

Welcome to the Inclusee Newsletter!

Welcome to the Inclusee Newsletter, where you can delve into our organisation's vibrant world and stav updated on the latest happenings, events and guest speakers.

We would also like to extend a heartfelt thank you to the Inclusee Advocacy Group and our participants for their invaluable feedback. Your

input fuels our updates about the Inclusee Community. Feel free to share your topic preferences for future newsletters by contacting us at connect@inclusee.org.au.

Now let's dive into the next thrilling edition of our newsletter - happy reading!

- Team Inclusee

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Inclusee's 2023 Journey Rachael Cook, Inclusee CEO

As we approach the end of another incredible year, it's a moment to reflect on the journey we've taken together in pursuit of our mission at Inclusee. Our mission, to use the **power of connection** to relieve isolation and loneliness for Australians, has been the guiding light that has shaped our efforts.

In the face of challenges, we at Inclusee have shown resilience, creativity, and unwavering commitment to this noble cause. Together, we've achieved remarkable milestones and celebrated countless successes in making a real difference in the lives of those we serve. Our team's dedication, passion, and collaborative spirit have been the driving force behind our accomplishments in fulfilling our mission. We've met our goals and exceeded them, setting new standards for excellence in our industry and, more importantly, improving the lives of many.

As we embrace the coming year, let's carry forward the lessons learned, the memories made, and the bonds strengthened. With the same enthusiasm and determination, we at Inclusee will continue to reach new heights and inspire positive change in our community, relieving isolation and loneliness one connection at a time.

We are incredibly proud to share some of our remarkable achievements with you:

- Achieved a stellar 91% Engagement Score, highlighting team dedication and enthusiasm.
- Received an incredible 95% management score, showcasing effective leadership commitment.
- Awarded 3rd Best Place to Work in Government, Education & NFP by Aus Financial Review.
- Won the QLD iAwards23 for Inclusee Virtual Community and were national finalists for NFP.
- National finalists for Best Well-being Program with HR Australia.
- Semi-finalists in the Bendigo Bank Community Group of the Year.
- Finalists in Charitable Foundation Mental Health and Well-being award.
- CEO nominated for Executive of the Year in NFP category.
- Achieved 100% performance of funding agreements with programs almost at full capacity.
- Successful Volunteer Summit focused on 'Power of One,' recognising volunteers' contributions.
- Fostered new relationships with key stakeholders and enhanced processes for accessibility.
- Welcomed Inclusee's first brand Ambassador, Robyn Moore, for invaluable support.
- Introduced two new board-level subcommittees, strengthening organisational structure.
- Utilised positive feedback from participants and volunteers as a driving force.
- Launched a new website, and celebrated Seniors Month and Get Online Week.
- Creation of our new volunteer kindness crew and caring circle, helping empower our community.
- Updated our Brand Guidelines and added new sub-values: Inclusivity, Connection, and Impact.
- Completed Reflect Reconciliation Action Plan (RAP) contributing positively to the community.
- Set up stalls at Bribie Island and Morayfield Seniors Expo.
- Hosted a Virtual Open Week, giving our stakeholders a chance to experience Inclusee.
- Launched incredible new programs including our quickly growing In2Generations club.

The list of our achievements this year so long, I am positive I would have forgotten something! All of the above has perfectly aligned with our focus this year, which was "Get Online – Stay Online". It has been such a phenomenal year and we have loved connecting with you all online.

Thank you for your unwavering support, and commitment to our shared mission at Inclusee. May the year ahead be filled with even greater achievements, growth, and prosperity. Together, we'll make it happen, and together, we'll continue to bring warmth and companionship to those who need it most. We cannot thank you all enough for making 2023 another fabulous year at Inclusee.

Connect | Learn | Enjoy



PROGRAMS, EVENTS & UPDATES

October Seniors Month & Get Online Week 2023 - HUGE SUCCESS!

As we bid farewell to October Seniors Month and Get Online Week, we want to express our deepest gratitude to each and every one of you who made these events such a resounding success. Your active participation in our diverse range of activities, events, webinars, workshops, and special club sessions, has truly enriched our community.

In reflecting on the achievements of 2023, we are immensely proud to have hosted 26 thought-provoking programs and over 26 special events throughout the year. This incredible journey has allowed us to present an extraordinary line-up of organisations, authors, musicians, comedians, and experts from diverse fields. Your continuous support and the overwhelmingly positive feedback has not only motivated us but has also filled our hearts with gratitude. It is your enthusiasm and engagement that makes our community so vibrant and meaningful.

