

# NEWSLETTER



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## Welcome to the Inlusee Newsletter!

Welcome to the Inlusee Newsletter, where you can delve into our organisation's vibrant world and stay informed about the latest developments, events, and featured speakers.

We extend our sincere gratitude to the Participant Advocacy Group and all participants for their invaluable feedback. Your

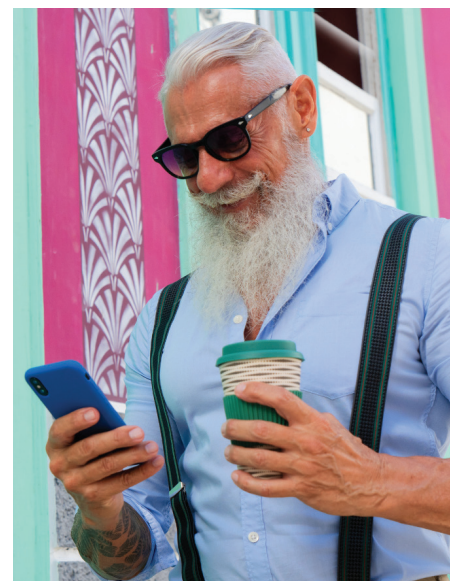
feedback helps steer our updates. Please don't hesitate to share your preferences for future topics by reaching out to us at [connect@inlusee.org.au](mailto:connect@inlusee.org.au).

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

**- Team Inlusee**

### In this edition:

- NRW + In2Movies.
- In2Travel + Birthday Club.
- In2Games + Upskill Hour.
- In2Gardening + Guest Speakers.
- Virtual Open Week.
- VFT & Closure Dates.
- Lunch & Learn.
- In2Singing.
- Staff Anniversary.
- Reduced Timetable.
- Activities Timetable.





# PROGRAMS, EVENTS & UPDATES

## National Reconciliation Week: Now More Than Ever (27th of May - 3rd of June)

Join us during National Reconciliation Week (NRW) as we come together to learn, celebrate, and work towards achieving reconciliation in Australia. The theme for NRW in 2024, Now More Than Ever, puts a spotlight on the fight for justice and the rights for Aboriginal and Torres Strait Islander people. These upcoming special club sessions are designed to immerse you in the rich cultures and histories of Aboriginal and Torres Strait Islander peoples.

- **In2Movies: The Last Daughter** - On Monday 27/5 at 11am and Friday 31/5 at 1pm, we will be screening the thought-provoking movie, “The Last Daughter” as part of our In2Movies event (See page 3 for more information).
- **In2Travel: Torres Strait Islands** - Embark on a virtual journey to the enchanting Torres Strait Islands on Tuesday 28/5 at 9:30am and Wednesday 29/5 at 11am during our In2Travel event. Discover the breathtaking beauty of this region and gain a deeper understanding of the traditions and customs of the local Indigenous communities. (See page 4 for more info)

Don't miss these exclusive opportunities to connect, learn, and enjoy as a community. Save the dates and be part of the movement to make a positive change during National Reconciliation Week 2024.



Australian Government  
Aged Care Quality and Safety Commission

## Stay up-to-date on the latest Aged Care Reforms



## Are you a movie lover? Join in our In2Movies club each month!

### In2Movies

Join in and dive into a world of cinematic wonders with our In2Movies Club, where every month brings a new movie straight to you!

