



**'Life Moves'**  
**'Stay independent, healthy,  
engaged and in your home'**

**Lifebridge Social and Community  
Participation Program Calendar**

**July – September 2024**

# LIFEBRIDGE INTERGRATED CALENDAR – JULY

Contact Reception: 1800 043 186

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HAVE A CHAT</b> <b>1</b> Burleigh Bears \$20 <b>MONDAY MATES</b> Burleigh Bears Leagues \$20 <b>COTTAGE GROUP (L/I)</b> Morning out & Mini Golf	<b>COUNTRY EXPLORERS</b> <b>2</b> Crystal Creek café \$20 <b>IN THE CLUB (L/I)</b> Paper craft / cards <b>HAPPY DAY OUT</b> Hastings & Mullumbimby	<b>TAKE A BREAK GROUP</b> <b>3</b> Pavilions Terranora \$20 <b>WEDNESDAY WARRIORS</b> Brunswick Heads BBQ \$10 <b>WICKED WEDNESDAY (L/I)</b> Live Music / crafts	<b>GUYS AT LARGE</b> <b>4</b> Sea Hawks Tugun \$20 <b>RAZZAMATAZ GROUP (L/I)</b> M/T - Kennedy Dr / Cottage <b>VINTAGE SHOPPERS</b> Condong & Murwillumbah <b>SHOPPING GROUP</b> <b>Knitting Group 10 - 2</b>	<b>LEISURELY LADIES</b> <b>5</b> Crystal Creek Café \$20 <b>MENS ACTIVE GROUP</b> Brunswick Bowls Club \$20 <b>FUN DAY FRIDAY (L/I)</b> Ball Toss, Quiots, Dominos	<b>6</b> <b>Mystery Tour</b> Xmas In July 9 to 4 Fox n Hound English Pub \$45.00 booking essential	<b>7</b>
<b>HAVE A CHAT</b> <b>8</b> Murwillumbah RSL \$20 <b>MONDAY MATES</b> Brunswick Heads Bowls \$20 <b>COTTAGE GROUP (L/I)</b> Morning drive & Uno	<b>COUNTRY EXPLORERS</b> <b>9</b> Cabarita sports & bowls club <b>IN THE CLUB (L/I)</b> Singalong & Montessori Bingo <b>HAPPY DAY OUT</b> Cabarita Sports Club \$20	<b>TAKE A BREAK GROUP</b> <b>10</b> Murwillumbah Golf Club \$20 <b>WEDNESDAY WARRIORS</b> \$10 Picnic Currumbin Rock Pools <b>WICKED WEDNESDAY (L/I)</b> Live music / bowls	<b>GUYS AT LARGE</b> <b>11</b> Tyalgum Pub \$20 <b>RAZZAMATAZ GROUP (L/I)</b> M/T –Cotton beach / Cottage <b>SHOPPING GROUP</b> Various shops & a cuppa <b>Knitting Group 10 - 2</b>	<b>LEISURELY LADIES</b> <b>12</b> Murwillumbah RSL \$20 <b>MENS ACTIVE GROUP</b> Tallai Country Club \$20 <b>FUN DAY FRIDAY (L/I)</b> Tumbling pandas & Bingo		
