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# GROUP PROGRAM HANDBOOK

WHERE JOY + CONNECTION IS GUARANTEED

# WELCOME TO LIFEBRIDGE GROUP PROGRAMS

## Welcome Message

At Lifebridge, our Group Programs are so much more than activities – they are about building a community where joy, connection, expression and purpose thrive. Every week we see friendships form, stories shared, laughter flow and confidence grow. Our groups bring together people from all walks of life, and what makes them truly special is the genuine care and passion of our team (and, if you join us at the cottage, some pretty amazing food too!).

For more than 30 years, Lifebridge has been proud to support the elderly in the Tweed Shire, creating spaces where people feel valued, supported and inspired. If you've been wondering whether life could be a little brighter, or if you're a carer looking for some time to care for yourself, I encourage you to take that step and join us. Our commitment is to continue expanding and evolving these programs so that everyone in our community has the opportunity to connect, belong and enjoy life to the fullest.

So if you are registered for, or would like to become registered for, aged care services, we would love for you to join us and experience the difference that is Lifebridge.

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**Bronwyn**  
CEO



# STRENGTH TRAINING

*Feel Stronger, Move Better, Live Well*

It's no doubt, that strength in our muscles are critical to ensure ongoing stability and balance as we grow older. This class will equip you with all you need to feel strong. Lunch & pick up included.



Runs every Monday + Friday



The Kingscliff Cottage



10am - 2.30pm



# THE MUSIC CIRCLE

*No Experience Needed - Just a Love for Singing & Music*

Always wanted to sing, but didn't think you could? Are you an avid bathroom singer and ready to get out in the world, or a professional ready to show us how it's done? We want you! Come Sing with us. Lunch & pick up included.



The Kingscliff Cottage



Runs every Monday



12:00pm - 4:30pm



# POOL THERAPY

*Float into Fitness with Grace and Comfort*

There are so many wonderful benefits of pool therapy, if you struggle with your joints but still want to keep strong and mobile, this activity will ensure this happens with ease & grace. Morning Tea & pick up included.



Runs every Tuesday



Murwillumbah Aquatic Center



9am - 1.30pm



# EQUINE CONNECTION

*Where Hearts Meet Hooves*

Do you have a love for horses? Or have you always been intrigued with knowing more about a horse? This is a beautiful opportunity to understand why these creatures are so majestic and enjoy the gifts they have to offer! Morning Tea + pick up included.



Runs every Wednesday  
May - August



12pm - 4pm



541 Eviron Rd, Eviron NSW 2484



# PAINT & CLAY CIRCLE

*Shape it. Paint it. Make it yours.*

Its time to let the paint do the talking and your hands to do the discovering! Even if you have never been creative before, this circle will allow you to discover the joy and power of your own creativity! Lunch + pick up included.



Runs every Friday



The Kingscliff Cottage



11:00am - 3.30pm



# TECH MADE SIMPLE

*Stay Connected, Stay  
Confident*

If you're someone who loves to keep communication flowing between family + friends & what's going on in the world, Tech Made Simple will keep you up-to-date with all the know how's & it includes lunch + pick up! **BYO** your own device.



The Kingscliff Cottage



Runs every Monday



9am - 1.30pm



# MATES GROUPS

*Food, Fun & Friendship*

Enjoy a day out with your Mates, as we venture to some park lands to enjoy some morning tea, participate in some games & then off to lunch to enjoy some food & good chats. Pick up included. BYO \$\$ for lunch.



Runs every Monday, Thursday and Friday



Kingscliff and surrounding areas



9am - 3pm



# GOOD COMPANY

*Sunshine, Laughter & Friendship*

What's a day in good company? A great day! Enjoy a day out, soaking up the sun, connecting with others over some morning tea + games, shopping and then off to a lunch destination! We would love to see you. Pick up included. BYO \$\$ for lunch.



Runs every Monday, Tuesday & Wednesday, Thursday



Kingscliff & surrounding areas



9am - 3pm



# COUNTRY EXPLORERS

*For the Love of the Open Road*

Do you miss those open roads, and scenic routes? If so, this group is for you. Includes morning tea, games & lunch- satisfaction guaranteed at the end of day. Pick up included. BYO \$\$ for lunch.



Runs every Tuesday



Kingscliff and surrounding areas



9am - 3pm



# THE CRAFT COLLECTIVE

*Create, Connect, and Be Inspired*

Whether you are a season professional at crafts, or you just love creating things with your hands, this creative group will inspire and delight you with all of your creations. Morning Tea, Lunch + pick up included.



Runs every Tuesday



9am - 3pm



Kingscliff Cottage

# SING, MOVE PLAY

07

*Feel the Rhythm, Share the Joy*

A chance to drop your guard, to sing new and old songs, dance to some wicked tunes and play some games. The only way to make this day even better is to include morning tea + Lunch... which it does! Pick up also included.



