




BOWEN CLUBHOUSE

Program Timetable | 26 February – 1 March 2024

Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 01
<p>9:00am-11:00am Follow Your Art</p> <p>Grocery Shopping for Clubhouse</p>	<p>8:30am – 14:30pm Sailability Airlie Beach - \$14 With Lunch and Drinks</p> <p>9:00am - 11:00am DIY - Bracelets</p>	<p>8:30am - 12:30pm Collinsville - Pool Competition</p> <p>9:00am - 11:00am Sole Train - Jetty</p>	<p>9:00am – 10:00am Soundwaves (Bring your instrument to play)</p> <p>10:00am - 11:00am Karaoke</p>  <p>KARAOKE</p>	<p>9:00am - 10:00am Exercise Angels - Dancing</p> <p>10:00am - 11:00am Fashion Friday – Wear your Most FUN Outfit</p>
<p>Lunch 11:30 - 12:00 pm</p>	<p>Lunch 11:30 - 12:00pm</p>	<p>Lunch 11:30 - 12:00pm</p>	<p>Lunch 11:30 - 12:00 pm</p>	<p>11:00am - 13:00pm Rose Bay BBQ Walk/Swim/Beach Games</p>
<p>12:00pm – 14:00pm Page Turners Book Club</p>	<p>12:00pm - 14:00pm DIY – Coffee Scrub</p>	<p>12:00pm - 14:00pm Reading Circle - How To Process Your Emotions In Healthy, Productive Ways</p>	<p>12:00pm - 14:00pm LYF Class – Cyber Security 101</p>	

*Alternate Program (stand-in program due to weather conditions affecting outdoor activities and/or preference to activity)*

*Clubhouse Pickups – 8:30 am - 9:00 am daily*

*Clubhouse Drop - offs – 11:00 - 11:30 am/14:00 pm - 14:30 pm daily.*



BOWEN CLUBHOUSE

Program Timetable | 4 March – 8 March 2024

Monday 04	Tuesday 05	Wednesday 06	Thursday 07	Friday 08
<b>9:00am - 11:00am</b> Follow Your Art	<b>8:30am - 14:30pm</b> Cannonvale Big 4 - \$15.30 per person  <b>9:00am - 11:00am</b> Craft Connections – Card Making	<b>8:30am - 13:30pm</b> Collinsville – Swimming Pool (BYO Towel, water etc.)  <b>9:00am - 11:00am</b> Coffee and Catch Up	<b>9:00am - 11:00am</b> Soundwaves (Bring your instrument to play)	<b>9:00am - 10:00am</b> Exercise Angels - Yoga  <b>10:00am - 11:00am</b> International Women’s Day Morning Tea (Bring a Dish!)
<b>Lunch 11:30 - 12:00pm</b>	<b>Lunch 11:30 - 12:00pm</b>	<b>Lunch 11:30 - 12:00pm</b>	<b>Lunch 11:30 - 12:00 pm</b>	<b>11:00am – 13:00pm</b> Rose Bay BBQ Walk/Swim/Beach Games
<b>12:00pm – 14:00pm</b> Monday Movement – Belly Dancing	<b>12:00pm - 14:00pm</b> Game On - Monopoly	<b>12:00pm - 14:00pm</b> Wellness Wednesday – Core Grounding and Sand Castles	<b>12:00pm - 14:00pm</b> LYF Class – Acai Bowls	

*Alternate Program (stand-in program due to weather conditions affecting outdoor activities and/or preference to activity)*

*Clubhouse Pickups – 8:30 am - 9:00 am daily*

*Clubhouse Drop - offs – 11:00 - 11:30 am/14:00pm - 14:30 pm daily/13:00pm-13:30pm on Friday*