To our new members who have joined us this month, we extend to you a warm and enthusiastic welcome to the Inclusee family! We are thrilled to have you with us and can't wait for you to embark on this exciting journey alongside us. Brace yourselves for enriching experiences and captivating activities tailored to cater to your diverse interests.

Stay tuned for new updates and get ready to be a part of an engaging and vibrant community.

The work that the E2E team is doing to get the programs running is amazing.

The variety is good and all the staff at Inclusee are so fantastic and caring.

- Mea Locksley

In2Travel - Upcoming Locations

Exciting news! Our curated destinations for Block 1, 2024 are here, offering unparalleled experiences and lasting memories. Whether you seek cultural exploration, natural marvels, or the opportunity to share your expertise, we have the perfect destinations for you.

Join in Tuesdays at 9:30 am and Wednesdays at 11:00 am AEST for the adventure of a lifetime.

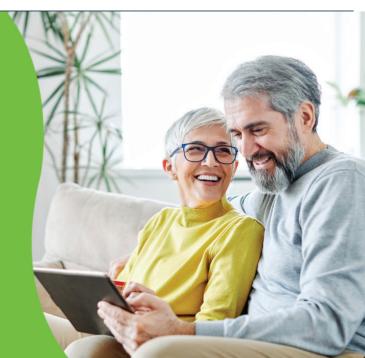


Inclusee App Tutorials

In anticipation of the upcoming 2024 app updates, we're offering four 1-hour tutorials to showcase the new features and to address your questions:

- Wed 17th January 9:30am (Navy Room)
- Fri 19th January 10am (Teal Room)
- Thurs 25th January 2pm (Navy Room)
- Fri 2nd February 10am (Navy Room)

For additional app support, join our Digital Help Desk on Fridays at 10am or book an appointment with your Connection Support Officer at 1800 287 687.



Be Connected eSafety Webinars

Great news for all our tech-savvy enthusiasts! Due to overwhelming demand, the 'Be Connected' eSafety webinar sessions are making a triumphant return in Block 1 of 2024.

Be Connected is an Australian government initiative committed to building the confidence, digital skills, and online safety of older Australians. Whether you want to pick up new skills or dive into a new topic, be sure to keep a watchful eye on our online event calendar as the new session times will be announced mid-January 2024.

Don't miss this opportunity to stay informed and secure in the digital world. We hope to see you there!



Guest Author: T.M Clark

In2Books: Guest Author T.M Clark

Calling all avid readers! Get ready for an exclusive literary experience!

We're thrilled to announce that the celebrated author T.M Clark will be joining our In2Books club for two exciting sessions.

- Wednesday February 14th at 10am
- Thursday February 15th at 4:30pm

Don't miss this golden chance to connect with the brilliant mind behind best-sellers like 'Child of Africa' and 'My Brother-But-One', along with many more captivating tales. Be part of the conversation, ask questions, and gain unique insights into the art of storytelling. Prepare to be inspired! See you there!

VIRTUAL MENS SHED

Every Thursday from 3:00pm - 4:00pm.



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join in

Explore our virtual men's shed, a safe and relaxed environment where men can connect over mutual interests.

Relish in relaxed conversations with fellow community members, free from any expectations or commitments.

Curious? Join us every Thursday from 3:00 pm to 4:00 PM or give us a call on 1800 287 687.

Connect2You

Have you just finished one of our clubs and want to keep the conversation going? Well, Connect2You is a digital hub that serves as the perfect place for our community to gather and continue the fun!

Connect2You is accessible to all members of the Inclusee community, and it is an excellent place to meet new friends and have a casual chat with other community members.

- Mon, Tues and Thurs 9am to 5pm
- Wed 8am to 5pm.
- Fri 9am to 3:30pm

What are you waiting for? Join us in the Connect2You chat today!



Are you on the lookout for opportunities to level up your digital prowess? Look no further! We're thrilled to introduce the all-new Upskill Hour club, designed exclusively to empower you with a diverse set of digital skills. Whether you're a tech novice or a seasoned pro, our sessions cater to all levels of expertise. Join in and embark on a journey to discover and refine your digital talents!

Each session will run on a Monday from 9:30am to 10:30am AEST.

