

INTEGRATED GROUPS CALENDAR

November 2023



GROUPS OVERVIEW

1800 043 186






M O N	COTTAGE GROUP Cottage Morning tea/lunch provided. Engage in varied activities including creative crafts, brain games and gentle physical movement.	MONDAY MATES Mens Outing Enjoy morning tea in one of our many local parks then onto the pub/club for lunch.	HAVE A CHAT Ladies Outing Get together for a cuppa and a friendly chat with like minded ladies	UKELE LESSONS Outing Our expert ukulele players will teach you the basics and have your tiptoeing through the tulips in no time.
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T U E	COUNTRY EXPLORERS Murwillumbah area Social day out including morning tea. Lunch out sampling the local restaurants including live entertainment. (once a month BBQ)	IN THE CLUB Cottage Morning tea and lunch provided along with a variety of craft, singing, dancing and music sessions.	HAPPY DAY OUT Ladies Outing Catch up morning tea then out for lunch to the club to enjoy live entertainment.	TAI CHI CLASS Outing Gentle exercise that combines slow movements and deep breathing. Tai Chi can help with balance to help reduce falls.	MENS SHED Mens Outing Get together, share and learn new skills in a safe and welcoming setting.
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W E D	WICKED WEDNESDAYS Cottage Marvelous memories live music sessions, playing instruments, dancing, singing, followed by card and board games.	WEDNESDAY WARRIORS Mixed Outing Morning tea in our beautiful parks and gardens then off to our local clubs to enjoy bowling, shows and lunch.	TAKE A BREAK Outing Adventures to our natural attractions blended with a selection of live entertainment.	COMPUTER TECHNOLOGY CLASS Cottage Learn easy tips and tricks for navigating the latest tech more easily.
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T H U R S	RAZZAMATAZZ Outing & Cottage Mornings are spent enjoying our stunning coastlines with a cuppa. The afternoon is spent in the cottage playing stimulating games or enjoying the gardens.	GUYS AT LARGE Mens Outing Cuppa and a chat in our local gardens/parks followed by an afternoon of entertainment and lunch.	SHOPPING GROUP Outing Volunteer run social shopping group at Tweed City	VINTAGE SHOPPING EXPERIENCE Outing Find bargains galore on our Op Shop Vintage Shopping Experience.
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F R I	MENS ACTIVE GROUP Outing Enjoy morning tea followed by active pursuits such as lawn bowls, walks, games of pool or snooker, hitting a few balls at the golf range or fishing.	LEISURELY LADIES Ladies Outing A leisurely morning tea followed by a day exploring our shopping centres, cafes, movies and more.	COTTAGE CREW Cottage Includes morning tea/lunch along with singing, reminiscing, card games and active movement.	YOGA NIDRA CLASSES Cottage Kickstart your health and wellbeing goals with our gentle Yoga Nidra classes	WEEKENDS MYSTERY TOUR Mixed Once a month Saturday mystery tours are by invitation.
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MONDAY	TUESDAY	WEDNESDAY
<p>Cottage Group (9.30am - 1.30pm) MEAL INCLUDED</p> <p>06 - MT by the river Ten Pin Bowls</p> <p>13 - MT by the sea Bocce</p> <p>20 - MT in the park Bingo</p> <p>27 - MT by the creek Uno</p> 	<p>Happy Day Out Group (9.30am - 1.30pm)</p> <p>07 - MT Hastings Point Lunch Musgrave Bowls Club</p> <p>14 - MT at a Cafe Lunch Robina Town Centre</p> <p>21 - MT Lake Laguna Park Lunch Kingscliff Bowls Club</p> <p>28 - MT Pottsville Lunch Ocean Shores Bowls Club</p>	<p>Take a Break Group (9.30am - 3.30pm)</p> <p>01 - MT Coolangatta Surf Club Lunch Pines Shopping Centre</p> <p>08 - Lunch Tweed City Movies at Hoytz Tweed City</p> <p>15 - MT Kingscliff Park Lunch Murbah Art Gallery</p> <p>22 - MT Brunswick Park Lunch The Farm Byron Bay</p> <p>29 - MT Terranora Lunch Tumbulgem Hotel</p>
<p>Have a Chat Group (9.30am - 1.30pm)</p> <p>06 - MT Fingal Head Lunch Byron Bay RSL</p> <p>13 - MT Salt, Kingscliff Lunch Riverview Hotel</p> <p>20 - MT Budd Park Lunch Mt Warning Hotel, Uki</p> <p>27 - MT Cudgen Creek Lunch Southport Sharks Club</p>	<p>Country Explorers Group (9.30am - 1.30pm)</p> <p>07 - Crystal Creek Cafe</p> <p>14 - Cabarita Sports Club</p> <p>21 - Pottsville Tavern</p> <p>28 - Riverview Hotel</p>	<p>Wicked Wednesday Group (9.30am - 3.30pm)</p> <p>01 - Ralph and Brian Musical Memories, Sing-a-long, games</p> <p>08 - Musical memories, Fish n chips for lunch, afternoon games</p> <p>15 - Musical memories, Sing-a-long, dancing and games</p> <p>22 - Musical Memories, dancing, sing a long and games</p> <p>29 - Musical memories, BBQ lunch, afternoon drive and walk</p>
<p>Monday Mates Group (9.30am - 3.30pm)</p> <p>06 - MT Salt Central, Kingcliff Lunch Tallai Golf Club</p> <p>13 - MT Pottsville Park Lunch BBQ Waterlilly Park</p> <p>20 - MT Kirra Point Lunch Pottsville Tavern</p> <p>27 - MT Fingal Head Lunch Murwillumbah Golf Club</p>	<p>In the Club Group (9.30am - 1.30pm) MEAL INCLUDED</p>  <p>07 - Melbourne Cup Celebration and Horse Racing Game</p> <p>14 - Gentle Exercise and Bath Bomb Gift Making Craft</p> <p>21 - Painting and Colouring Mini Golf</p> <p>28 - Word Games and Bingo</p>	<p>Wednesday Warriors Group (9.30am - 3.30pm)</p> <p>01 - MT Budd Park Lunch Murbah Golf Club</p> <p>08 - MT Salt Kingscliff Lunch BBQ Waterlilly Park</p> <p>15 - MT Fingal Head Lunch Tallai Golf Club</p> <p>22 - MT Salt Kingscliff Lunch Tweed Golf Club</p> <p>29 - MT Kirra Hill Lunch Southport Sharks</p>
<p>Ukelele Lessons - NEW (2pm - 3pm) Cost \$9.00</p> 	<p>Tai Chi Class - NEW (12pm - 1pm) Cost \$9.00</p>  <p>Men's Shed - NEW (10am - 2pm) Tweed Heads Mens Shed</p>	<p>Computer/Tech Class NEW (9am - 10.30am) Kingscliff Cottage/Office</p> 

