

NEWSLETTER



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Welcome to the Inclusee Newsletter!

Welcome to the Inclusee 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

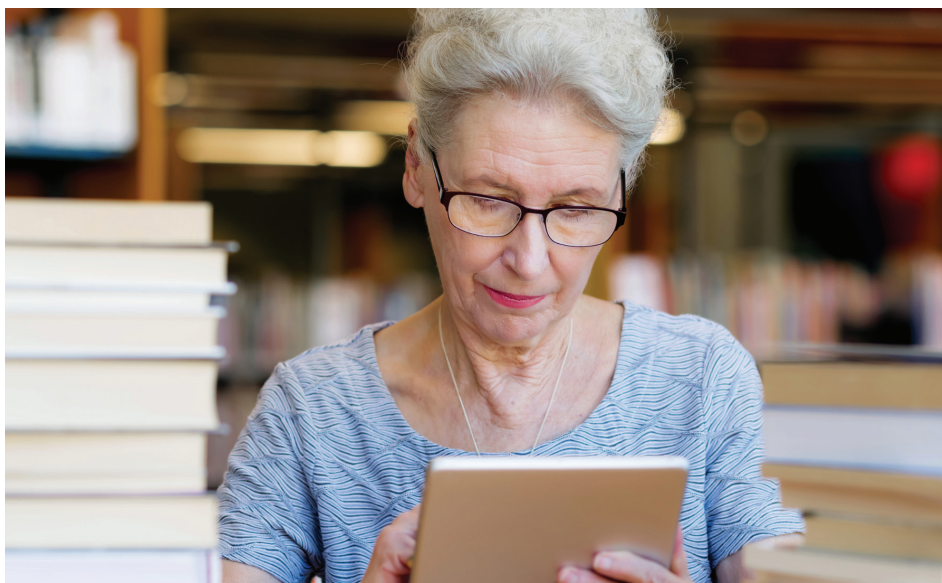
feedback helps steer our updates. Please don't hesitate to share your preferences for future topics by reaching out to us at connect@inclusee.org.au.

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

- Team Inclusee

In this edition:

- Newsletter Update
- In2Travel & In2BibleStudies
- Birthday Celebration Club
- Learn2 & Upskill Hour
- In2Gardening & Guests
- In2Movies
- In2Books, In2Stories & In2Photography
- Footy Tipping, eSafety Webinars & Closure Dates.
- Lunch and Learn & Brain Teasers
- In2Singing & Help Desk
- Learn2GetStarted & Raffle
- Virtual Field Trips
- Reduced Timetable & PAG
- Activities Timetable





Newsletter Update

Exciting News for the Inlusee Community!

The Inlusee Newsletter is transitioning to a digital format, with the aim to be completely digital for Block 4 2024 (8th edition)! This decision wasn't made lightly, and while rising postal expenses influenced our choice, the shift to digital comes with a wide range of fantastic advantages for you.

- **Interactive:** Incorporation of links and embedded videos for richer content.
- **Search Function:** Search functionality enabling you to find information in a snap.
- **Accessibility:** Access from any location on your phone, tablet, or computer.
- **Shareability:** Easily pass along the newsletter link to friends and family.
- **Live Updates:** Keep up to date on your favourite clubs or events.
- **Enhanced viewing options:** New zoom capabilities for better readability.
- **Integration:** links between our newsletter and the website calendar.
- **Sustainability:** Reducing our printing by roughly 19,840 pages each year.

With these perks in mind, we're confident that you'll embrace the digital newsletter, delivering the same quality news, updates, and insights you've grown to appreciate.



Australian Government
Aged Care Quality and Safety Commission

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





Contacts



Join in Now



Timetable



Newsletter



Information



Radio

inlusee
Connecting Community

Accessing the digital newsletter

Accessing our newsletter has never been simpler! Whether you prefer the convenience of our Inlusee App or the flexibility of accessing it on your phone or computer through our website, staying updated is effortless.

Inlusee App:

Discovering club updates, timetables, and upcoming events is a breeze. Just launch the Inlusee app and tap on the Newsletter Icon (See image above) to access all the latest information.

Website:

For those who prefer reading or sharing on the go, our website now hosts the newsletter under the event's tab at the top of the page header.

