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## Welcome to Inclusee's digital newsletter!

We're thrilled to embark on this new journey with you, embracing the wonders of technology to bring our vibrant community closer together.

Stay up to date with the latest happenings and events all at the click of a button.

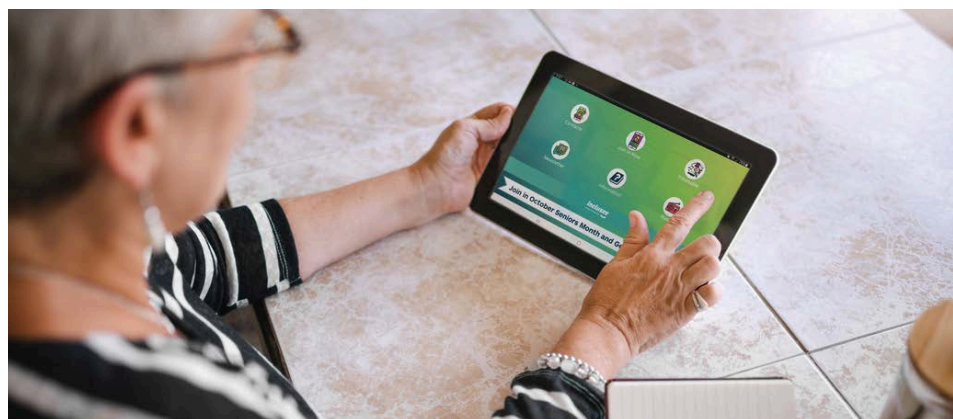
As October Seniors Month and Get Online Week approach, we're excited to unveil a fantastic lineup of clubs, educational programs, and events just for you.

Thanks to your feedback, we've meticulously organised these activities to make it easier than ever to connect, learn, and enjoy a wide range of enriching experiences. Get ready to dive into a month full of fun and learning!

**All times listed in this newsletter are in QLD time (AEST). Participants from NSW, VIC, ACT, TAS, and SA, please account for time zone differences, including daylight savings.**

## In this edition:

- Quick Links Directory
- In2Travel & Interviews
- Field Trips & Awards
- In2Gardening
- Cooking with Kat Recipe
- In2Singing
- In2Games
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- In2Movies
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- Upskill Hour & In2Politics
- New clubs and updates
- Reduced timetable
- Lunch & Learn Topics
- Additional Resources
- Closure Dates
- Activity Timetable





# INCLUSEE NEWS!



[IN2TRAVEL](#)

[IN2GARDENING](#)

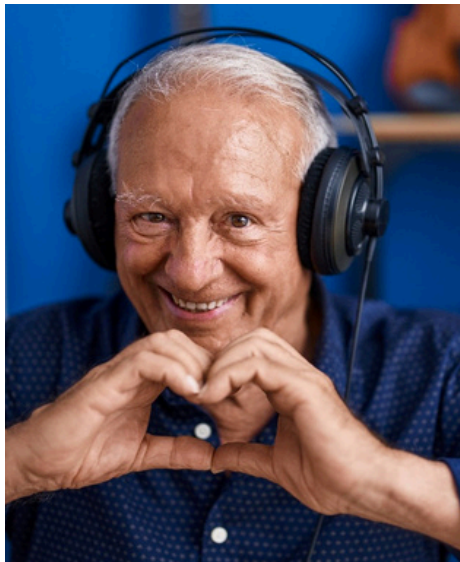
[IN2SINGING](#)

[IN2MOVIES](#)

[BIRTHDAY CLUB](#)

With an array of amazing clubs, programs, and events on the horizon, it's hard to know where to begin! The Inclusee Team is diligently booking authors, comedians, industry leaders, and mental health professionals for our upcoming club sessions, as well as for our October Seniors Month and Get Online Week celebrations. Our Q4 2024 clubs and events are poised to set records!

Excited? Simply click on the sections above and below to learn more!



