



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

**Lifebridge Social and Community
Participation Program Calendar
July – September 2024**


LIFEBRIDGE NDIS CALENDAR – JULY 2024

Contact: 1800 043 186

MONDAY HEALTH & WELLBEING	TUESDAY CREATIVE RELATIONSHIPS	WEDNESDAY SAILING & FISHING	THURSDAY MUSIC & CULTURE	FRIDAY ACTIVE & SPORTS CLUP	SATURDAY	SUNDAY
 <p>1</p> <p>Cooking & Life skills</p>	 <p>2</p> <p>Make your own Apron \$10 & Gardening</p>	 <p>3</p> <p>Sailing in the Tweed river and fishing at Currumbin Beach \$10.00</p>	<p>4</p> <p>Pottsville Country & Western \$10 including lunch</p> 	 <p>5</p> <p>Crochet \$3.00 BYO Lunch</p>	<p>6</p> <p>Mystery Tour 9am – 4pm Xmas In July Fox n Hound English Pub \$45.00 booking essential</p>	<p>7</p>
<p>8</p> <p>Cooking & Life skills</p>	<p>Lumina Robina \$17.00 BYO lunch or extra money</p>  <p>9</p>	<p>No Sailing today 10</p> <p>Bowling at Robina \$18.00</p> 	<p>Seaworld – Bring your annual passes or \$70.00 – BYO lunch 11</p> 	<p>Chinderah Driving range \$10 BYO lunch 12</p> 	<p>13</p>	<p>14</p>
<p>15</p> <p>Cooking & Life skills</p>	<p>Gardening & craft Peg Angels 16</p> 	<p>No Sailing today 17</p> <p>BBQ & picnic \$10 Brunswick Heads</p> 	<p>Movies \$20 BYO packed Lunch 18</p> 	<p>Rail Trail Walk 19</p> <p>BYO lunch, drinks and sun protection</p> 	<p>20</p>	<p>21</p>
<p>22</p> <p>Cooking & Life skills</p>	<p>Ballina Museum \$10 BYO lunch 23</p> 	 <p>24</p> <p>Sailing in the Tweed And fishing at Tweed \$10</p>	<p>Whale watching 25</p> <p>Tickets \$79 to \$119.00 PRE-PAYMENT REQUIRED 8.30am to 5.30pm BYO lunch</p> 	<p>Pickleball & Basketball \$3.50 BYO lunch 26</p>  	<p>27</p>	<p>28</p>
<p>29</p> <p>Cooking & Life skills</p>	<p>Gardening & Macramé Rainbow 30</p> 	<p>31</p> <p>Sailing in the Tweed and fishing at Fingal heads \$10</p> 				

LIFEBRIDGE NDIS CALENDAR – August 2024

Contact : 1800 043 186

MONDAY HEALTH & WELLBEING	TUESDAY CREATIVE RELATIONSHIPS	WEDNESDAY SAILING & FISHING	THURSDAY MUSIC & CULTURE	FRIDAY ACTIVE & SPORTS CLUP	SATURDAY	SUNDAY
			"Otherworld" Byron \$15.00 BYO packed lunch 	Tennis Lesson \$12.00 BYO Lunch 	3 Whale Watching invitations coming soon	4
5 Cooking & Life skills	Byron Bay Wildlife Sanctuary \$22.00 - BYO lunch 	7 Sailing in the Tweed River \$10.00 and fishing at Murwillumbah 	Kingscliff cottage Music then Summerland Farm 	9 Ten Pin Bowls \$7.50 BYO Lunch 	10	11
12 Cooking & Life skills	Craft Paper Roll Dragons And Gardening 	Sailing \$10.00 and Boat House for fishing and lunch 	Top Golf Approx \$20 BYO lunch 	Scavenger Hunt + walk Rainbow bay BYO picnic lunch 	17	18
19 Cooking & Life skills	Inverted House Pacific House \$17.00 	Sailing \$10.00 and fishing opposite Scales 	Kingscliff cottage music & BBQ in the park \$10 	Indoor Lawn Bowls BYO lunch 	24	25
26 Cooking & Life skills	Dot Painting and Gardening 	Sailing in the Tweed Lunch and fishing near old Chinderah bridge 	Ballina RSL Lunch \$20 + drinks 	Sports in the Park Fingal BYO Lunch 	31	

LIFEBRIDGE NDIS CALENDAR – SEPTEMBER

Contact : 1800 043 186

MONDAY HEALTH & WELLBEING	TUESDAY CREATIVE RELATIONSHIPS	WEDNESDAY SAILING & FISHING	THURSDAY MUSIC & CULTURE	FRIDAY ACTIVE & SPORTS CLUP	SATURDAY	SUNDAY
						1
2 Cooking & Life skills	3 Putt Putt Golf \$15.00 BYO Lunch 	4 Sailing on the Tweed \$10.00 then Currumbin Park 	5 Movie World bring your annual passes or \$105 BYO lunch 	6 Putt Putt \$16 BYO Lunch 	7 Keep An Eye out for your Mystery Tour invite	8
9 Cooking & Life skills	10 Sunflower Mural & Gardening BYO Lunch 	11 Sailing Tweed River \$10 then Final heads fishing and lunch 	12 Pottsville Rock n Roll Day - \$10 cook lunch 	13 Ten Pin Bowls \$7.50 BYO lunch 	14	15
16 Cooking & Life skills	17 Crystal Castle \$25.00 BYO Lunch 	18 Sailing \$10.00 then fishing and lunch Kennedy Drive 	19 Movies \$20 BYO Packed Lunch 	20 Burleigh Heads Walk & exercise trail 	21	22
23 Cooking & Life skills	24 Dot Painting or Gardening 	25 Sailing \$10.00 then lunch & Fishing at the boathouse. 	26 Murwillumbah Museum BYO lunch 	27 Hydrotherapy Pool \$5.00 	28	29
30 Cooking & Life skills						

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.