Additionally, the Inlusee team is currently developing "How to Access the Inlusee Newsletter" sessions as part of our Digital Help Desk Program, so stay tuned for future updates! If you encounter any difficulties accessing the newsletter, feel free to contact us at **1800 287 687**.

We Value your feedback.

Your insight into our clubs, programs and services helps guide our decision-making process.

Scan the QR code to access our online feedback form, give us a call on **1800 287 687** or email us at connect@inlusee.org.au.



In2Travel

Tues 9:30, Wed 11 & Thurs 2pm



Exciting news! Our curated destinations for Block 3 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, Wednesdays at 11:00 am and Thursdays at 2:00 pm 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 I 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.

PSALM 24.
1 Christ's kingdom of power, O of grace.
2 *The earth is the LORD's, and the fulness thereof; the world, and they that dwell therein.
3 For he hath founded it upon the seas, and established it upon the floods.
4 *He that hath *clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor *sworn deceitfully.
5 *My praise shall be of thee in the great congregation; *I will not say any of these things unto the Lord: and all the kindreds of the nations shall worship before thee.
6 This is the generation of them that seek him, that *seek thy face, and be ye lift up, ye everlasting doors; *and the King of glory shall come in.
7 *Lift up your heads, O ye gates; that the King of glory may come in.
8 *Who is this King of glory? The LORD, mighty in battle.
9 Lift up your heads, O ye gates; even lift them up, ye everlasting doors; that the King of glory may come in.
10 *The Lord of hosts, he is the King of glory. Selah.
11 *Remember, O LORD, *thy *tender mercies; *thy *loving-kindness, O LORD; thy *mercy, O LORD, unto all generations.
12 *Let not all thy *righteousness be cut off; and thy *help in affliction, O LORD, be not taken away.
13 *Let not all thy *righteousness be cut off; and thy *help in affliction, O LORD, be not taken away.
14 *Let not all thy *righteousness be cut off; and thy *help in affliction, O LORD, be not taken away.

15 *Let not all thy *righteousness be cut off; and thy *help in affliction, O LORD, be not taken away.
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20 *Let not all thy *righteousness be cut off; and thy *help in affliction, O LORD, be not taken away.
21 *Let not all thy *righteousness be cut off; and thy *help in affliction, O LORD, be not taken away.
22 *Let not all thy *righteousness be cut off; and thy *help in affliction, O LORD, be not taken away.
23 *Let not all thy *righteousness be cut off; and thy *help in affliction, O LORD, be not taken away.
24 *Let not all thy *righteousness be cut off; and thy *help in affliction, O LORD, be not taken away.
25 *Let not all thy *righteousness be cut off; and thy *help in affliction, O LORD, be not taken away.



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.

July Birthdays - Friday 19/07 at 10am

Louise M	Maria-Anna B	Pam H
Michele V	Barbara G	Anne A
Ian I	Lorraine P	Diamandi A
Charles K	Kit-Ken L	Marianthi S
Carole C	Albert T	Harold C
Neville P	Nick L	Denise A
Irene B	Adrian C	-

August Birthdays - Friday 23/08 at 10am

Jennifer V	Nicky S	Betty G
Bill S	Phil L	Bill T
Graeme W	John K	Stella M
Lyn H	Steve C	Desley C P
Lynne M	Anastasia P	Robin G
Sheila G	Effie P	-
Elizabeth L	Jan C	-

September Birthdays - Friday 20/09 at 10am

Stephen J	Richard H	Inge K
Michele U	Christine L	Megan J
Morilyn C	Beth U	Roy Mck
Mea L	Bev P	Carol S
Carmen G	Marjorie B	Hazel E
Dianne K	Nancy E	-
Dianne S	Colin C	-



Wednesdays at 2 PM AEST

Want to learn how to play Minecraft?

Are you curious about the exciting world of Minecraft? Look no further! We are searching for Inclusive 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 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 2 PM AEST, so please enquire during your next CSO check-up call or by calling 1800 287 687.

join in[™]



**Learn2
Kahoot!**

Would you like to learn about Kahoot?

Kahoot is an amazing platform enabling the creation of engaging multiple-choice questionnaires and trivia, accessible right on your tablet!

Starting July 11th and continuing for four weeks, our Learn2Kahoot sessions will take place on Thursdays from 12:30 to 1:00 PM.