[CONNECT - TIMETABLE](#)



[LEARN - SOMETHING NEW](#)



[ENJOY - NEW CLUBS](#)

**inclusee**  
Connecting Community

**join in**



[LEARN MORE](#)

Queensland  
**Seniors Month**  
2024

**get  
online  
week**  
14 - 20 OCT





**Uruguay**  
**1, 2, 3 October**



**Indonesia**  
**13, 14 November**



**Greece**  
**8, 9, 10 October**



**Route 66**  
**19, 20, 21 November**



**Coromandel, NZ**  
**15, 16, 17 October**



**Singapore**  
**26, 27, 28 November**



**Costa Rica**  
**22, 23, 24 October**



**Cambodia**  
**4, 5 November**



**Ayodhya Temple, India**  
**29, 30, 31 October**



**Chile**  
**10, 11, 12 December**



**Cook Islands**  
**5, 6, 7 November**



**Finland**  
**17, 18, 19 December**

Are you ready to embark on a global adventure? Our upcoming In2Travel destinations will leave you in awe as we explore the stunning cities of Greece, visit the vibrant Ayodhya temple in India, cruise along the iconic Route 66, and brave the frozen landscapes of Finland, just to name a few. Whether you're a seasoned traveller, an intrepid explorer, a history buff, or a digital tourist, join our In2Travel club to share your experiences and immerse yourself in the rich history, breathtaking landscapes, and diverse cultures of these incredible locations. Join us on **Tuesdays at 9:30 AM, Wednesdays at 11:00 AM, and Thursdays at 2:00 PM QLD TIME**. Get ready for the adventure of a lifetime!

## Help our community grow: share your story

We are thrilled to showcase the incredible experiences within our virtual community and would love to invite more people to join in! To support this initiative, our marketing team is creating videos featuring community members like you to highlight the positive impact of joining the In2Travel community, the simplicity of the process, and your favourite clubs.

If you're interested in a casual chat with our Strategic Partnerships Manager, Tatia, please inform any team member. Tatia will contact you to discuss details and schedule a quick Q&A interview in the Virtual Community Centre.

Click on the link to find out more! - [CLICK HERE](#)





# VIRTUAL FIELD TRIPS

Get ready for an exhilarating journey with our new series of educational Virtual FieldTrip, all from the comfort of your home! Explore the wonders of nature, the peculiarities of the unnatural, and the enigmas of the unknown. Join our Virtual Fieldtrip sessions every **Monday at 3 PM QLD TIME** for an adventure you won't forget.

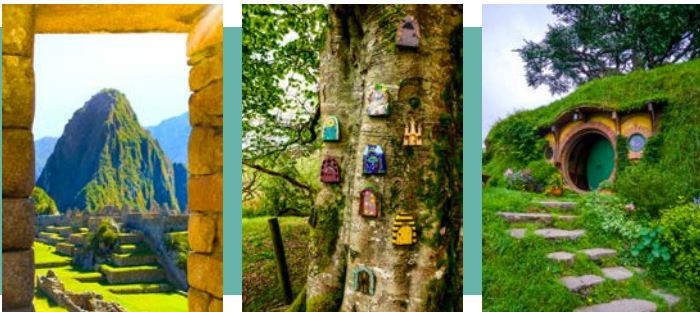


## October

- 7th - CLOSED: Kings Birthday.
- 14th - 25 Geological Phenomena.
- 21st - Cave Homes and Medieval Manors.
- 28th - Edinburgh Zoo & Scottish Wildlife.

## November

- 4th - Tutankhamun's Treasures of Egypt.
- 11th - UFO and Strange Encounters.
- 18th - Fairy-tale towns around the world.
- 25th - Thanksgiving tour of Plymouth.



## December

- 2nd - The Lost Sky Island Cities of Inca.
- 9th - The Mysteries of Fairy Doors.
- 16th - Visit Hobbiton (Lord of the Rings).