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## BOWEN CLUBHOUSE

### Program Timetable | 11 March - 15 March 2024

Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
<b>9:00am - 10:00am</b> Follow Your Art	<b>8:30am - 14:30pm</b> Mt Inkerman BBQ & Nature Walk  <b>9:00am - 11:00am</b> DIY - Sugar Body Scrub	<b>8:30am - 13:30pm</b> Collinsville - Historical Society Tour (Upstairs Only \$2 pensioners, \$3 normal - Cash Only)  <b>9:00am - 11:00am</b> Sole Train - Jetty	<b>9:00am - 11:00am</b> Soundwaves (Bring your instrument to play)	<b>9:00am - 10:00am</b> Exercise Angels - Dancing  <b>10:00am - 11:00am</b> Ping Pong Competition with Prizes
<b>Lunch 11:30 - 12:00pm</b>	<b>Lunch 11:30 - 12:00pm</b>	<b>Lunch 11:30 - 12:00pm</b>	<b>Lunch 11:30 - 12:00pm</b>	<b>11:00am - 13:00pm</b> Rose Bay BBQ Walk/Swim/Beach Games
<b>12:00pm - 14:00pm</b> Page Turners Book Club	<b>12:00pm - 14:00pm</b> Game on - Uno	<b>12:00pm - 14:00pm</b> Wellness Wednesday - Crossword Puzzles	<b>12:00pm - 14:00pm</b> LYF Class - Lemonade & Infused Water	

**Alternate Program** (stand-in program due to weather conditions affecting outdoor activities and/or preference to activity)

**Clubhouse Pickups** - 8:30 am - 9:00 am daily

**Clubhouse Drop - offs** - 11:00 - 11:30 am/14:00pm - 14:30 pm daily/13:00pm-13:30pm on Fridays

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**selectability**  
mental wellbeing and suicide prevention

# BOWEN CLUBHOUSE

## Program Timetable | 18 March – 22 March 2024

Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
<b>9:00am - 11:00am</b> <b>Follow Your Art</b>	<b>8:30am - 14:30pm</b> Sailability Airlie Beach (\$14 with lunch)  <b>9:00am - 11:00am</b> <b>DIY - Lip Balm</b>	<b>8:30am - 13:30pm</b> Collinsville – Swimming Pool (BYO Towel, water etc.)  <b>9:00am - 11:00am</b> <b>Coffee and Catch Up</b>	<b>9:00am - 11:00am</b> Cores QLD Visit - Self Care and Mental Wellbeing Session (Morning Tea Provided)	<b>9:00am - 10:00am</b> <b>Exercise Angels - Yoga</b>  <b>10:00am - 11:00am</b> <b>Fashion Friday – Wear your Most FUN Outfit with Prizes</b>
<b>Lunch 11:30 - 12:00 pm</b>	<b>Lunch 11:30 - 12:00 pm</b>	<b>Lunch 11:30 - 12:00 pm</b>	<b>Lunch 11:30 - 12:00 pm</b>	<b>11:00am - 13:00pm</b> <b>Rose Bay BBQ Walk/Swim/Beach Games</b>
<b>12:00pm - 14:00 pm</b> <b>Member Muster with Volunteers Catch Up Afterwards</b>	<b>12:00pm - 14:00pm</b> <b>Game On - Chess</b>	<b>12:00pm - 14:00pm</b> <b>Wellness Wednesday – Core Grounding and Sand Castles</b>	<b>12:00pm - 14:00pm</b> <b>Soundwaves (Bring your instrument to play)</b>	

**Alternate Program** (stand-in program due to weather conditions affecting outdoor activities and/or preference to activity)


**Clubhouse Pickups – 8:30 am - 9:00 am daily**

**Clubhouse Drop - offs – 11:00 - 11:30 am/14:00pm - 14:30 pm daily/13:00pm-13:30pm on Fridays**



BOWEN CLUBHOUSE

Program Timetable | 25 March – 29 March 2024

Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
9:00am - 11:00am Follow Your Art	8:30am - 14:30pm Cedar Creek Falls and BBQ  9:00am - 11:00am Craft Connections – Scrap Booking BYO Photos	8:30am - 13:30pm Collinsville - Pool Competition  9:00am - 11:00am Sole Train	9:00am - 11:00am Soundwaves (Bring your instrument to play)	CLOSED FOR PUBLIC HOLIDAY  
Lunch 11:30 - 12:00 pm	Lunch 11:30 - 12:00pm	Lunch 11:30 - 12:00pm	Lunch 11:30 - 12:00 pm	
12:00pm - 14:00pm Page Turners Book Club	12:00pm - 14:00pm Game On - Board Games	12:00pm - 14:00pm Wellness Wednesday – Water Colour Sketches	12:00pm - 14:00pm LYF Class - Scones (Savoury & Sweet)	