<b>15</b> <b>HAVE A CHAT</b> Tallai Golf Club \$20 <b>MONDAY MATES</b> Brunswick Heads Bowls \$20 <b>COTTAGE GROUP (L/I)</b> Morning outing & Bingo	<b>16</b> <b>COUNTRY EXPLORERS</b> \$20 Tumbulgum Tavern <b>IN THE CLUB (L/I)</b> Dart game & Dominos <b>HAPPY DAY OUT</b> Mt Warning / Uki \$20	<b>17</b> <b>TAKE A BREAK GROUP</b> Tallai Country Club \$20 <b>WEDNESDAY WARRIORS</b> Ocean Shores Country C \$20 <b>WICKED WEDNESDAY (L/I)</b> Live music and reminiscing	<b>18</b> <b>GUYS AT LARGE</b> Brunswick Bowls Club \$20 <b>RAZZAMATAZ GROUP (L/I)</b> M/T - Hastings / Cottage <b>VINTAGE SHOPPERS</b> Nook & Pottsville Op shops <b>SHOPPING GROUP</b> <b>KNITTING GROUP 10 - 2</b>	<b>19</b> <b>LEISURELY LADIES</b> Tumbulgum Hotel \$20 <b>MENS ACTIVE GROUP</b> Tugun Seahawks \$20 <b>FUN DAY FRIDAY (L/I)</b> Piano Singalong & Uno	<b>20</b>	<b>21</b>
<b>22</b> <b>HAVE A CHAT</b> Kingscliff Bowls Club \$20 <b>MONDAY MATES</b> Musgrave Hill Bowls Club \$20 <b>COTTAGE GROUP (L/I)</b> Morning drive & card games	<b>23</b> <b>COUNTRY EXPLORERS</b> Murwillumbah RSL \$20 <b>IN THE CLUB (L/I)</b> Quoits & garden walk <b>HAPPY DAY OUT</b> Tweed Golf Club \$20	<b>24</b> <b>TAKE A BREAK GROUP</b> Kingscliff Bowls Club \$20 <b>WEDNESDAY WARRIORS</b> BBQ Broadwater S'port \$10 <b>WICKED WEDNESDAY (L/I)</b> Live music and golf	<b>25</b> <b>GUYS AT LARGE</b> M'Bah Golf Club \$20 <b>RAZZAMATAZ GROUP (L/I)</b> M/T – Kirra Point / Cottage <b>SHOPPING GROUP</b> Various shops & a cuppa <b>KNITTING GROUP 10 - 2</b>	<b>26</b> <b>LEISURELY LADIES</b> Mullumbimby Hotel \$20 <b>MENS ACTIVE GROUP</b> Murwillumbah Golf Club \$20 <b>FUN DAY FRIDAY (L/I)</b> Piano Singalong & Bingo	<b>27</b>	<b>28</b>
<b>29</b> <b>HAVE A CHAT</b> Crystal Creek Nursery \$20 <b>MONDAY MATES</b> Southport Sharks \$20 <b>COTTAGE GROUP (L/I)</b> Morning Outing & activities	<b>30</b> <b>COUNTRY EXPLORERS</b> Mt Warning Hotel \$20 <b>IN THE CLUB (L/I)</b> Singing & games <b>HAPPY DAY OUT</b> Tumbulgum Tavern \$20	<b>31</b> <b>TAKE A BREAK GROUP</b> Ocean Shores C / Club \$20 <b>WEDNESDAY WARRIORS</b> Picnic lunch Laguna \$10 <b>WICKED WEDNESDAY (L/I)</b> Live music and games				

