




















Lifebridge Calendar - November 2023

Contact Colleen - 1800 043 186

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		(9am to 3pm) 1 Sailing Cost - \$10.00  Fishing Club Old Court House Park	(9am to 3pm) 2 Music & Culture Kingscliff Fire Station Visit and Lunch at Kingscliff Bowls Club  Cost - \$30.00	(9am to 3pm) 3 Active & Social Sports Club Currumbin Rock Pools Walk 	(9.30am to 3.30pm) 4 Mystery Tour Ballina Maritime Museum/lunch at RSL Cost \$25.00 By Invitation	5 
(9am to 3pm) 6 Health & Wellbeing Cooking, ind living skills, games Spaghetti Bolognese served with crusty bread 	(9am to 3pm) 7 Creative Relationships Working on Mural at Pottsville STA House	(9am to 3pm) 8 Sailing Cost - \$10.00 Fishing Club Anchorage 	(9am to 3pm) 9 Music & Culture Music at the Cottage, visit record shops and coffee shop, picnic at Jack Evans Boat Harbour	(9am to 3pm) 10 Active & Social Sports Club Golf Driving Range Cost - \$10.00 	11	12
(9am to 3pm) 13 Health & Wellbeing Cooking, ind living skills, games Salmon Fish Cakes served with sweet potato bake vegetable medley 	(9am to 3pm) 14 Creative Relationships Visit to Mudgeeraba War Museum  Cost \$10.00	(9am to 3pm) 15 Sailing Cost - \$10.00 Fishing Club Chinderah 	(9am to 3pm) 16 Music & Culture Day out at Movieworld Bring a packed lunch Cost - Bring your Pass	(9am to 3pm) 17 Active & Social Sports Club Yoga in the Park 	18	19
(9am to 3pm) 20 Health & Wellbeing Cooking, ind living skills, games Battered Fish and Chips with a light salad 	(9am to 3pm) 21 Creative Relationships Repurposing the Canvas Art Works at Pottsville STA House 	(9am to 3pm) 22 Sailing Cost - \$10.00 Fishing Club Salt Boat House 	(9am to 3pm) 23 Music & Culture Off to the Movies Bring a packed lunch Cost - \$20.00 	(9am to 3pm) 24 Active & Social Sports Club Croquet Game Cost - \$5.00 	25	26
(9am to 3pm) 27 Health & Wellbeing Cooking, ind living skills, games Bangers and Mash with peas and crusty bread	(9am to 3pm) 28 Creative Relationships BBQ Lunch at Brunswick Heads 	(9am to 3pm) 29 Sailing Cost - \$10.00 Fishing Club Kingscliff 	(9am to 3pm) 30 Music & Culture Acoustic Sesh and BBQ at Paradise Point Cost - \$7.00	Important! 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
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.