- 22/01 Utilising Elder Help & A Better Visit.
- 29/01 Downloading & Removing apps.
- 5/02 How to use YouTube.
- 12/02 Exploring Google Maps.
- 19/02 Traversing the Internet.
- 26/02 Taking Photos and Videos.
- 4/03 Editing photos for beginners.
- 11/03- How to use Bluetooth & Hotspot.
- 18/03 Using Video Call Apps.

Note: These sessions are designed for those with an Inclusee or Android tablet, however all are welcome to join in.

In2Games

Wednesdays at 3pm.

Join our In2Games online club and dive into a world of exciting virtual games!

From classic favourites like Bingo, Boggle, and Jeopardy to thrilling new games suggested by our community, there's something for everyone. So if you love to play games, check out our monthly schedule:

- Week 1 Bingo
- Week 2 Scattergories
- Week 3 Jeopardy
- Week 4 Boggle

Let the fun begin! - Wednesdays at 3pm.



In2Trivia: Mardi Gras!

Join us in a vibrant celebration of equality and inclusivity here at Inclusee!

We extend a warm invitation to everyone, to participate in this special Mardi Gras In2Trivia event. Whether you identify as LGBTQIA+, an ally, or simply someone who values diversity, we welcome you to this exciting session.

When: Friday March 1st, at 2 pm.

Put on your most vibrant outfit for the opportunity to win an exciting prize for the best-dressed individual! Join in and create lasting memories in this special In2Trivia event.

In2Paint - Acrylic Paints

Mondays from 10am to 11am (starting 8/4/24)

Dive deep into the vibrant world of acrylic paint with our upcoming In2Paint Club sessions!

Embark on a creative journey in Block 2 of 2024 with our In2Paint Club, where we invite you to explore the captivating realm of acrylic paint. Whether you're a beginner or an experienced artist, our In2Paint sessions provide a welcoming and inclusive atmosphere to nurture your artistic skills.

Registration required. Notify your CSO or give call us on 1800 287 687 to secure your spot!

As an added bonus, the first 20 registered members will receive a complimentary starter acrylic kit, curated with all the essential materials to fuel your creative passions. Don't miss out on the opportunity to connect with the community, learn a new hobby, and enjoy the beautiful artworks that will unfold.

Join our In2Gardening Club this summer: Join the green revolution!

Starting from January 17th, we will meet every Wednesday from 1-2 pm to embark on an exciting journey into the world of gardening. Whether you're a seasoned green thumb or just starting out, our club is the perfect place to be. Together, we'll learn the art of nurturing various gardens and plant species, discovering the secrets behind their care, and exploring the beauty of nature. Join us this summer as we cultivate not just gardens, but also friendships and a deeper connection with the natural world. Get ready to dig in, learn, and grow with us!



Upcoming Guest Speakers!

Join us for insightful sessions on anxiety, scams, healthy living, stroke prevention, and mental health featuring remarkable guest speakers.

- Tues 23/01, 11 am: Beyond Blue Combatting anxiety and depression.
- Mon 5/02, 11 am: Office of Fair Trading Scam awareness.
- Wed 28/02, 11 am: Liveup Guide to a healthy lifestyle.
- Tues 5/03, 11 am: Stroke Foundation Causes and prevention.
- Wed 13/03, 2 pm: Memoir writing session.
- Tues 19/03, 11 am: Letters of Hope Mental health and letter workshop.

For more information, visit our website or contact your CSO on 1800 287 687.



In2Generations: Forming a lasting impact

We are delighted to share the heart-warming success of our In2Generations program! Over the past six months, twelve enthusiastic sixth-grade girls have been connecting with our participants every Tuesday, fostering friendships, and bridging the generation gap. What started as an 8-week trial has turned into a key program, with transformative stories emerging from once shy voices. The impact of In2Generations has been remarkable, with students reaching out to their grandparents more frequently, discovering newfound laughter and wisdom in their relationships.

With this success, we are thrilled to announce that the program will continue to flourish in 2024, with the possibility of a second session on a different day due to its immense popularity.

Block 1 of In2Generations 2024 will be hosted on Tuesdays from 12:30 - 1:30PM AEST. If you wish to join in all the fun, give your CSO a call today. Together, let's keep building enduring connections and bridging generations through these valuable and incredibly fun sessions.

Upcoming Virtual Field trips

Get ready to explore some fantastic locations without leaving your home! We're thrilled to invite you on a series of virtual field trips to 5 extraordinary destinations.