Alternate Program (stand-in program due to weather conditions affecting outdoor activities and/or preference to activity)

Clubhouse Pickups – 8:30 am - 9:00 am daily

Clubhouse Drop - offs – 11:00 - 11:30 am/14:00pm - 14:30 pm daily/13:00pm-13:30pm on Fridays



### Follow your Art

Who said Arts & Crafts is boring? We provide a safe environment where we learn about the benefits of self - expression and self - reflection while building our confidence to achieve our goals – inside and outside of the group! This group is very social and welcomes everyone from professional artists to novices and even those who claim they can't draw a stick figure! There is clay, resin supplies, soap making, scrap booking and macramé to choose from. Everyone is welcome to come and *Follow your Art!*

### Monday Movement

Kickstart the week off with some motivational exercise to get that body moving! All fitness levels are encouraged to join!

### Page Turners

Page Turners is for our book fanatics who need a quiet place to come discuss the books they are reading. This space is a dedicated Zen zone to escape between the chapters of our books whether you are chasing dragons, solving crimes or maybe you enjoy autobiographies and true stories. You can meet other book fanatics and have some dedicated literary time to finish that book you haven't finished, or maybe you're chasing some recommendations. It's a proven fact that reading increases self - esteem whilst reducing anxiety and stress so come join our *Book Club!*

### Game On

Do you have a competitive streak, love the thrill of winning? We explore new board games, talk about sport and play video games! Whether you're old school and love scrabble to wanting to play giant size bowling, this group helps channel your inner champion to improve your problem solving skills and building capacity to compete as an individual or part of a team. Either way, everyone is a winner when you leave *Game on!*

### Craft Connection

A safe space to create and connect with your inner creative self as well as with the others around you. There is no limitations to what we can create such as jewellery, pottery, resin craft and macramé. This group welcomes everyone from every skill level and is always welcome to all recommendations for future craft projects which can include group projects in which we can include in our already vibrant atmosphere. Join us and make some new *Craft Connections!*

### Reading Circle

DIY is a great way to learn new skills that can be passed on to everyone! It ranges from body care, health care and even homewares. Come in and get creative!

### Wellness Wednesday

In this group the main goal is to improve mental and general wellness with tips that we can use in our day to day living as well as in the future. Wellness is important as it improves cognitive processing, quality of life and can assist with day to day functioning. Wellness can also assist with creating and maintain healthy personal choices and routine so come and join us on *Wellness Wednesdays!*

### Monthly Musters (General and Men's)

A meeting with all of our valued clubhouse members to discuss ideas for upcoming activities and out of town trips as well as any other suggestions you might have to keep our clubhouse thriving. So, come and have your say at the *Monthly Muster!*

### Core Grounding

Grounding has been proven to assist your connection with your inner self and Mother Nature by reigniting the electrical connection you have with the earth and assist you to refocus on the present moment. It can be as simple as swimming, walking on the beach and getting fresh air. Grounding is also beneficial for reducing feelings of anxiety, stress and mood, so kick off those shoes and come and enjoy some *Core Grounding!*

### Sole Train

Designed for all skill levels, this group will get your body moving and support a healthy lifestyle. This group will help you build social connections, stay active and maintain good mental health while connecting with your environment. This program aims to make you feel safe in a group and aims to help alleviate stress and improve your quality of life by doing low impact activities like beach walking and hiking. Come and join the *Sole Train!*

### LYF Cooking/Class

*LYF (Launch your Future)* is all about empowering you towards the best version of YOU! Learn everyday skills from cooking, budgeting, shopping and gaining confidence to be proactive in planning and making goals for your future!