## We are on a winning streak!

Take a moment to celebrate the incredible achievements we're all making together in the Inlusee community. From the CEO of the Year, Outstanding Leadership, Volunteer Management, Community Solutions, and Outstanding Culture awards, just to name a few, be proud to be an Inlusee participant; we've all earned some serious bragging rights!

Grab your favourite treat and join us in celebrating our quickly growing list of prestigious awards. If you would like to have a look at our digital trophy case, [click here](#).





# In2Gardening

Wednesdays: 1 - 2PM QLD



**Cactus**  
9th of October



**Cooking Herb Gardens**  
16th of October



**Garden Decorations**  
23rd of October



**Tips for Veggie Gardens**  
30th of October



**Repotting Plants**  
6th of November



**Organic Gardens**  
13th of November



**Balcony Gardens**  
20th of November



**20 Garden Hacks**  
27th of November



**Potpourri**  
4th of December



**Recycle Gardening**  
11th of December



**Miniature Rose Gardens**  
18th of December


Calling all hobby botanists, suburban farmers, and gardening enthusiasts! Our In2Gardening Club is brimming with fantastic topics to prepare you for Summer. Join us every **Wednesday at 1:00 PM QLD** and embark on an exciting journey into the world of flora. Whether you're a seasoned veteran or just starting out, you'll learn new tricks and share tips with fellow enthusiasts. Discover the secrets behind caring for your favourite plants and explore the beauty that nature has to offer.

Lettuce all turnip to In2Gardening so we can make our plants thrive!

## Cooking with Kat - Pinwheel Recipe

Are you looking for a quick, easy, and versatile recipe? As part of our October Seniors Month events, Kat will share the secret behind her famous sweet and savoury pinwheels!

 **Date: Wednesday, October 30th**

 **Time: 4:00 PM QLD TIME**

Whether you prefer savoury, Mexican, spinach, or sweet pinwheels, click on the link below for a list of the ingredients you will need on the day.



**PINWHEEL RECIPE**





# In2Singing

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

**Australiana  
8th of October**

**One Hit Wonders  
19th of November**

**The Beatles  
15th of October** THE BEATLES

**Gospel  
26th of November**

**70s Hits  
22nd of October**

**People's Choice  
3rd of December**

**People's Choice  
29th of October**

**Disco  
10th of December**

**George Gershwin  
5th of November**

**Festive Songs  
17th of December**

Get ready to sing your heart out in Block 4 of the 2024 In2Singing Club. We've curated an exciting line-up of genres and artists, featuring famous Australiana songs, The Beatles, George Gershwin, and special sessions where YOU get to pick the songs. We'll round off the year with festive tunes to spread the holiday cheer! Don't miss out on this incredible line-up.


Join us in the In2Singing Club **Tuesdays 3:00 - 4:30 PM QLD TIME**, and we hope to see you there!

Join our In2Games club **Wednesdays at 3:00 PM QLD (AEST)** and dive into a world of exciting games every week! From classic favourites to thrilling new games suggested by our community, there's something for everyone, so check out our fantastic monthly game rotation below!