THURSDAY	FRIDAY	MYSTERY TOURS
<p>Razzamatuzz Group (9am - 12pm)</p> <p>02 - MT Tropical Fruit World Lunch Cottage, games, bingo</p> <p>09 - MT Salt Lunch Cottage, bingo Board and word games</p> <p>16 - MT Chinderah Boat Ramp Lunch Cottage, Putting, games</p> <p>23 - MT Laguna Park Lunch Sharks AFL Club</p> <p>30 - MT Pottsville Lunch Cottage, games, etc</p>	<p>Cottage Crew Group (9am - 12pm) MEAL INCLUDED</p>  <p>03 - Sharing life stories, hoy cards</p> <p>10 - Exploring family homes via Google Earth/Maps, garden walk and bingo</p> <p>17 - Word games, piano sing-a-long</p> <p>24 - Piano sing-a-long, painting and colouring</p> 	<p>Saturday 4th November (9.30am to 3.30pm - NSW Time)</p> <p>Ballina Maritime Museum visit then lunch at Ballina RSL.</p> <p>Cost is \$25.00</p> <p>Note - bring pension card for signing in to RSL Club</p> <p>By invitation - phone 1800 043 186 to book in.</p> 
<p>Guys at Large Group (9am - 12pm)</p> <p>02 - Lunch Byron RSL</p> <p>09 - Lunch Brunswick Bowls Club</p> <p>16 - Lunch Pottsville Tavern</p> <p>23 - Lunch Murwillumbah Golf Club</p> <p>30 - Sea Hawkes Club Tugun</p>	<p>Mens Active Group (9am - 12pm)</p> <p>03 - MT Pottsville Cricket Park Lunch Brunswick Bowls Club</p> <p>10 - MT Kirra Hill Lookout Lunch PBC AFL Club</p> <p>17 - MT Robert Nueman Park Lunch Cooly Tweed Golf Club</p> <p>24 - MT Cooly Surf Life Saving Club Lunch Byron Bay RSL</p>	<p>Lifefridge run local support groups for carers of Aged Care customers.</p> <p>One of our very knowledgeable and experienced representatives will be there to facilitate the gatherings.</p> <p>You will gain insight and learn new approaches while connecting with other going through a similar experience.</p>
<p>Shopping Group (9.30am - 3.30pm)</p>  <p>Tweed City Shopping Centre</p>	<p>Leisurely Ladies Group (9am - 12pm)</p> <p>Cost for Lunch - \$25.00</p> <p>03 - MT Park Lunch Southport Spit Cafe</p> <p>10 - MT Park Lunch Coolangatta Surf Club</p> <p>17 - MT Park Lunch Riverview Cafe M'Bah</p> <p>24 - MT Park Lunch Mullumbimby Hotel</p>	<p>CARERS INFORMATION SESSION</p>
<p>Vintage Shop Experience (9am - 2pm)</p> <p>Exploring various Op Shops in the community</p>	<p>Coffee & Chat Carers Group 2nd November - (11am start)</p> <p>Join us for a casual cup of coffee and a chat at the Kingscliff Bowls Club.</p>	<p>Carers Info Session How to apply for a companion card</p> <p>We invite you to join us to chat about how you can apply for a NSW Government companion card.</p> <p>The information session will be held at the Kingscliff Cottage, Cudgen Road from 1pm to 2pm</p>
<p>Carer's Lunch 16th November - (12pm start)</p> <p>Join us for a lovely lunch and a chat at Tweed Heads Bowls Club.</p> <p>For more information about carers groups please call reception on 1800 043 186.</p>	<p>Yoga Nidra - NEW (10.50am - 12.30pm)</p> <p>Cost \$9.00</p> 	<p>RSVP to Janelle or Colleen by phoning 1800 043 186.</p>

COTTAGE MEALS

WEEK ONE



Sausage Tray Bake followed by Creamed Rice for dessert.

WEEK TWO



Roast Lunch followed by Mango Mousse for dessert.

WEEK THREE



Chicken A La King followed by Pavlova for dessert.

WEEK FOUR



Spaghetti followed by Trifle for dessert.

WEEK FIVE



Fish and Chips followed by Fruit Salad for dessert.