

January @ Brook Red Beenleigh

Tuesday 9-4pm		Wednesday 9 – 4pm		Thursday 9 – 5.30pm		Friday 9 - 5.30pm		Saturday 10 - 3pm	
10:30	- Closed...	9-11	- One on One Support - Hospital Outreach	10:30	Outing - Currumbin Beach	10-12	- Ladies Leisure Groups	10:30	Sand, Sun & Sea - Where ever it may be!!
12 - 1	-	12-1	- Community LUNCH \$3	12-1	- Community LUNCH	12-1	- Community LUNCH \$3 - Community Meeting		
1-3	-	2-4	- Light Exercise - Wellbeing Group	1-5	- NDIS Support - Baking & afternoon Tea	2 - 4	- Music – Drumming & Music Lessons	12	- Community LUNCH
8		9		10		11		12	
10:30	- Walking Group	9-11	- One on One Support - Hospital Outreach	10:30	Outing - Cedar Creek Falls for a swim & Picnic	10-12	- Ladies Leisure Groups	10:30	Games Day in Centre
12 - 1	- Community LUNCH \$3	12-1	- Community LUNCH \$3	12-1	Community LUNCH \$3	12-1	-Community LUNCH \$3		
1-3	- Life Hacks for Mates - Out and about	2-4	- Light Exercise - Wellbeing Group	1 - 5	- NDIS Support - Baking & afternoon Tea	2 - 4	- Music – Drumming & Music Lessons	12	- Community LUNCH
15		16		17		18		19	
10:30	- Walking Group	9-11	- One on One Support - Hospital Outreach	10:30	Outing - Bayside for Fish & Chips	10-12	- Ladies Leisure Groups	10:30	Market Day
12-1	- Community LUNCH \$3	12-1	- Community LUNCH \$3	12-1	- Community LUNCH \$3	12-1	- Community LUNCH \$3 - Community Meeting		
1-3	- Life Hacks for Mates - Out and about	2-4	- Light Exercise -Wellbeing Group	1 - 5	- NDIS Support - Baking & afternoon Tea	2-4	- Music – Drumming & Music Lessons	12	- Community LUNCH
22		23		24		25		26	
10:30	- Walking Group	9-11	- One on One Support - Hospital Outreach	10:30	Outing - The Movies	10-12	- Ladies Leisure Groups	10:30	Closed
12-1	- Community LUNCH \$3	12-1	- Community LUNCH \$3	12-1	- Community LUNCH \$3	12-1	- Community LUNCH \$3		
1-3	- Life Hacks for Mates - Out and about	2-4	- Light Exercise - Wellbeing Group	1-5	- NDIS Support - Baking & afternoon Tea	2-4	- Music – Drumming - Work on Yourself Workshop - WYW (1 Hour)	12	
29		30		31					
10:30	- Walking Group	9-11	- One on One Support - Hospital Outreach	10:30	Outing - Orion Lagoon - Springfield Lakes				If you would like to be emailed our program or removed from the mailout list, please let staff know. ☺ Our number is 3339 1599
12-1	- Community LUNCH \$3	12-1	- Community LUNCH \$3	12-1	- Community LUNCH \$3				
1-3	- Life Hacks for Mates - Out and about	2-4	- Light Exercise - Wellbeing Group Book Club	1-5	- NDIS Support - Baking & afternoon Tea			Program may change without notice ☺	