# LIFEBRIDGE CALENDAR – August 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<b>GUYS AT LARGE 1</b> Mooball Pub \$20 <b>RAZZAMATAZ GROUP (L/I)</b> Currumbin Creek / Cottage <b>VINTAGE SHOPPERS</b> Brunswick Op shop & café <b>SHOPPING GROUP</b> <b>KNITTING GROUP 10 to 2</b>	<b>LEISURELY LADIES 2</b> Ripple Café - Hastings \$20 <b>MENS ACTIVE GROUP</b> Byron Bay RSL \$20 <b>FUN DAY FRIDAY (L/I)</b> Darts & Montessori Bingo	<b>3</b> Keep an eye out for your mystery tour invite	<b>4</b>
<b>HAVE A CHAT 5</b> Murwillumbah Golf Club <b>MONDAY MATES</b> Byron Bay RSL \$20 <b>COTTAGE GROUP (L/I)</b> Morning outing & Golf	<b>COUNTRY EXPLORERS 6</b> Pottsville Tavern \$20 <b>IN THE CLUB (L/I)</b> Ballon Toss & games <b>HAPPY DAY OUT</b> Movie & lunch out \$40	<b>TAKE A BREAK GROUP 7</b> Cabarita sports club \$20 <b>WEDNESDAY WARRIORS</b> BBQ Brunswick Park \$10 <b>WICKED WEDNESDAY (L/I)</b> Live Music & crafts	<b>GUYS AT LARGE 8</b> Byron Bay RSL \$20 <b>RAZZAMATAZ GROUP (L/I)</b> M/T - Fingal head / Cottage <b>SHOPPING GROUP</b> Various shops & a cuppa <b>KNITTING GROUP 10 to 2</b>	<b>LEISURELY LADIES 9</b> Mt Tamborine walk & cafe \$20 <b>MENS ACTIVE GROUP</b> Tweed Golf Club \$20 <b>FUN DAY FRIDAY (L/I)</b> Chair Yoga & massage	<b>10</b>	<b>11</b>
<b>HAVE A CHAT 12</b> Tugun Surf Club \$20 <b>MONDAY MATES</b> Coolangatta Golf Club \$20 <b>COTTAGE GROUP (L/I)</b> Morning drive & uno	<b>COUNTRY EXPLORERS 13</b> Riverview hotel \$20 <b>IN THE CLUB (L/I)</b> Singalong & dance <b>Happy Day Out</b> Riverside Tavern \$20	<b>TAKE A BREAK GROUP 14</b> Riverview Hotel \$20 <b>WEDNESDAY WARRIORS</b> Burleigh Bears \$20 <b>WICKED WEDNESDAY (L/I)</b> Live music and bowls	<b>GUYS AT LARGE 15</b> Murwillumbah RSL \$20 <b>RAZZAMATAZ GROUP (L/I)</b> M/T - Casuarina / Cottage <b>VINTAGE SHOPPERS</b> Tweed Valley Cheese & <b>SHOPPING GROUP</b> <b>KNITTING GROUP 10 to 2</b>	<b>LEISURELY LADIES 16</b> TX Max Burleigh / Café \$20 <b>MENS ACTIVE GROUP</b> Riverview Pub \$20 <b>FUN DAY FRIDAY (L/I)</b> Ross Piano & Singalong	<b>17</b>	<b>18</b>
<b>HAVE A CHAT 19</b> Riverview Hotel 'Bah \$20 <b>MONDAY MATES</b> Burleigh Bears Club \$20 <b>COTTAGE GROUP (L/I)</b> Morning Outing & Bingo	<b>COUNTRY EXPLORERS 20</b> Byron Bay RSL \$20 <b>IN THE CLUB (L/I)</b> Dominos & Tumbling Pandas <b>HAPPY DAY OUT</b> Nerang RSL \$20	<b>TAKE A BREAK GROUP 21</b> Tugun Sea Hawks Club \$20 <b>WEDNESDAY WARRIORS</b> MT Warning UKI \$20 <b>WICKED WEDNESDAY (L/I)</b> Live music and reminiscing	<b>GUYS AT LARGE 22</b> Talai Country Club \$20 <b>RAZZAMATAZ GROUP (L/I)</b> Coolangatta SLSC / Cottage <b>SHOPPING GROUP</b> <b>KNITTING GROUP 10 to 2</b>	<b>LEISURELY LADIES 23</b> Pottsville Tavern \$20 <b>MENS ACTIVE GROUP</b> Pottsville Tavern \$20 <b>FUN DAY FRIDAY (L/I)</b> Ross Piano & Singalong	<b>24</b>	<b>25</b>
<b>HAVE A CHAT 26</b> Byron Bay RSL \$20 <b>MONDAY MATES</b> Musgrave Hills Club \$20 <b>COTTAGE GROUP (L/I)</b> Morning drive & Games	<b>COUNTRY EXPLORERS 27</b> Currumbin RSL \$20 <b>IN THE CLUB (L/I)</b> Singalong & Reminiscing <b>HAPPY DAY OUT</b> Brunswick Heads Bowls \$20	<b>TAKE A BREAK GROUP 28</b> Billinudgel Pub \$20 <b>WEDNESDAY WARRIORS</b> BBQ Boatshed Kingscliff \$10 <b>WICKED WEDNESDAY (L/I)</b> Live music and golf	<b>GUYS AT LARGE 29</b> Riverview Hotel \$20 <b>RAZZAMATAZ GROUP (L/I)</b> M/T - Fingal Head / Cottage <b>VINTAGE SHOPPERS</b> Coolangatta Op shop & café <b>SHOPPING GROUP</b> <b>KNITTING GROUP 10 to 2</b>	<b>LEISURELY LADIES 30</b> Currumbin RSL \$20 <b>MENS ACTIVE GROUP</b> Palm beach Sports Club \$20 <b>FUN DAY FRIDAY (L/I)</b> Garden walk & games	<b>31</b>	