- Mon 15/01: The Louvre Museum.
- Mon 29/01: RSPCA Wacol.
- Mon 12/02: US Veterans & War Memorials.
- Mon 26/02: Bribie Island Butterfly House.
- Mon 11/03: Redcliffe Botanical Gardens.

From 3:00pm to 4:30pm AEST

Mark your calendar and join us for an adventure of a lifetime from the comfort of your home!

In2Movies B1 2024

We're kicking off 2024 with three captivating films, held on the 2nd last Monday each month.

Join in and dive into a world of cinematic wonders with our In2Movies Club, where every month brings a new movie, a shared experience, and endless discussions.



THE ENGLISH TEACHER

22/01 - 11am

Monday January 22nd at 11am, join us for "The English Teacher," where Linda Sinclair, played by Julianne Moore, takes a daring leap as she directs a play by a former student, leading to a hilariously unexpected journey of self-discovery and love.



Monday February 19th at 11am, dive into the romance of "Nights in Rodanthe," starring Diane Lane and Richard Gere, as they find solace in each other during a life-altering storm in a charming coastal town.



Monday March 18th at 11am, explore the vital environmental documentary "Seed: The Untold Story," shedding light on the fight to preserve our seed varieties and the future of our food.

Join in and let the movie magic begin!





Connect, Learn and Enjoy our upcoming Lunch & Learn Sessions

Dive into a world of knowledge with our new Lunch and Learn club! Join us on **Mondays at Noon** as renowned organisations present a treasure trove of wisdom through recorded webinars. Here's a sneak peek into our upcoming sessions:

- 15/01: Musculoskeletal Australia Inflammatory Arthritis
- 22/01: Black Dog Institute 10 Tips for Managing Anxiety during COVID-19
- 29/01: Musculoskeletal Australia Learning about the Amazing Science of Pain
- 5/02: Musculoskeletal Australia Diet and Nutrition in Older Adults
- 12/02: Musculoskeletal Australia Getting a Good Night's Sleep
- 19/02: Dementia Australia Creating a Supportive Environment
- 26/02: Black Dog Institute How to Help When You're Worried About Somebody's Mental Health
- 4/03: Services Australia Aged Care Fees and Charges Part 1
- 11/03: Services Australia Aged Care Fees and Charges Part 2
- 18/03: Services Australia Aged Care Fees and Charges Part 3

At Lunch and Learn, we believe in empowering you with valuable insights on a variety of topics. Expand your understanding, engage with experts, and connect with a community passionate about learning. Don't miss out on this incredible opportunity!

We Value your feedback.

Scan the QR code provided to access out online feedback form.



Your experiences with Inclusee are invaluable to us, and your feedback means the world!

Whether your encounter was positive or negative, your insights play a crucial role in shaping our services.

If you've had a positive experience, we invite you to share your stories with us. Your narratives not only inspire us but also confirm that we are on the right path in serving our community effectively.

When submitting feedback, you have the choice to remain anonymous or actively participate in the decision-making process. This ensures that a suitable resolution is found to address your concerns.

We've streamlined the feedback process to make it quick and easy for you. Feel free to give us a call at 1800 287 687, send us an email at connect@inclusee.org.au, or simply scan the QR code above to access our anonymous online feedback form at inclusee.org.au/feedback/.

Birthday Celebration Club

We have exciting news for all of you with upcoming birthdays, introducing our Birthday Celebrations Club! Whether your birthday falls within these months, or you simply want to spread some birthday cheer, we invite you to join us for these monthly festivities. It's an opportunity to connect, share stories, and enjoy the company of community members who are celebrating alongside you.

Important Note:

If your birthday falls within these months, but you don't see your name listed below, please don't hesitate to reach out to us. You can give us a call on 1800 287 687 or get in touch with your CSO to update your profile. We want to ensure everyone's special day is recognised and celebrated.

January Birthdays - Friday 19/01 at 10am					
Dale H	Kristina C	Patricia F			
Martyn W	Gwen B	Valda J			
Graham D	Noel B	Clive W			
Phyllis A	Susan L	Dimitria S			
Joanna D.P	Archondia P	Lance H			
Nicolia S	Eliabeth L	Jean V.R			
Colin C	Tina L	Paula P			

February Birthdays - Friday 16/02 at 10am				
Eileen F	Ann R	Rose H		
Marie G	Beryl C	Theano S		
Josie C	Julie A.F	William McC		
Judith W	Madeline B	Denise M		
Therese C	Robert R	Dorothy W		
James K	George F	Eileen N		
Lois P	Margot D	Garry C		
Barbara M	Margaret O.T	Perry R		
Marie M	Anna A			
Katholiki S	Barry J			

March Birthdays - Friday 15/03 at 10am					
Caroline H	Natale M	Ronald W			
Albina U	Owen W	Karen M			
Maria F	David H	Michael H			
Mercia M	Lynette D	Edna L			
Hazel W	Merrill C	Paul R			
Olympia M	Bev L	Susan M			
Tetiana K	Gwendolyn S	Keith B			
Denise A	Maxine K				
Lalita D	Georgina M				



What is the role of an advocate?

