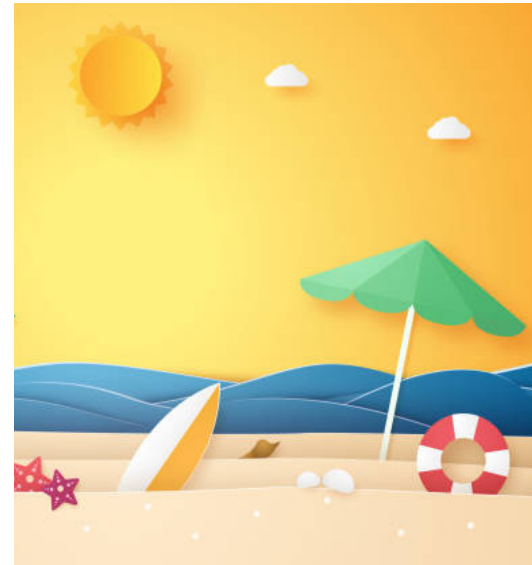




**SUMMER  
DAYS ARE  
FOR FUN**



# SOCIAL AND COMMUNITY PARTICIPATION PROGRAM

January- March 2022 (Summer Edition)

**GO PLACES  
WITH  
LIFEBRIDGE**



**LIFE  
CHANGING  
EXPERIENCES**

FOLLOW US ON SOCIAL MEDIA



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# OUR CURRENT GROUPS



**Monday**

9am to 3pm

## GAMES GROUP

Murwillumbah Community Centre

Start the week by warming up with the Games Group.

Your Quiz Show Host and Games Guru, Catherine will provide you with a delicate balance of indoor and outdoor games.

After all, we all love some fun and games!

## COOKING WITH LINDA

Pottsville Kitchen

Our resident Celebrity Chef Linda is world renowned for her Michelin Star cuisine.

Linda has worked in some of the finest restaurants in the world including New York, Paris, London and Milan.

Let Linda expertly guide you through a 12-week cooking program including menu design, finding the finest local produce, meal preparation, fine dining, safety in the kitchen and enjoying your Michelin Star meal at the end of each day.

**Tuesday**

9am to 3pm

## GET ARTY WITH RACHEL

Pottsville House

Let Rachel, the Pottsville Artist in Residence, guide you through a new and exciting 12-week program of fine arts, water marbling art, card making and build your own lava lamps.

## FISHING WITH LINDA

Community Based

From the many rivers, estuaries, and secret fishing spots of the Tweed Coast Linda will take you to all the fishing hot spots.

Linda has been around these waters for a long time and no one knows them better than her. Enjoy the ultimate experience for those that want to be part of a world class fishing group.

## ACTIVE LIVING

Community Based

Enjoy a rich and exciting day of lifestyle activities including exercise, cultural pursuits, adventure and outings with your Cultural advisor and fearless leader, Greg.

Active Living will boldly go where no one has gone before.

**Wednesday**

9am to 3pm

## LIVING YOUR LIFE

Murwillumbah Community Centre

An eclectic mix of lifestyle activities including cooking, exercise, community and social engagement all aimed at supporting you to meet your individual NDIS goals.

No sitting around here, this is a 12-week program of community access, skill development and Actively Living Your Life!

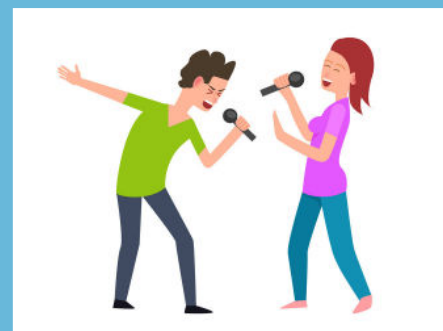
## GIRL POWER

Community Based

Let the Lifebridge Ladies, led by Robbie, show to you all 'How Girls just wanna have fun!'

A healthy mix of gym, movies, bike riding, physical activities and cultural engagement.

# Make the most out of life!



## Thursday

9am to 3pm

### THE SOCIAL CLUB

Community Based

Let the Lifebridge socialites, Toni and Rachel share with you a 12-week program of the arts, sports, fine food, cultural visits and places of interest.