These sessions are designed to assist you in getting started with our In2Trivia club and beyond!

Upskill Hour



Are you looking to level up your digital skills? Look no further! Our Upskill Hour club offers a curated selection of topics tailored to empower you with a diverse range of digital talents.

Whether you're just starting out or a seasoned pro, our sessions cater to all skill levels. Get ready to embark on an exciting journey of discovery as you hone your digital prowess!

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

July 8th: Making the Most of Elder Help and Better Visit.

July 15th: Mastering App Downloads and Removal.

July 22nd: Unlocking the Secrets of YouTube.

July 29th: Navigating with Google Maps.

August 5th: Harnessing Bluetooth & Hotspot.

August 12th: Journey Through the Internet.

August 19th: Capturing Photos and Videos.

August 26th: Basic Photo Editing Techniques.

September 2nd: Making the Most of Video Call Apps.

September 9th: Managing Your Schedule with Inclusive Timetable.

September 16th: Exploring BeConnected Learning.

Don't miss out on this fantastic opportunity to boost your digital skills!



Starting from July 10th, we will meet every Wednesday from 1-2 pm AEST 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 tenant rights, USA politics and grief coping strategies.

- Thurs 18/07, 2 PM - Tenants Queensland: Tenant rights.
- Tues 30/07, 10 AM - Tenants Queensland: Tenant rights.
- Tues 13/08, 10 AM - The Session: Coping with anniversary grief (Webinar)
- Tues 27/08, 11 AM - James: USA politics.
- Tues 17/09, 10 AM - The Session: Grief over time (Webinar).

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

In2Movies Mondays Fortnightly



THE 90S CLUB (M) - MON 8/7 AT 11 AM.

This remarkable documentary showcases a group of individuals over the age of 90, including a Civil Rights attorney, a drag queen, and a TV legend. Through their conversations about death, loss, love, achievement, and purpose, these extraordinary individuals share their insights on the essence of life.

Duration: 1 hour and 28 minutes



THE BLUE BIRD (G) - MON 22/7 AT 11 AM.

Shirley Temple goes on a quest to Fairyland to find this mythical bird; and she is aided and abetted by her brother; her household cat which has been transformed to human form; along with other household objects and things that have been transformed (a la Cinderella) into helpers on her journey.

Duration: 1 hour and 22 minutes.



THREE CHORDS AND THE TRUTH (M) - MON 5/8 AT 11 AM.

As Angie faces financial struggles and a terminal illness, she meets Ruby, a teenage runaway from a tumultuous home life. Despite their differences, the two forge a strong connection as Angie helps Ruby write songs to confront her past. Follow along on their touching musical journey as they learn to heal and support each other.

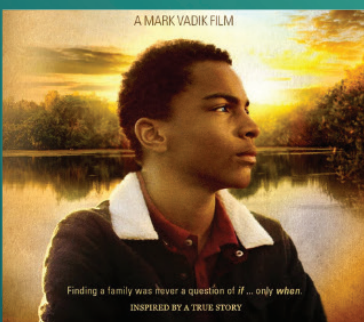
Duration: 1 hour and 20 minutes.



THE RED PILL (M) - MON 19/8 AT 11 AM.

The documentary The Red Pill follows Cassie Jaye as she delves into the controversial Men's Rights Movement, sparking her curiosity about potential bias against men in society. Through exploration of the current gender divide, the film poses the important question of the future of gender equality.

Duration: 1 hour and 58 minutes.



A CHANCE IN THE WORLD (PG) - MON 2/9 AT 11 AM.

Based on the award-winning book, A Chance in the World is the inspirational true story of Steve Pemberton, a boy who spends eleven years in foster care being mentally and physically abused by his foster family. Desperate for a sense of family and belonging, Steve searches for his biological parents.

Duration: 1 hour and 45 minutes.



PRAYERS FOR BOBBY (M) - MON 16/9 AT 11AM.

Bobby Griffith was his mother's favourite son, the perfect all-American boy growing up under deeply religious influences in Walnut Creek, California. Bobby was also gay. Struggling with a conflict no one knew of, much less understood, Bobby finally came out to his family.

Duration: 1 hour and 30 minutes.