An advocate is a person who will support, protect and promote the rights and interests of all Inclusee participants. An advocate can be a participant or an elected representative of a participant (friend, family member or outside organisation). An advocate's job is to support and negotiate on behalf of all participants, to ensure they are adequately represented and that all suggestions and feedback are heard.

- Utilise your experiences as a Inclusee participant to help guide our service.
- Provide advice in relation to Inclusee policies, procedures and programs.
- Work with other advocates and participants to help us further develop a more inclusive and enjoyable service.

Update from the previous meeting!

The last PAG meeting was a huge success, with ideas, suggestions and compliments from our Advocacy Group helping guide Inclusee in the right direction. Here are some of the suggestions requested by the PAG group that we are currently working on.

- Promote a peer support group in the newsletter to gauge interest.
- Add larger buttons on the app (back button).
- PAG group reviewed potential app updates.
- Add additional sessions for popular clubs (so nobody misses out).

Next PAG Meetings:

- Tuesday 16th of January at 2:00PM AEST
- Tuesday 19th of March at 2:00PM AEST

All community members are welcome. Join in via the Connect2You program, or give us a call on 1800 287 687 for more information. We hope to see you there!

In2Singing

Movie themes
16th of January

Songs about growing up
23rd of January

Songs about friendship
30th of January

1920s & 1930s
6th of February

TV hit songs
13th of February



Calling all music lovers! - Tuesdays 3:00 to 4:30PM

Prepare to sing your heart out in Block 1 2024 of our In2Singing Club. We've curated an exciting line-up of genres, including Movie and TV hits, songs about friendship, and tunes that capture the spirit of rebellion! Don't miss out, join in another incredible line-up in our In2Singing Club. We hope to see you there!

Attention Inclusee Family!

We're looking for a select group of passionate participants, ready to illuminate our community with their remarkable tales of connection, learning, and enjoyment through the power of the Inclusee clubs and programs.

Your stories hold immense power - they not only fuel our decisions but also serve as beacons, guiding others toward the warmth of our wide range of social clubs and programs. By sharing your experiences, you're not just celebrating your journey; you're also lighting the way for isolated Australians, inviting them into our supportive community.

If you're interested, embrace this opportunity to showcase the transformative influence of Inclusee in your life. **Notify your CSO**, give us a call on **1800 287 687** or send us an email at **connect@inclusee.org.au**.

Reduced Timetable

During our quieter periods in 2024, we will be operating a reduced timetable to ensure more consistent attendance in our clubs. The good news? Many of your favourite clubs will still be available! This reduced timetable will take effect from the 8th to the 12th of January and the 25th of March to the 5th of April. Connect2You will still operate as normal during this period.

Tuesday	Wednesday	Thursday	Friday
In2Travel	In2Books	In2Wellness	In2Recipes
9:30 - 11am	10 - 11am	10 - 11am	10:30 - 11:30am
In2Singing	In2Travel	In2Trivia	Happy Hour
3 - 4:30pm	11 - 12:30pm	1 - 2:30pm	2 - 3:30pm

Please note that all times are in AEST and are subject to change. We understand that you may have questions or need further information, so please don't hesitate to call us on 1800 287 687.

Meet the team: Tatia - Engagement Manager

Hi, my name is Tatia and I joined the Inclusee team in 2022 as the Engagement Manager. I have a passion for community and have devoted many years to bringing people together and supporting those in need.

I love seeing our community come together over activities, especially ones where we learn a new hobby or skill. It has shown me that we are perpetual students in life and we should never stop trying new things.

I'm a life-long learner and have studied education, acupuncture, corporate training, marketing, and amateur anthropology.

Outside of work, I enjoy gardening, bush walking, reading, and writing. In fact, I recently wrote my first novel and am waiting for Hollywood to come knocking.



