

# Lifebridge Calendar - October 2023

Contact Colleen - 1800 043 186

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>2</b> <b>LABOUR DAY</b> <b>PUBLIC HOLIDAY</b>	<b>3</b> (9am to 3pm) <b>Creative Relationships</b> HOTA Gallery Bundall 	<b>4</b> (9am to 3pm) <b>School Holidays</b> <b>Ten Pin Bowling at Robina</b> 	<b>5</b> (9am to 3pm) <b>Music &amp; Culture</b> Seaworld, Gold Coast Cost - bring passes	<b>6</b> (9am to 3pm) <b>Active &amp; Social Sports Club</b> Basketball/Pickleball Cost - \$3.00	<b>7</b>	<b>8</b>
<b>9</b> <b>Health &amp; Wellbeing</b> Cooking, ind living skills, games Grilled Fish, cheesy potato bake and vegetables 	<b>10</b> (9am to 3pm) <b>Creative Relationships</b> Mural painting Pottsville House 	<b>11</b> (9am to 3pm) <b>Sailing</b> Cost - \$10.00 <b>Fishing Club</b> Fingal 	<b>12</b> (9am to 3pm) <b>Music &amp; Culture</b> Summerland Farm Alstonville Packed Lunch Cost - \$5.00 	<b>13</b> (9am to 3pm) <b>Active &amp; Social Sports Club</b> Ten Pin Bowling Cost - \$13.00 	<b>14</b>	<b>15</b>
<b>16</b> <b>Health &amp; Wellbeing</b> Cooking, ind living skills, games Quiche Lorraine, Hand made chips and ceasar salad	<b>17</b> (9am to 3pm) <b>Creative Relationships</b> Maritime Museum, Ballina 	<b>18</b> (9am to 3pm) <b>Sailing</b> Cost - \$10.00 <b>Fishing Club</b> Five Dock Road Pontoon 	<b>19</b> (9am to 3pm) <b>Music &amp; Culture</b> Timezone Robina Packed Lunch Cost - \$35.00	<b>20</b> (9am to 3pm) <b>Active &amp; Social Sports Club</b> Zumba in the Park	<b>21</b>	<b>22</b>
<b>23</b> <b>Health &amp; Wellbeing</b> Cooking, ind living skills, games Meat loaf, Baked potato and vegetables 	<b>24</b> (9am to 3pm) <b>Creative Relationships</b> Make a Kokodama 	<b>25</b> (9am to 3pm) <b>Sailing</b> Cost - \$10.00 <b>Fishing Club</b> Salt Boat House 	<b>26</b> (9am to 3pm) <b>Music &amp; Culture</b> Top Golf Gold Coast Packed Lunch Cost - \$20.00 	<b>27</b> (9am to 3pm) <b>Active &amp; Social Sports Club</b> Indoor Lawn Bowls 	<b>28</b>	<b>29</b> (9.30am to 6.30pm) NSW Time <b>Mystery Tour</b> Outback Spectacular Cost - \$89.00 By Invitation 
<b>30</b> (9am to 3pm) <b>Health &amp; Wellbeing</b> Cooking, ind living skills, games BBQ lunch, handmade beef rissoles, sausages, chicken kebabs and salad	<b>31</b> 9am to 3pm) <b>Creative Relationships</b> Ten Pin Bowling Robina 	<b>Important!</b> Bring sun protection, suitable footwear, food and water. Don't forget to check costs for daily activities.				

# OVERVIEW OF OUR GROUPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>HEALTH AND WELLBEING</b>	<b>CREATIVE RELATIONSHIPS</b>	<b>SOCIAL COMMUNITY SAILING &amp; FISHING</b>	<b>MUSIC AND CULTURE</b>	<b>ACTIVE AND SOCIAL SPORTS</b>	<b>WEEKEND PROGRAMS</b>
<p>Health &amp; wellbeing Program supports participants to learn about the importance of health &amp; 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 &amp; 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.