In2Books with Author Jennifer Adams

Wednesday 7th August 10 AM

Thursday 8th August at 4:30 PM

Join this In2Books Club special event with author Jennifer Adams, where she'll emphasise the importance of restful sleep for mental and physical health while sharing essential strategies for achieving it.



New In2Stories Club

Tuesdays at 2 PM AEST

Are you passionate about reading but can't commit to our In2Books club?

Welcome to the In2Stories club! Each session promises delightful, amusing, and nostalgic short stories, ensuring that anyone can drop in and participate!

In2Photography

Want to learn about or expand your photography skills?

Register interest with your CSO for our upcoming photography club or keep an eye on the In2Books app for further updates.



Footy Tipping Club

Tuesdays 2 PM AEST



Do you enjoy some good old footy tipping? Come aboard for laid-back conversations as we delve into all things AFL.

Whether you're a seasoned tipster or simply craving some footy banter, our weekly chat offers the ideal platform to connect until the conclusion of the AFLW season in early December.

MEN'S HOUR *Social Club*

Thursdays at 3 PM



Have you caught wind of our men's club? Men's Hour offers a space for laid-back conversations, shared passions, and camaraderie for gentlemen within the Inclusive Community.

If you're curious or eager to know more, don't hesitate to dial us up at 1800 287 687, or better yet, swing by a session and experience it firsthand!

In2Games

Wednesdays at 3 PM.

Join our In2Games online club and dive into a world of exciting virtual games every week! From classic to thrilling new games suggested by our community, there's something for everyone.

Check out our monthly schedule:

- Week 1 - Scattergories,
- Week 2 - Jeopardy,
- Week 3 - Boggle,
- Week 4 - Crosswords,
- Week 5 - Bingo.



Australian Government

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: apps, health technology, scam protection and even smart home technology!



Are you interested in learning more about technology, the internet, and how to stay safe online? Join the eSafety Commissioner for their informative and life-changing eSafety presentations.

July:

- 9th 10-11 AM: Online shopping and banking.
- 11th 3-4 PM: Government websites.
- 23rd 3-4 PM: Can you spot a scam?
- 25th 10-11 AM: iPhone basics.

August:

- 1st 10-11 AM: Technology for health.
- 6th 10-11 AM: Helpful apps.
- 20th 3-4 PM: Protect yourself against scams.
- 22nd 3-4 PM: Online shopping and banking.
- 28th 3-4 PM: Can you spot a scam?

September:

- 3rd 10-11 AM: Android phones.
- 17th 10-11 AM: Smart home technology.
- 19th 3-4 PM: Government websites.

Note: Please ensure you double-check the Inclusive Connect App or website for any updates or changes to the dates and times for these sessions.

Inclusive Closure Dates

Please make note of the following Inclusive closure dates from July to September 2024:

- **Tuesday 2nd July 12 - 3 pm** - Staff Training (Full Closure)
- **Thursday 4th July 9 am - 12:30 pm** - Staff Training (Full Closure)
- **Tuesday 16th July** - Staff Training (VCC and C2Y still open)
- **Wednesday 14th August** - EKKA Public Holiday (Full Closure)
- **Tuesday 10th September** - Staff Training (Full Closure)

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



**Mondays, Wednesdays
and Fridays 12 - 1 PM**



Join us every **Monday, Wednesday, and Friday from 12 PM to 1 PM** as we delve into a wealth of knowledge brought to you by esteemed experts and organisations through engaging recorded webinars. Excited? Here's a glimpse of what's in store for our upcoming sessions:

July

- 8th, 10th and 12th: Dementia Australia - Creating a dementia safe environment.
- 15th, 17th and 19th: Services Australia - Financial Fitness.
- 22nd, 24th and 26th: The Session - Guide to Grief.
- 29th and 31st: Musculoskeletal Australia - Anxiety and Depression linked to chronic pain.

August

- 2nd: Musculoskeletal Australia - Anxiety and Depression linked to chronic pain.
- 5th, 7th and 9th: Active Aging Society - Arthritis: All the More Reason to Move!
- 12th and 16th: Swinburne University (SUT) - Writing Illness.
- 19th, 21st and 23rd: Musculoskeletal Australia - Non-opioid chronic pain management.
- 26th, 28th and 30th: Swinburne University (SUT) - End of Life and Palliative Care.