Inclusee Closure Dates

As we usher in the new year of 2024, we find it essential to keep our dedicated volunteers, participants, and partners informed about the forthcoming office closure dates at Inclusee.

- Monday 25/12 and Tuesday 26/12 Christmas Public Holidays Full closure.
- Monday 01/01 New Years Public Holiday Full closure.
- Friday 26th of January Australia Day Public Holiday Full closure.
- Thursday 8th of February E2E Staff training Clubs and C2Y closed.
- Tuesday 12th of March Staff Training Full closure.
- Friday 29th of March Good Friday Public Holiday Full closure.
- Monday 1st of April Easter Monday Public Holiday Full closure.

For More information on our closure dates, please give us a call on 1800 287 687.

Holiday Morning & Afternoon Tea



As the Holiday season approaches, we invite you to partake in the heartwarming festivities with Inclusee. Come together for an enchanting blend of joyful carols and festive cheer that will surely put you in the holiday spirit. Make sure to mark your calendars for these delightful events.

- Mon 11th Dec 10am Holiday Morning Tea
- Tues 19th Dec 11am Holiday Morning Tea
- Fri 22nd Dec 2pm Holiday Afternoon Tea

Surround yourself with the warmth of good company and the enchanting sounds of carols. Join us, and let's make this holiday season truly memorable.

In2Movies: Christmess

Join us this holiday season for an In2Movies Special Event, a screening of the recently released comedy 'Christmess' Monday 18th of December at 10am.

'Christmess' follows A once famous actor who is now performing as Santa Claus in a mall due to his alcohol addiction. After accidentally meeting his estranged daughter, he seeks help for his recovery in order to win his daughter's forgiveness.

Please note, while this movie is a comedy, it is rated M for Mature and features coarse language, drug use and alcohol abuse.



Want to play Minecraft?

Are you curious about the exciting world of Minecraft? Look no further!

We are looking for Inclusee community members who would like to learn more about Minecraft and its infinite world of fun, and creativity. Our Learn2Minecraft Club will be for individuals who want to learn how to play Minecraft and express their creative skills through the simple and easy to understand building mechanics.

Through the club's various tutorials, workshops, and projects, participants can develop their Minecraft skills and enhance their creativity. If we get enough interest, Learn2Minecraft will kick off in 2024, so please enquire during your next CSO check-up call or by calling 1800 287 687.

Frozen Peanut butter Pie

Are you in search of a delectable dessert to indulge in this festive season? Your quest ends here with this irresistible frozen peanut butter pie recipe! Handed down through generations in my family, this straightforward yet mouthwatering recipe is the ultimate treat for the holiday season.







Ingredients

- 250g cream cheese
- 1 can of condensed milk
- 3/4 cup of smooth peanut butter
- 2 tbsp of lemon juice
- 2 and 1/2 cups of Rice bubbles
- 1 tsp of vanilla extract
- 175g of chocolate chips
- 1/3 cup of butter

Homemade Cool Whip

- 2 cups of heavy cream
- 1/4 cup of powdered sugar
- 2 tsp of vanilla extract

Place the ingredients for Cool Whip into a stand mixer and beat on high until soft peaks form. Remember not to overmix in order to prevent curdling.

Directions:

- 1. Melt 1/3 cup of butter and 175g of chocolate chips. Remove from heat and gently stir in 2 and 1/2 cups of Rice bubbles and stir until completely coated. Press into 9x13 baking pan (or a muffin tray) and chill for 30 minutes.
- 2. In a large mixing bowl, beat 250g of cream cheese until fluffy.
- 3. Gradually beat in 1 can of condensed milk before beating in 3/4 cup of peanut butter until smooth. Stir in 2 tbsp of lemon juice and 1 tsp of vanilla extract.
- 4. Fold in the homemade Cool Whip (500g).
- 5. Evenly pour onto the chocolate rice bubble crust.
- 6. Drizzle melted chocolate over the pie and then drag a toothpick across the top to achieve a marble effect.
- 7. Place in the freezer for 4 hours or until firm.
- 8. Remove from freezer 3-4 minutes prior to serving for an easier and cleaner cut.

Note: Caramel sauce and chocolate shavings can be used as a topping if preferred.

Inclusee Activities Timetable 15 January - 22 March 2024 AEST

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Monthly/fortnightly clubs - Check newsletter for more info.

Virtual field trips - Mondays fortnightly at 3pm.

In2Movies - 2nd last monday each month at 11am.

Monday