# LIFEBRIDGE CALENDAR – SEPTEMBER 2024

Contact Reception: 1800 043 186

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
<b>HAVE A CHAT 2</b> Middle Pub Mullum \$20 <b>MONDAY MATES</b> Southport Sharks \$20 <b>COTTAGE GROUP (L/I)</b> Morning Outing & activities	<b>COUNTRY EXPLORERS 3</b> Mooball Pub \$20 <b>IN THE CLUB (L/I)</b> Ball Toss & Hoy card game <b>HAPPY DAY OUT</b> Burleigh Bears \$20	<b>TAKE A BREAK GROUP 4</b> Brunswick Bowls Club \$20 <b>WEDNESDAY WARRIORS</b> Picnic Currumbin rock pool <b>WICKED WEDNESDAY (L/I)</b> Live music and games	<b>GUYS AT LARGE 5</b> Murwillumbah Golf Club \$20 <b>RAZZAMATAZ GROUP (L/I)</b> Kennedy Dr Park / Cottage <b>SHOPPING GROUP</b> Various shops & a cuppa <b>KNITTING GROUP 10 to 2</b>	<b>LEISURELY LADIES 6</b> Robina Shopping Centre <b>MENS ACTIVE GROUP</b> Brunswick Bowls Club \$20 <b>FUN DAY FRIDAY (L/I)</b> Singalong & Bingo	<b>7</b> Keep An Eye out for your Mystery Tour invite	<b>8</b>
<b>HAVE A CHAT 9</b> Southport Sharks \$20 <b>MONDAY MATES</b> Brunswick Bowls \$20 <b>COTTAGE GROUP (L/I)</b> Morning drive & games	<b>COUNTRY EXPLORERS 10</b> Kingscliff Bowls Club \$20 <b>IN THE CLUB (L/I)</b> Piano singalong & Dominos <b>HAPPY DAY OUT</b> Byron Bay RSL \$20	<b>TAKE A BREAK GROUP 11</b> Cudgen Surf Club \$20 <b>WEDNESDAY WARRIORS</b> Riverview Pub \$20 <b>WICKED WEDNESDAY (L/I)</b> Live music and crafts	<b>GUYS AT LARGE 12</b> UKI Pub \$20 <b>RAZZAMATAZ GROUP (L/I)</b> Nth Kingscliff Park / Cottage <b>VINTAGE SHOPPERS</b> Tweed Op shops & Café <b>KNITTING GROUP 10 to 2</b>	<b>LEISURELY LADIES 13</b> Riverview Hotel \$20 <b>MENS ACTIVE GROUP</b> Coolangatta Golf Club \$20 <b>FUN DAY FRIDAY (L/I)</b> Bocce & Dominos	<b>14</b>	<b>15</b>
<b>HAVE A CHAT 16</b> Pottsville Tavern \$20 <b>MONDAY MATES</b> Tallai Golf Club \$20 <b>COTTAGE GROUP (L/I)</b> Morning outing & Golf	<b>COUNTRY EXPLORERS 17</b> Tyalgum Pub \$20 <b>IN THE CLUB (L/I)</b> Sticky Ball game & Bingo <b>HAPPY DAY OUT</b> Tallai Golf Club \$20	<b>TAKE A BREAK GROUP 18</b> Murwillumbah golf Club \$20 <b>WEDNESDAY WARRIORS</b> Picnic Fingal Heads \$20 <b>WICKED WEDNESDAY (L/I)</b> Live music and bowls	<b>GUYS AT LARGE 19</b> Tyalgum Pub \$20 <b>RAZZAMATAZ GROUP (L/I)</b> M/T - Salt / Cottage <b>SHOPPING GROUP</b> Various shops & a cuppa <b>KNITTING GROUP 10 to 2</b>	<b>LEISURELY LADIES 20</b> North Broadbeach SLSC \$20 <b>MENS ACTIVE GROUP</b> Tugun Footy Club \$20 <b>FUN DAY FRIDAY (L/I)</b> Ross Singalong & Uno	<b>21</b>	<b>22</b>
<b>HAVE A CHAT 23</b> Currumbin RSL \$20 <b>MONDAY MATES</b> Murwillumbah Golf \$20 <b>COTTAGE GROUP (L/I)</b> Morning Drive & Uno	<b>COUNTRY EXPLORERS 24</b> Murwillumbah Golf Club <b>IN THE CLUB (L/I)</b> Singalong -Dance- games <b>HAPPY DAY OUT</b> Chinderah Tavern \$20	<b>Take a Break Group 25</b> Ocean Shores C / Club \$20 <b>WEDNESDAY WARRIORS</b> BBQ Ocean Shores \$10 <b>WICKED WEDNESDAY (L/I)</b> Live music and golf	<b>GUYS AT LARGE 26</b> Seahawks Tugun Club \$20 <b>RAZZAMATAZ GROUP (L/I)</b> Currumbin Creek / Cottage <b>VINTAGE SHOPPERS</b> Tweed Gallery, Op shop, cafe <b>KNITTING GROUP 10 to 2</b>	<b>LEISURELY LADIES 27</b> Brunswick Bowls Club \$20 <b>MENS ACTIVE GROUP</b> Byron RSL \$20 <b>FUN DAY FRIDAY (L/I)</b> Ross Singalong & horse races	<b>28</b>	<b>29</b>
<b>HAVE A CHAT 30</b> Coolangatta Surf Club \$20 <b>MONDAY MATES</b> Byron Bay RSL \$20 <b>COTTAGE GROUP (L/I)</b> Morning Outing & Bingo						