September

- 2nd, 4th and 6th: Swinburne University (SUT) - Parkinson's Disease.
- 9th, 11th and 13th: ADAA - How to Thrive with Anxiety and Depression.
- 16th, 18th and 20th: Swinburne University (SUT) - Grief and loss.

Join our Lunch and Learn webinars to Connect, Learn, and Enjoy, with the Inclusive Community.



Brain Teasers Club

Fridays 1 PM AEST



Love riddles, trick questions and other brain teasers? Join us for an engaging hour of riddles and puzzles! Elevate your brain health with an array of entertaining, bite-sized brain teasers at our Brain Teasers Club.

Every Friday at 1 PM AEST, dive into a world of fun challenges designed to sharpen your mind.

In2Singing

**Tuesdays from
3:00 - 4:30 PM AEST**

People's Choice
2nd of July

Bon Jovi
13th of August

Indigenous Bands
9th of July

Grease the Movie
20th of August

Queen
16th of July

Elton John
27th of August

ABBA
23rd of July

Songs About Animals
3rd of September

Songs About Rebellion
30th of July

Romantic Songs
17th of September

People's Choice
6th of August

Peoples Choice
24th of September

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

Prepare to sing your heart out in Block 3 2024 of our In2Singing Club. We've curated an exciting line-up of genres and artist spotlights, including famous indigenous bands, ABBA and even a few sessions where you pick the theme! Don't miss out, join in another incredible line-up in our In2Singing Club. We hope to see you there!

Digital Help Desk - Fridays 10 AM - 11 AM

To help further educate and support our community, we will be running themed sessions in addition to our regular Digital Help Desk drop-in support.



12/7 - 2/8 Learn2Gmail: These sessions will focus on how to set up and use a Gmail account.



16/8 - 6/9 Learn2Shop: During this period Digital Help Desk will teach you the ins and outs of online shopping.

Please feel free to drop in for any tech support, or if you would like to learn more about these life-changing topics.

Learn2GetStarted

Thursdays 10:00 AM



Are you new to Inlusee or are just looking to enhance your digital skills? Join Learn2GetStarted to learn more about your Inlusee tablet, our app and our long list of online programs. Mark your calendars for our upcoming sessions:

- July 11th: Navigating your tablet.
- July 18th: Exploring the Inlusee connect app.
- July 25th: Mastering Virtual Community Centre controls.
- August 1st: Diving into tablet settings.
- August 8th: Revision Week.
- August 16th: Navigating your tablet.
- August 22nd: Exploring the Inlusee Connect App.
- August 29th: Mastering Virtual Community Centre controls.
- September 5th: Diving into tablet settings.
- September 12th: Revision Week.

Join in and become an Inlusee Pro in no time!

Inlusee Club Raffle!

Looking to join a new club?

Starting block 3, whenever you join a club, you'll automatically be entered into a raffle with the chance to win a \$100 mystery prize*, which is drawn at the end of each block. Additionally, there will be an extra prize for the participant who attends the most club sessions each year!

So don't miss out, join a new Interest2Enjoy club today!

***To qualify, participants must be active participants with inlusee at the time of the draw.**

For full terms and conditions, call 1800 287 687.





Virtual Field Trips

Weekly on Mondays at 3 PM

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.