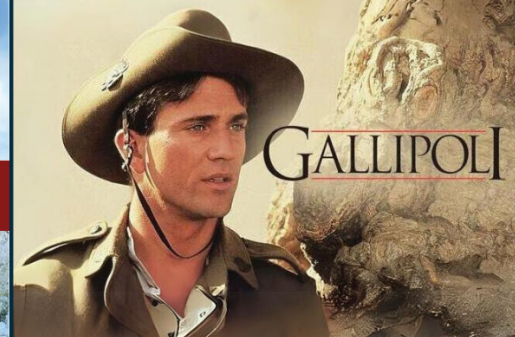
For more info: 1800 287 687

Mon 22/4 - 11am



DARLING COMPANION

Tues 23/4 - 1pm



GALLIPOLI

Mon 20/5 - 11am



LOVE'S KITCHEN

Mon 27/5 - 11am

Fri 31/5 - 1pm

the last daughter

Healing is hidden in the past



Mon 17/6 - 11am

A Late Quartet



- **Darling Companion (PG)** A devoted couple finds unexpected love and laughter when they rescue a scruffy stray dog. Little do they know, their courageous act will unleash a chain of comedic and heartwarming events that will forever alter the path of their daughter Grace.
- **Gallipoli (M)** Experience this 1981 Australian war drama film starring Mel Gibson and Mark Lee, focusing on the events of the Gallipoli Campaign in World War I.
- **Love's Kitchen (M)** Following a scathing critique from a food critic, Rob Haley, still grieving the loss of his spouse, faces a decline in patrons at his restaurant. Seeking guidance, he turns to his friend Gordon Ramsay, who suggests a transformative endeavour: revitalising a dilapidated rural pub into a culinary haven for the community.
- **The Last Daughter (PG)** This gripping documentary follows Brenda's journey to uncover the truth about her past as she reconciles with her Aboriginal and foster families.
- **A Late Quartet (M)** Peter Mitchell, a renowned cellist, discovers he has Parkinson's disease and decides to quit his string quartet. Peter's decision forces his group to re-evaluate their relationships.

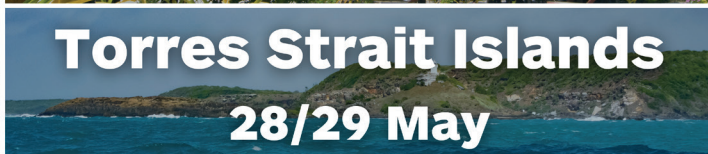
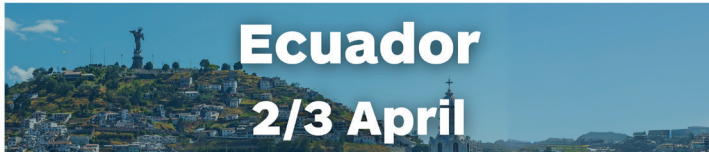
### Want to learn how to play Minecraft?

Are you curious about the exciting world of Minecraft? Look no further! We are searching for In2Movies community members who would like to learn more about Minecraft and its infinite world of fun, and creativity. Our Learn2Minecraft Club is 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, you can develop your Minecraft skills and enhance your creativity. Learn2Minecraft will run on **Wednesdays at 2PM**, so please enquire during your next CSO check-up call or by calling **1800 287 687**.

# In2Travel

Tues 9:30-11 & Wed 11-12:30



Exciting news! Our curated destinations for Block 2 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.

# IN2BIBLE STUDIES

FRIDAYS - 3:30 TO 4:30PM AEST

Join our In2BibleStudies club and connect with others who share your faith. Share and discuss your favourite bible verses, recount stories that have impacted you, sing hymns together, and forge new friendships. We warmly welcome all denominations to participate.

THE LORD is my shepherd; I shall not want.  
2 He maketh me to lie down in green pastures: \*he leadeth me beside the \*still waters.  
3 He restoreth my soul: \*he leadeth me in the paths of righteousness for his name's sake.  
4 Yea, though walk through the valley of \*the shadow of death, I will fear no evil: \*for thou art with me; thy rod and thy staff they comfort me.



# 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.

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.