A social club in the finest tradition, not just idol gossip.

### US THE BAND - SINGING, MUSIC AND RHYTHM

Tweed Creative Studios,  
Murwillumbah

As the US the Band has just come off the road after an extensive world tour, US the band take a few weeks off.

Yes, the music continues but why not try our new activity Singing, Music and Rhythm.

Let your multi-talented and multi-instrumentalist tutor, Jannah guide you through a new and eclectic program of dance, singing and rhythm and movement.

## FRIDAY

9am to 3pm

### SPORTS CLUB

Murwillumbah Community Centre

Let your personal trainers Amy, Sam, Linda and Sophie take you through a 12-week workout of sporting activities.

This new program has been meticulously designed with a diverse range of sporting pursuits including golf, lawn bowls, horse riding experience, table tennis, basketball and Rock Hoppers Ramble Walk.

Why not end the week on a healthy and high note at the Friday Sports Group.

Get Physical!

## Weekends

varied times

### WEEKEND ADVENTURES

Community Based

Why not sign up for a range of new activities a little further afield like the Brisbane Museum, Art Galleries, Markets and Cultural events!

### SUNDAY SESSIONS

Community Based

Let the Lifebridge Ladies, led by Robbie, show to you all 'How Girls just wanna have fun!'

A healthy mix of gym, movies, bike riding, physical activities and cultural engagement.

## #ProudToProtect

We are committed to a COVID Safe workplace for our customers, staff and volunteers and have changed the way we do things to make being COVID Safe an essential part of our daily lives.

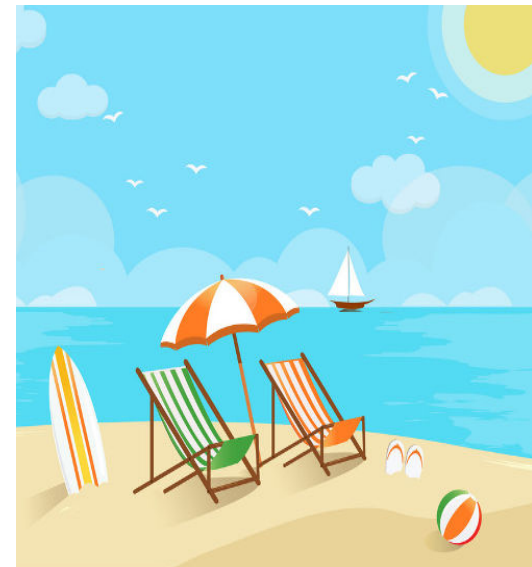
We appreciate your cooperation in adhering to all COVID safe protocols put in place.

If you have any further questions about the COVID safe measures put in place by Lifebridge, please contact us either by telephone 1800 043 186 or email [admin@lifebridge.org.au](mailto:admin@lifebridge.org.au)

# Summer Days at the Beach



## POTTSVILLE SHORT TERM ACCOMMODATION HOUSE



Short-term accommodation (STA) replaces what used to be known as respite and provides people with disability the opportunity to have a holiday away from home and for their families and carers to have a break.

Our Pottsville Short-Term Accommodation House is open 7 days a week, 24 hours a day and is a beautiful blend of residential and coastal living. Compliant with the Disability Services Standards, it is suitable for people of all needs.

### What is included?

We aim to make your stay at the Pottsville Short Term Accommodation House as comfortable as possible and our Short Term Stay package includes:

- The option to stay during the school holidays and public holidays
- Qualified support staff 24/7
- All meals including breakfast, lunch and dinner – (we can fully cater for individual diet and health needs)
- Social activities, outings and much more
- Accessible Transport Bus
- No out of pocket expenses

Give us a call on 1800 043 186 to talk to us about booking your stay at the Pottsville Short-Term Accommodation House. Don't delay as it is booking out quickly for this year's summer season.



## THE ULTIMATE BEACH GETAWAY



Discover Lifebridge  
Visit [lifebridge.org.au](https://lifebridge.org.au) or call **1800 043 186**