













Lifebridge Calendar - April 2023

Contact Colleen - 1800 043 186

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
(9am to 3pm) 31 Health & Wellbeing Cooking, ind living skills, games Tuna & Avocado Pasta Hand Massage & Foot Spa Marbles				Important! Bring sun protection, suitable footwear, food and water. Don't forget to check costs for daily activities.		(9am to 3pm) 1 Mystery Tour A Car Enthusiast's Dream Cost \$40.00 By Invitation 	2
(9am to 3pm) 3 Health & Wellbeing Cooking, ind living skills, games Crunchy Corn Fritters / Easter Cooking Snakes and Ladders	(9am to 3pm) 4 Creative Relationships Easter Spectacular Twin Towns \$15 non member \$10 member #No Sew Bunny - BYO socks	(9am to 3pm) 5 Sailing Cost - \$10.00 Fishing Club 5 Dock Road 	(9am to 3pm) 6 Music & Culture *Movieworld - bring season pass Single Entry is \$89.00 Season Pass - \$219.00 yearly	(9am to 3pm) 7 GOOD FRIDAY PUBLIC HOLIDAY	8 9 *Movieworld Activity note - yearly passes which cost \$219 cover 4 theme parks and special events - more info at www.themeparks.com.au		
10 EASTER MONDAY PUBLIC HOLIDAY	(9am to 3pm) 11 Creative Relationships Maritime Museum, Ballina Cost \$5.00 	(9am to 3pm) 12 Ten Pin Bowling at Robina Cost - \$20.00 	(9am to 3pm) 13 Music & Culture HOTA exhibition Cost - \$22.00 	(9am to 3pm) 14 Active & Social Sports Club Hydrotherapy Bring your swimmers No cost	15	16	
(9am to 3pm) 17 Health & Wellbeing Cooking, ind living skills, games Chicken Stir Fry Snap Card Game No cost 	(9am to 3pm) 18 Creative Relationships Popsicle Stick Bird Feeder No cost 	9am to 3pm) 19 Fleays Wildlife Park BYO Picnic Lunch Cost - \$18.00 	(9am to 3pm) 20 Music & Culture AWL and lunch at Westfield Money for lunch approx - \$20.00	(9am to 3pm) 21 Active & Social Sports Club Ten Pin Bowls Cost - \$13.00 	22	23	
(9am to 3pm) 24 Health & Wellbeing Cooking, ind living skills, games Minestrone Soup Go Fish Card Game No cost 	25 ANZAC DAY PUBLIC HOLIDAY	9am to 3pm) 26 Sailing Cost - \$10.00 Fishing Club Fingal 	(9am to 3pm) 27 Music & Culture Music in the Cottage AM Lunch at Nth Kirra Surf Club Cost - \$20.00	(9am to 3pm) 28 Active & Social Sports Club Basketball / Pickleball Cost - \$3.00	29	(2pm to 7pm) 30 Sunday Sesh Live Music/Dinner Bring \$20.00 food/drinks RSVP by 17/4/2023	

OVERVIEW OF OUR GROUPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HEALTH AND WELLBEING	CREATIVE RELATIONSHIPS	SOCIAL COMMUNITY SAILING & FISHING	MUSIC AND CULTURE	ACTIVE AND SOCIAL SPORTS	WEEKEND PROGRAMS
<p>Health & wellbeing Program supports participants to learn about the importance of health & wellbeing while increasing their independent living skills.</p> <p>This is achieved through a program of cooking, independent living skills and social games.</p>	<p>Tuesdays Creative Relationships group is where we get creative and social.</p> <p>We explore different art and craft techniques that are fun, relaxing and are designed to support the learning of new skills.</p> <p>For those who like to be outdoors we also get creative in the garden!</p>	<p>Wednesday Social Community Sailing and fishing group held at Sail-ability on Dry Dock Road Tweed Heads South.</p> <p>Customers have an option to Sail, be social with their friends and go fishing</p>	<p>Thursday Group Music & Culture explores music, inclusive of playing, listening, singing, attending live music session and cultural venues in our community building friendships and social skills.</p>	<p>Friday Active and Social sports club is to support participants who want to increase their health and fitness by being active in a variety of sports in their local community while building relationships and developing friendships in a supportive environment.</p>	<p>Once a month Saturday mystery tours are by invitation.</p> <p>Weekend programs and virtual programs as per calendar.</p>

Please visit our website - <https://lifebridge.org.au> for further details.

The calendar overleaf details what is planned each day for the month. The time indicated is when pick up commences from and when drop off ends.