## April Birthdays - Friday 19/04 at 10am

Gill A	Carol D	Helen G
Janet P	Joanna F	Cherryl C
Frank V	Hilary G	Catherine T
Frank P	Barry B	Bernard H
Sandy D	Ericka D	Peter B
Ross D	Lorinda P	Connie H
Marlies C	Trude M	Arlies G
Maggie R	Theopoula T	John C
Diana T	Irene F	Judith W
Kristine S	Joanne J	Adrienne L
Kathleen L	Esther M	-

## May Birthdays - Friday 17/05 at 10am

Amber J	Gloria M	Mick M
Perlita C	Robert B	Angela R
Phillip S	Lola W B	Maree C
Betty H	Kathleen T	Jim K
Dian S	Graham M	Lynda L
Diane J	Pamela M	Lesley R
Terry A	Peter W	Pat S
Norma N	Toni H	-

## June Birthdays - Friday 21/06 at 10am

Laura F	Allen H	John S
Anica V	Marie A	Ross M
Don L	Tina P	Carol R
Wolfgang K	Elke S	Patricia C
Heather R	Brian W	Margaret H
Joan M	David G	-
Ruth B	Angela M	-

# Carrot Cake Mug Recipe



Are you wanting to learn how to make carrot cake in under 5 minutes? Try this quick and simple carrot cake mug recipe!

## Ingredients:

- 1 tsp vanilla essence.
- 1/4 cup grated carrot.
- 1 tsp cinnamon.
- 1/2 tbs maple syrup.
- 2 tbs light Greek-style yoghurt.
- 1/4 cup flour.
- 1/2 tsp baking powder.
- 1 free range egg.

## Steps:

1. Add grated carrot to a microwave-proof mug and microwave for 1 minute or until soft.
2. Combine remaining ingredients in a small bowl, then fold in the carrot.
3. Transfer mixture to the mug and microwave for a further 1 1/2 minutes or until cooked through. Serve warm.

We hope you enjoy!

# In2Games

Wednesdays at 3pm.

Join our In2Games online club and dive into a world of exciting virtual games every week! From classic favourites like Bingo, Boggle, and Jeopardy to thrilling new games suggested by our community, there's something for everyone. Our In2Games club meets on Wednesdays at 3pm, 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!

# Upskill Hour



Are you looking to enhance your digital skills? Look no further! Our Upskill Hour club topics have been created exclusively to empower you with a diverse range of digital talents. Whether you're a tech novice or a seasoned pro, our sessions are designed for all levels of expertise. Get ready to embark on a thrilling journey of discovery as you refine your digital prowess!

Join us every **Monday from 9:30am to 10:30am AEST** for an exciting lineup of sessions:

- **Monday, April 8th:** Unlock the potential of Elder Help and Better Visit.
- **Monday, April 15th:** Master the art of downloading and removing Apps.
- **Monday, April 22nd:** Dive into the world of YouTube.
- **Monday, April 29th:** Explore the wonders of Google Maps.
- **Monday, May 6th:** CLOSED for the Labour Day Public Holiday.
- **Monday, May 13th:** Traverse the vast Internet landscape.
- **Monday, May 20th:** Discover the secrets of taking stunning photos and videos.
- **Monday, May 27th:** Beginner's guide to editing photos and using Bluetooth and Hotspot.
- **Monday, June 3rd:** Get comfortable with video call apps.
- **Monday, June 10th:** Making the most of the Inclusive Timetable.
- **Monday, June 17th:** Navigate the world of Be Connected Learning.

Please note that these sessions are primarily designed for Inclusive or Android tablet users, but everyone is welcome to join in the fun. Don't miss out on this incredible opportunity to enhance your digital skills.

# In2Gardening

Wednesdays: 1 - 2PM AEST

**VFT: Chelsea Flower Show**  
10th of April

**Fairy gardens**  
17th of April

**Rose gardens**  
24th of April

**VFT: Royal Gardens, Kew**  
1st of May

**Edible gardening**  
8th of May

**Winter planting**  
15th of May

**Best winter vegetables**  
22nd of May

**Best gardening hacks**  
29th of May

**VFT: Floraide, Canberra**  
5th of June

**Creating a garden getaway**  
12th of June

**Selecting your pots**  
19th of June

Starting from April 10th, 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 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, consumer law and mental health with engaging guest speakers.

- Thurs 11/4, 11am - Beyond Blue: Combatting anxiety and depression
- Tues 23/4, 11am - Office of Fair Trading: Consumer Laws and Rights
- Mon 3/6, 11 am - Public Trustee (QLD): Wills and Power of attorney
- Tues 18/6, 11 am - SALT Directory: A hub for vetted aged care services.
- Wed 19/6 10am and Thurs 20/6 4:30pm - A special In2Books session with renowned author Rachael Armstrong.