## GROUP OVERVIEW

### Mondays:

**Cottage Group** – Mixed group in the cottage at Kingscliff. Morning tea and lunch provided. Engage in varied activities, including creative crafts, brain games, and gentle physical exercise.

**Monday Mates** – Men's outing in the community. Enjoy morning tea in one of our many local parks, then go to the pub/club for lunch.

**Have a Chat** – Ladies outing in the community. Get together for a cuppa and a friendly chat with like-minded ladies.

### Tuesdays:

**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** – Mixed group in the cottage at Kingscliff. Morning tea and lunch provided, along with various craft, singing, dancing and music sessions.

**Happy Day Out** – Ladies outing in community. Catch up for morning tea, then out to the club to enjoy live entertainment.

### Wednesdays:

**Wicked Wednesdays** – Mixed group in the cottage at Kingscliff. Marvellous memories, live music sessions, playing instruments, dancing, singing, followed by card And board games.

**Wednesday Warriors** – Mixed outing in the community. Morning tea in our beautiful parks and gardens, then off to our local clubs to enjoy bowling, shows, and Lunch.

**Take a Break** – Mixed group outing in the community. Adventures to our natural attractions blended with a selection of live entertainment.

### Thursdays:

**Razzamatazz** – Mixed outing and time spent in the cottage at Kingscliff. 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** – Men's outing in the community. Cuppa and a chat in our local gardens/parks, followed by an afternoon of entertainment and lunch.

**Shopping Group** – Outing in the community. Volunteer run social shopping group at Tweed City.

**Vintage Shoppers** – Outing in the community. Find bargains galore on our Op Shop Vintage Shopping Experience.

**Knitting Group** - From 10 am to 2 pm, they enjoy brunch and work on group knitting projects – for all levels, from beginner to expert – needles & wool provided.

### Fridays:

**Men's Active Group** – Outing in the community. 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 in the community. A leisurely morning tea, followed by a day exploring our shopping centres, cafes, movies and more.

**Fun Day Fridays** – Mixed group in the cottage at Kingscliff. Includes morning tea and lunch, along with singing, reminiscing, card games and active movement.

### Weekend:

**Mystery Tour** – Mixed outing in the community. Each month, the group participates in different activities in the local and wider community.

**Showgirls group** – Ladies outing in the community. A mixture of theatre shows, comedy and movies.