Runs every Wednesday + Friday



Kingscliff Cottage



9am - 3pm



# CAFE, CULTURE CREW

*Savour the Sights, Sounds,  
and Sips*

Do you like shopping, experiencing art/culture, a spot of cafe dining and some museum exploring - depending on the day, we can do some if not all! If you like being social...this is your group. Morning Tea and pick up included. BYO \$ Lunch



Runs every Wednesday



9am - 3pm



Kingscliff and surrounding areas

# MOVE & GROOVE

08

*Let the Music move you*

Our dance inspired movement class are all about shaking off the stiffness, moving to the music you love, and having fun while you do it!

This dance class will boost mobility, strength, balance and wellbeing — all in a safe, supported and confidence-building environment.

Whether you're tapping your toes from a chair or trying a gentle standing routine, this class will make you move and groove! Lunch & pick up included.



Runs Every Tues



Kingscliff Cottage



9am - 1.30pm



**COMING SOON**



## THE COMMUNITY GARDEN CIRCLE

*Where hands, hearts, and gardens grow.*

Come and enjoy the garden space at the Cottage, plant, tend to the garden and connect with other like-minded individuals looking to continue their connection to the soil and using their hands to create! Lunch & pick up included.



Runs every Monday



9am - 1.30pm



Kingscliff Cottage

# COGNITIVE STIMULATION THERAPY (CST)

## WHAT IS CST?

CST is a structured, evidence-based group intervention supporting cognition, communication and confidence for people with mild to moderate cognitive change.

### EVIDENCE

- Improved memory and communication
- Increased engagement and confidence
- Enhanced quality of life
- Comparable outcomes to medication (in some studies)

### STRUCTURE

- 14 x weekly 1 hour session
- Small groups (up to 6)
- Consistent group format
- Facilitated by trained CST Facilitator
- Themed, evidence-based sessions

### MAKING A DIFFERENCE EARLY

CST supports cognitive function, communication and confidence, while reducing social isolation and functional decline. It works alongside support at home services to build routine, engagement and independence, contributing to better long-term outcomes for your clients.



Runs Thursday ½ day,  
x 2 a year

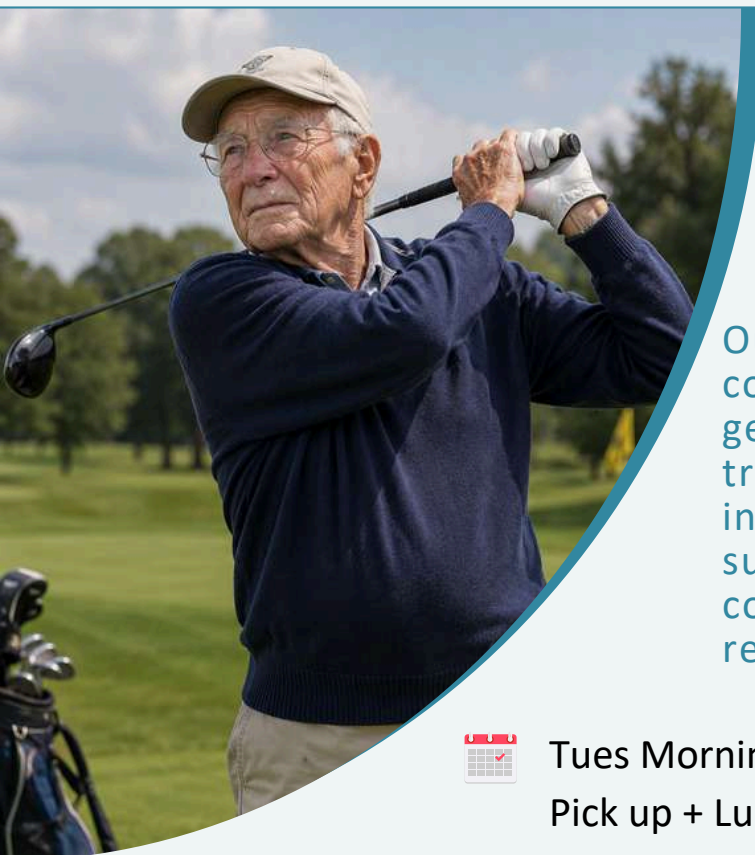


Kingscliff Cottage



9.30am - 2pm

Pick up & Lunch  
included



# GOLF TEE TIME

*Swing, Connect, Thrive*

Our golf program supports physical, cognitive and psychosocial wellbeing as we get older. Run by a professional Golf it transforms a familiar and enjoyable activity into a purposeful therapeutic experience, supporting confidence, independence, connection and participation in a relaxed, real-world setting.



Tues Morning's

Pick up + Lunch included



Chinderah Golf Course



Half Day event

**READY TO TAKE THE  
FIRST STEP?**

**WE'RE HERE...**

*...and we can't wait  
to welcome you*

**1800 043 186**

**TO FIND OUT MORE**





# Get in Touch



1800 043 186



admin@lifebridge.org.au



www.lifebridge.org.au



lifebridgeaustralia



lifebridgeaustralia



**Call now to book your free trial session**