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



# Virtual Open Week

**13th - 17th of May 2024**

Join us for an extraordinary week as we present our Virtual Open Week events. Bring your loved ones and enjoy a fantastic lineup of carefully crafted experiences and educational sessions. Many of the events will also include special prizes for: attendance, fancy dress, and for winning our In2Trivia and In2Games sessions. We can't wait to see you there!



**MON 13TH MAY**

## **11am: Live Up**

Unlock the secrets of independence and healthy ageing.

## **2pm: SALT Directory**

Learn more about this one-stop hub of vetted aged care services.

## **3pm: Virtual Field Trip - Bribie Butterfly House**

Explore and learn about the magical world of butterflies. Don't miss this incredible virtual fieldtrip experience.



**TUES 14TH MAY**

## **9:30am: In2Travel - Samoa**

Discover the beauty of Samoa in our virtual In2Travel Club.

## **11:00am: Short Story Workshop**

Unlock the secret of creative writing with award winning Author Amanda O'Callaghan.



WED 15TH MAY



### 11am: In2Travel - Samoa

Discover the beauty of Samoa in our virtual In2Travel Club.

### 2pm: Cooking with Kat

Learn new tips, tricks and recipes with Kat.

### 3pm: In2Games

Let your competitive spirit flare for this special In2Games session, with the winner receiving a special prize!

THURS 16TH MAY



### 10am: Laughter Yoga

Relieve stress through the power of laughter.

### 1pm: Drag Trivia

Enjoy dressing up, singing and trivia during this special drag hosted In2Trivia event. There will be prizes for the winner as well as the person with the most vibrant and exciting attire!

### 2pm: Office of Fair Trading

Navigate cost of living with these savvy shopping tips.

### 3pm: NBN - Scam Awareness

Learn how to identify and protect yourself and your loved ones from all the latest scamming techniques.

FRI 17TH MAY



### 10:30am: In2Recipes with Deidre

Uncover thrilling new recipes and cooking methods and seize the opportunity to win your very own cookbook.

### 2pm: Digital Escape Room - Spy Apprentice

Enjoy puzzles? Take on the ultimate virtual escape room experience during this Digital Escape Room event.

**Refer to the Activity Timetable for a comprehensive listing of our regularly listed clubs and events.**



1800 287 687



connect@inclusee.org.au

**join in**<sup>™</sup>



# Virtual Field Trips

Fortnightly on Mondays at 3pm

## Attention Inclusion Community!

Get ready for an exhilarating journey from the comfort of your own home! Prepare to be amazed as we take you on a virtual adventure like no other.

Mark your calendars for these upcoming must-see destinations:

**Monday 15th April** - Private Garden Tour with Jerry Coleby-Williams: Join horticulturalist, plant curator, conservationist and TV and radio personality Jerry Coleby-Williams for a private tour of their garden. Jerry has been a presenter on ABC TV's Gardening Australia since 1999 and is now the director of the Seed Savers Network and an Executive Member of the Queensland Conservation Council.

**Monday 29th April** - RSPCA Wacol: Step behind the scenes of the RSPCA headquarters in Wacol. Experience the heartwarming stories of their animal hospital and adoption centre, where over 28,000 precious lives are saved each year.

**Monday 13th May** - Bribie Island Butterfly House: Immerse yourself in the enchanting realm of butterflies at the breathtaking Bribie Island Butterfly House. Witness the captivating life cycle of countless butterfly species.

**Monday 27th May** - 25 Greatest Natural Wonders of the World: Brace yourself for a visual feast of colossal glaciers, majestic mountains, and untamed wildlife. These awe-inspiring vistas from Arizona to Antarctica will leave you in utter awe.

**Monday 10th June** - Angkor Wat - World Heritage Site: Embark on a virtual tour of Angkor Wat, guided by National Geographic. Witness the dedication of workers as they strive to preserve the temples of this remarkable World Heritage site.