- **Monday, July 8th:** Immerse yourself in the stunning fjords of Norway and delve into the vibrant culture and captivating history of this majestic Nordic nation.
- **Monday, July 15th:** Discover the awe-inspiring engineering feat of the International Space Station and uncover the collaborative efforts behind creating a 420,000kg laboratory orbiting 400km above the Earth's surface.
- **Monday, July 22nd:** Join Gordon Ramsay as he embarks on a thrilling motorcycle journey through Peru's Sacred Valley of the Incas, unravelling the secrets of high-altitude cuisine and indulging in unique local delicacies.
- **Monday, July 29th:** Witness the meteoric rise of New York City over the past 400 years by unveiling submerged shipwrecks and underground mysteries.
- **Monday, August 5th:** Follow Albert Lin's quest in Israel to unearth the lost fortunes of the enigmatic Knights Templar, who once held dominion over the Holy Land using their swords, faith, and wealth.
- **Monday, August 12th:** Guided by National Geographic, observe the first year of a baby elephant's life in the Kenyan wilderness, as it navigates the joys of community and the lurking dangers of the wild.
- **Monday, August 19th:** Experience the breathtaking power of the Hawaiian-Emperor volcano chain and learn about the cycle of devastation and rejuvenation that has shaped Hawaii's landscape.
- **Monday, August 26th:** Unravel the deepest mysteries of Alcatraz, the world's most infamous prison, as we drain and explore the treacherous waters surrounding it.
- **Monday, September 2nd:** Accompany Morgan Freeman on a global quest to unravel the origins of humanity and the mysteries of our universe's inception.
- **Monday, September 9th:** Witness the harrowing tales of survival during the 9/11 attacks, from the heroic escapes in the South Tower to the valiant paramedics facing the aftermath on the ground.
- **Monday, September 16th:** Embark on a culinary adventure with Gordon Ramsay as he ventures into Oaxaca, Mexico, uncovering the secrets of its rich culinary heritage.

Don't miss out on these extraordinary opportunities to explore the world from the comfort of your own living room!

Quiche Mug Recipe

In under 5 minutes!

Ingredients:

- 1/2 cup of spinach.
- 1 egg.
- 1/3 cup of milk.
- 1/3 cup of shredded cheese.
- Salt and pepper.
- Optional: 1 slice of chopped ham.

Steps:

1. Fill a mug with spinach and add 2 tbsp of water.
2. Cover with paper towel and microwave for 1 minute.
3. Press the spinach and drain the excess water.
4. Add 1/3 cup of shredded cheese, 1 egg and 1/3 cup milk.
5. Add salt and pepper to taste.
6. Optional: Add 1 slice of chopped ham.
7. Cover with paper towel and microwave on high for 3 minutes.
8. Enjoy!



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 September 23rd - October 4th, 2024.

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Meditation 9:00 - 9:30 AM	In2Travel 9:30 - 11:00 AM	Morning Meditation 9:00 - 9:30 AM	In2Trivia 1:00 - 2:30 PM	Morning Meditation 9:00 - 9:30 AM
	Footy Tipping 2:00 - 3:00 PM	In2Travel 11:00 - 12:30 PM	Men's Hour 3:00 - 4:00 PM	Happy Hour 2:00 - 3:30 PM
	In2Singing 3:00 - 4:30 PM	In2Games 3:00 - 4:00 PM		In2BibleStudies 2:30 - 3:30 PM

Connect2You will operate as normal during these periods and all times listed are in AEST.

Participant Advocacy Group






















Next Session:

- 17th of September at 2 PM.

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



Inclusee Activities Timetable 8 July- 20 Sept 2024 AEST

MONDAY						
	Morning Meditation 9:00 - 9:30	Upskill Hour 9:30 - 10:30	Lunch and Learn 12:00 - 1:00	In2Theatre 1:00 - 2:00	In2Paint 2:00 - 3:00	Virtual Field Trip 3:00 - 4:30
						
	In2Travel 9:30 - 11:00	In2Generations 12:30 - 1:30	In2Craft 1:00 - 2:00	In2Stories 2:00 - 3:00	Footy Tipping 2:00 - 3:00	In2Singing 3:00 - 4:30
						
Morning Meditation 9:00 - 9:30	Art Therapy 9:00 - 10:00	In2Books 10:00 - 11:30	In2Travel 11:00 - 12:30	Lunch and Learn 12:00 - 1:00	In2Gardening 1:00 - 2:00	
						
Learn2GetStarted 10:00 - 11:00	In2Wellness 10:00 - 11:00	In2Trivia 1:00 - 2:30	In2Travel 2:00 - 3:00	Men's Hour 3:00 - 4:00	In2Books 4:30 - 6:00	
						
Morning Meditation 9:00 - 9:30	Digital Help Desk 10:00 - 11:00	In2Recipes 10:30 - 11:30	Lunch and Learn 12:00 - 1:00	Brain Teasers 1:00 - 2:00	Happy Hour 2:00 - 3:30	In2BibleStudies 3:30 - 4:30



- Fortnightly Clubs:**
- In2Movies: Monday at 11 AM.
- Monthly Clubs:**
- Birthday club: 2nd-to-last Friday at 10 AM.