30am Elevate with Riley Candy	9:30am – 11:30am Arts and craft Diamond dots Australia Day crosswords	9.30am – 11.30am Park walk Australia Day activities	9:30am – 11:30am Bake up a storm with cookie making Australia Day cookies	9:30am – 11:30am Australia Day Public holiday CLOSED
	LUNCH 12.00pm – 12.30pm \$5 lunches for sale in the Clubhouse Toasted sandwiches/wraps	LUNCH 12.00pm – 12.30pm \$5 lunches for sale in the Clubhouse Spaghetti bolognese	LUNCH 12.00pm – 12.30pm \$5 lunches for sale in the Clubhouse Butter chicken and rice	LUNCH 12.00pm – 12.30pm \$5 lunches for sale in the Clubhouse Pizza	LUNCH 12.00pm – 1.00pm Australia Day Public holiday CLOSED
Afternoon	1.00pm – 3.00pm Australia Day activities	1.00pm – 3.00pm Cook a meal for home with Life Coach	1.00pm – 3.00pm Cricket in the park	1.00pm – 3.00pm Giving back to our community, donate to the cricket teams in town for ashes	1.00pm – 3.00pm Australia Day Public holiday CLOSED



Program timetable 29 January – 2 February 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	9:30am – 11:30am Elevate with Riley Candy	9:30am – 11:30am Pool competition	9.30am – 11.30am Park walk	9:30am – 11:30am Bake up a storm with cookie making	9:30am – 11:30am Morning swimming at town pool
	LUNCH 12.00pm – 12.30pm \$5 lunches for sale in the Clubhouse Toasted sandwiches/wraps	LUNCH 12.00pm – 12.30pm \$5 lunches for sale in the Clubhouse Spaghetti bolognese	LUNCH 12.00pm – 12.30pm \$5 lunches for sale in the Clubhouse Butter chicken and rice	LUNCH 12.00pm – 12.30pm \$5 lunches for sale in the Clubhouse Pizza	LUNCH 12.00pm – 1.00pm \$5 lunches for sale in the Clubhouse
Afternoon	1.00pm – 3.00pm Darts competition	1.00pm – 3.00pm Cook a meal for home with Life Coach	1.00pm – 3.00pm Afternoon swimming at town pool	1.00pm – 3.00pm Giving back to our community	1.00pm – 3.00pm Relax watching a movie

Group overview

ELEVATE - with Riley Candy

A group to learn about how to look after ourselves, balance / stretching / setting healthy goals /staying happy, healthy and alive, a fun non-judgemental and friendly group environment.

Social and wellness workshops

Social and emotional health is a vital part of overall good health and wellbeing – it is just as important as maintaining good physical health. In this group you will learn the skills to be more aware of your own social and emotional health and how it can help you to better manage stress and deal with life's challenges. It can also help you to have more meaningful relationships that bring you joy.

Journaling, sewing and craft groups – with Sharon

A fun social group where you can try your skills of sewing with a sewing machine or hand sew. All supervised and sewing lessons available. Making lots of creative pieces to take home or give to your family and friends for gifts, while having learned a new skill and having fun in a non-judgemental and friendly group environment.

Cooking

Get hands-on in the kitchen and learn how to make some of your favourite *easy-to-make* meals. All recipes will be available for you to take home.

Art therapy

Get creative with this session. Art can be a beneficial practice to help reduce stress, boost mindfulness and help you find your flow. With a variety of mediums and techniques to create artwork that reflects your interest.

Healthy harmonies music and karaoke sessions

Let your heart sing / or play the instrument of your choice, in the comfort of a supportive group environment. With the aim to simply have fun! No experience is necessary and we welcome people of all singing abilities.

Baking up a storm

With the weekend upon us join in some fun cooking – catch up with mates or make new friends while joining in on the baking of a treat.

Gracious growers

Boost your mood and reduce stress with our gardening group. Build some positive connections and share or learn some tips to help your home garden thrive. At clubhouse we eat what we grow, learn about seasonal gardening and how to go from garden to plate.– catch up with mates or make new friends while joining in on the gardening Group.

Markets group

A fun social group where you can relax, get creative, learn how to run market stalls and sell items made in the clubhouse, gaining knowledge on how to handle money, customer service and setting up a stall, while having some fun in a non-judgemental and friendly group environment.

Wise recycling group

Get hands on and help us recycle in the Clubhouse, help reduce waste, being mindful full of our environment. Collecting cans from around Charters Towers that have been donated to the Clubhouse.

Bus transport available to Clubhouse Members to and from Clubhouse ONLY - Monday to Friday Pick up 9.30am & 1.00pm - Drop off 11:30am & 3:30pm daily

Please let staff know the day before to organise your transport lifts to Clubhouse activities or phone 47 878 642