Don't miss out on these extraordinary opportunities to explore the world from your own living room. Stay tuned for more announcements and get ready for the adventure of a lifetime!



**Be Connected**

Every Australian online.

Join in the Be Connected eSafety Commissioner presentations and gain knowledge on a range of technology-related subjects such as smart devices, public Wi-Fi, recognising scams, and online safety.



Would you like to learn more about technology, the internet and how to stay safe online? The eSafety Commissioner is back with their life changing esafety presentations.

From smart devices, public wifi and spotting scams, the eSafety Commissioner will delve into the dos and don'ts of using modern technology. Here is a list of the upcoming webinar topics:

### April

- Tues 9/4: 3-4pm - Online shopping + banking
- Thurs 11/4: 10-11am - Android phones
- Tues 16/4: 3-4pm - Can you spot a scam?
- Tues 23/4: 10-11am - Travel apps

### May

- Thurs 2/5: 10-11am - Facebook Safety
- Thurs 9/5: 3-4pm - Helpful phone/tablet apps
- Tues 21/5: 10-11am - Scam protection
- Thurs 23/5: 3-4pm - Smart home technology

### June

- Tues 4/6: 10-11am - Selling things online
- Thurs 6/6: 3-4pm - Technology for health
- Tues 25/6: 3-4pm - Android phones
- Thurs 27/6: 10-11am - Wi-Fi and data plans

*Note: All times are listed in AEST.*

## Inclusion Closure Dates

Please make note of the following Inclusion closure dates from March to June 2024:

- Tuesday 12th March - Staff Training Day.
- Friday 29th March - Good Friday.
- Monday 1st April - Easter Monday.
- Thursday 25th April - Anzac Day.
- Monday 6th May - Labour Day.
- Tuesday 11th June - Staff Training Day.

If you have any questions or need further information regarding these closure dates, please don't hesitate to contact us at **1800 287 687**.



join in

## Mondays and Wednesdays 12 - 1pm

Join us every Monday and Wednesday at Noon as we unveil a treasure trove of knowledge from renowned experts and organisations through captivating, recorded webinars. Excited? Here's a sneak peek into our upcoming sessions:

### April

8th and 10th - Ovarian Cancer Australia: Living with ovarian cancer

15th and 17th - Active Ageing Society: Arthritis "All the more reason to move!"

22nd and 24th - Musculoskeletal Australia: Managing rheumatoid arthritis

29th - Guide to Grief: Experienced counsellors discuss grief and possible coping strategies

### May

1st - Guide to Grief: Experienced counsellors discuss grief and possible coping strategies

6th and 8th - Black Dog Institute: Mental health during COVID-19

13th and 15th - Heart Foundation: Walking for older adults

20th and 22nd - Heart Foundation: The importance of walkability

27th and 29th - Black Dog Institute: 10 tips for managing anxiety during COVID-19

### June

3rd and 5th - Dementia Australia: Recently diagnosed with dementia

10th and 12th - Heart Foundation: Eating for a healthy heart

17th and 19th - PalliChat Podcast: Perception and preparation for grief

Expand your understanding and connect with a vibrant community of fellow lifelong learners.

## We Value your feedback.

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



Your experiences with Inclusive 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.

Your feedback will help guide all our decisions, ensuring that we continue bringing all the incredible social connection that you love, while working to keep our programs welcoming, safe and engaging for all community members.

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@inclusive.org.au](mailto:connect@inclusive.org.au), or simply scan the QR code above to access our anonymous online feedback form at [inclusive.org.au/feedback/](https://inclusive.org.au/feedback/).

# In2Singing



**Blues Rock**  
2nd of April



**Disco Dance Music**  
9th of April



**Contemporary Gospel**  
16th of April



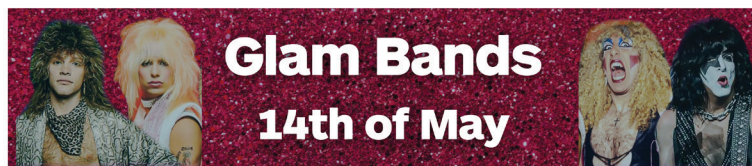
**Andrew Lloyd Webber**  
23rd of April



**Gothic Metal**  
30th of April



**Celtic Folk**  
7th of May



**Glam Bands**  
14th of May



**Famous Duets**  
21st of May



**Female Artists**  
28th of May



**Contemporary Jazz**  
4th of June



**Country Music**  
11th of June



**Male Artists**  
18th of June



**Folk Rock**  
25th of June

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

Prepare to sing your heart out in Block 2 2024 of our In2Singing Club. We've curated an exciting line-up of genres, including blues, folk and even famous duets! Don't miss out, join in another incredible line-up in our In2Singing Club. We hope to see you there!

## Website Updates Under Way!

Thanks to your invaluable feedback, we're thrilled to announce some exciting updates to our website, aimed at delivering a smoother and more user-friendly experience. Our primary objective is to make essential information easily accessible to all.

We've already rolled out some exciting changes, including a vibrant new home page. But rest assured, we're not stopping there – there's plenty more in the pipeline! So, stay tuned for further improvements.

Excited to contribute? Simply scan the QR code provided to access our feedback form and share your thoughts and suggestions. We can't wait to hear from you!



# Congratulations!



**Tim Hooper**



**Lisa Hooper**



**Sarah Xu**



**Emerlina Lagman**

Join us in commemorating the remarkable work anniversaries of Tim (8 Years), Lisa (8 years), Sarah (9 years), and Emerlina (10 years)! Their outstanding contributions to the Inlusee community have left a lasting impression, and we deeply appreciate their unwavering commitment to our cause.

## Tim Hooper (8 Years)

Tech Support Officer

Join us in celebrating Tim's remarkable achievements at Inlusee! Since May 2016, Tim has been an invaluable member of our team. Initially joining as a volunteer, he played an integral role in fostering the growth and support of our community members, before being hired as a key member of our Tech Support Team.

Tim's contributions have significantly contributed to the seamless operation of one of our community's most vital components, the technology that connects us.

We extend our heartfelt gratitude and congratulations to Tim for his exceptional behind-the-scenes work.

## Lisa Hooper (8 Years)

Experiences Support Assistant

Many of you may already know that Lisa has been an invaluable member of our team since April 2016. She initially started as a volunteer, but her unwavering commitment and enthusiasm for our mission led her to become a part of the Experiences2Enjoy Team.

As we near Lisa's 8th year with Inlusee, we invite you to join us in applauding her remarkable accomplishments.

We want to express our heartfelt appreciation and congratulations to Lisa for her exceptional contribution to our community and her remarkable work in our clubs and Virtual Community Centre.

## Sarah Xu (9 Years)

Chief Development Officer

Here at Inlusee, we strive for innovation, and we couldn't have achieved it without the exceptional contributions of Sarah Xu, our Chief Development Officer (CDO).

Sarah joined Inlusee in February 2015 and they have helped to grow Inlusee into the digital connection community it is today. Their technological expertise and ability to problem solve has been instrumental in maintaining Inlusee's position as a leader in the realm of digital social connection.

We extend our heartfelt gratitude to Sarah Xu for their invaluable contributions.

## Emerlina Lagman (10 Years)

Accounts Officer

Emerlina is a cornerstone of our team, navigating the difficulties of the role with grace and expertise. Her steadfast dedication has ensured our financial stability and the smooth operation of our organisation.

Her positivity and kindness uplift us all, creating a welcoming atmosphere where everyone feels valued and supported.

Join us in congratulating and thanking Emerlina on this remarkable achievement for her unwavering commitment to Inlusee.

Here's to many more years of success.



# **MEN'S HOUR** *Social Club*

**The perfect place to hang out, unwind and have a casual chat with other men in the Inclusee Community. Give it a try, join in the fun today!**

**EVERY THURSDAY FROM 3:00PM - 4:00PM.**

## Cycling without age: Gold Coast

Cycling Without Age: Gold Coast is an initiative that aims to combat loneliness and social isolation among seniors by offering free rides on adaptive bicycles on the Gold Coast.

Accredited volunteers pilot the bikes from Paradise Point Parklands on Tuesdays, Thursdays, and Fridays from 9am to 12pm.

Every bike is equipped with seatbelts and are specially designed to carry wheelchairs, allowing individuals with disabilities and reduced mobility to participate. Whether individuals prefer to ride alone or with a group, the caring volunteer pilots will provide guidance for a comfortable and memorable journey.

CYCLING  
WITHOUT  
AGE  
GOLD COAST



Paradise Point  
Parklands

Every Tuesday  
Thursday and  
Friday.  
9am - 12pm

Book a free ride:  
Ph: 0492 977 280



## Reduced Timetable

In 2024, we will have a reduced timetable during quieter periods to ensure consistent club attendance. The good news? Many of your favourite clubs will still be available. The reduced timetable will operate from March 2nd to April 5th and June 24th to July 5th.

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

Please note that Connect2You will operate as normal during these periods and all times listed are in AEST. We understand that you may have questions or need further information, so please don't hesitate to call us on 1800 287 687.

## Participant Advocacy Group

### Next Sessions:

- 19th of March at 2PM.
- 18th of June at 2PM.

Don't miss out on this opportunity to make a difference, help us foster positive change in the Inlusee community.



# Inclussee Activities Timetable 8 April - 21 June 2024 AEST

FRIDAY	THURSDAY	WEDNESDAY	TUESDAY	MONDAY
 <p><b>Morning Meditation</b> 9:00 - 9:30</p>	 <p><b>Learn2GetStarted</b> 10:00 - 11:00</p>	 <p><b>Morning Meditation</b> 9:00 - 9:30</p>	 <p><b>In2Travel</b> 9:30 - 11:00</p>	 <p><b>Morning Meditation</b> 9:00 - 9:30</p>
 <p><b>Digital Help Desk</b> 10:00 - 11:00</p>	 <p><b>In2Wellness</b> 10:00 - 11:00</p>	 <p><b>Art Therapy</b> 9:00 - 10:00</p>	 <p><b>In2Generations</b> 12:30 - 1:30</p>	 <p><b>Upskill Hour</b> 9:30 - 10:30</p>
 <p><b>In2Recipes</b> 10:30 - 11:30</p>	 <p><b>In2Trivia</b> 1:00 - 2:30</p>	 <p><b>In2Books</b> 10:00 - 11:30</p>	 <p><b>In2Craft</b> 1:00 - 2:00</p>	 <p><b>Lunch and Learn</b> 12:00 - 1:00</p>
 <p><b>Happy Hour</b> 2:00 - 3:30</p>	 <p><b>Men's Hour</b> 3:00 - 4:00</p>	 <p><b>In2Travel</b> 11:00 - 12:30</p>	 <p><b>In2Genealogy</b> 3:30 - 4:30</p>	 <p><b>In2Theatre</b> 1:00 - 2:00</p>
 <p><b>In2BibleStudies</b> 3:30 - 4:30</p>	 <p><b>In2Books</b> 4:30 - 6:00</p>	 <p><b>Lunch and Learn</b> 12:00 - 1:00</p>	 <p><b>In2Singing</b> 3:00 - 4:30</p>	 <p><b>In2Paint</b> 2:00 - 3:30</p>
		 <p><b>In2Gardening</b> 1:00 - 2:00</p>	 <p><b>Learn2Minecraft</b> 2:00 - 3:00</p>	
			 <p><b>In2Games</b> 3:00 - 4:00</p>	

See Newsletter for more club information.

**Fortnightly Clubs:**

- Virtual field trips: Monday at 3pm.

**Monthly Clubs:**

- In2Movies: 2nd-to-last Monday at 11am.
- Birthday club: 2nd-to-last Friday at 10am.

To Register for a Learn2 Club, call 1800 287 687.



Access the live timetable by scanning the QR code.