**SCATTERGORIES**

Week 1  
Scattergories



**JEOPARDY!**

Week 2  
Jeopardy



**CROSS**  
**R**  
**D**

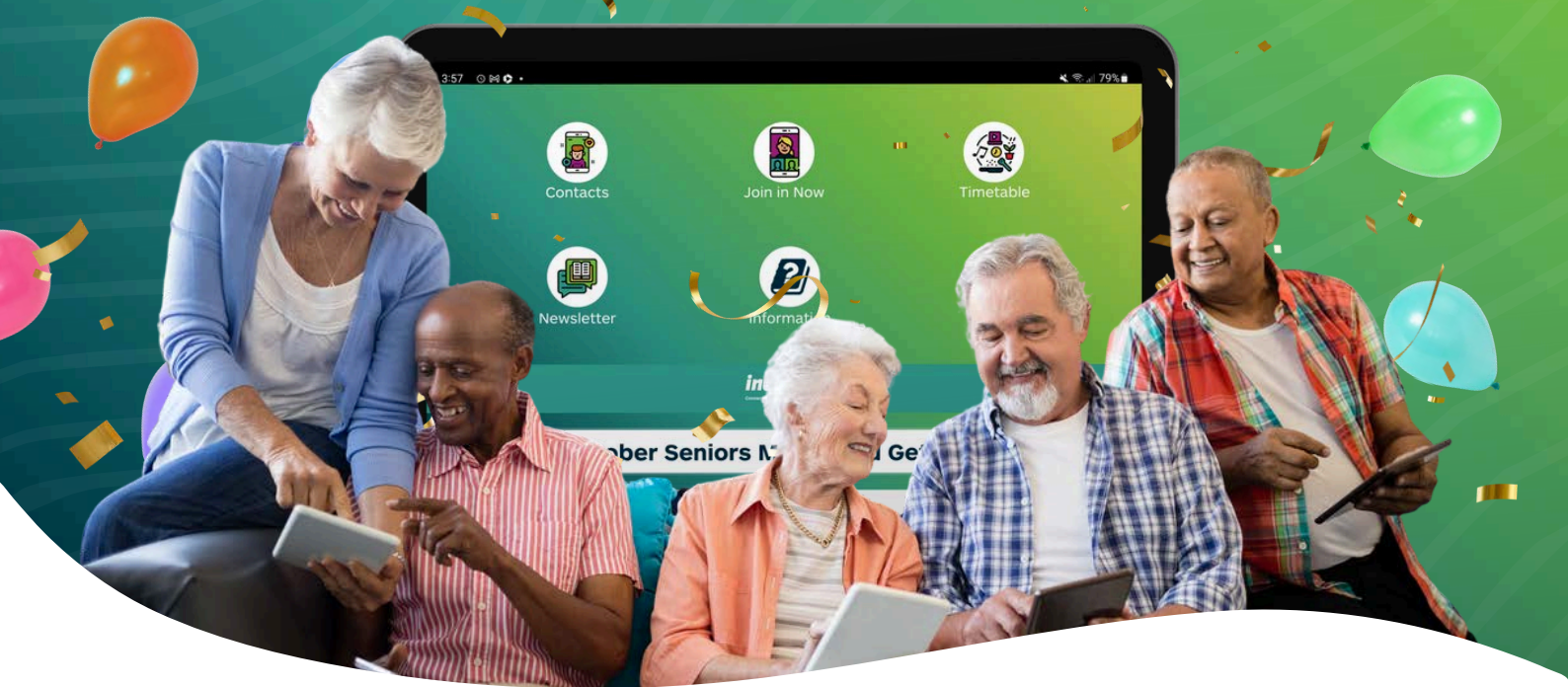
Week 3  
Crosswords



**GEOGUESSR**

Week 4  
GeoGuessr





# October Seniors Month and Get Online Week

Join us for a vibrant October Seniors Month, packed with health and wellbeing events, guest speakers, and creative workshops. Plus, we're excited to announce that Get Online Week is happening from October 14th to October 18th! We invite you to bring your friends, family, and neighbours to experience the joy and camaraderie at our club/event sessions.

Don't miss out on the chance to connect, learn, and enjoy these incredible activities and events tailored just for you! Visit [www.inclusee.org.au/events](http://www.inclusee.org.au/events).

## WEEK 1

### Monday Oct 7th:

Closed for the Kings Birthday Public Holiday.

### Tuesday Oct 8th:

11:00 AM: Carers QLD - Support available for carers.  
2:00 PM: Virtual physio session with Emily Moore.

### Wednesday Oct 9th:

10:00 AM: In2Books with Author Jo Skinner.  
2:00 PM: Poetry Workshop with Author Tess Rowley.

### Thursday Oct 10th:

11:00 AM: Mindful Psychology Guest Speaker.  
3:00 PM: Carers QLD - Support available for carers.  
4:30 PM: In2Books with Author Jo Skinner.

### Friday Oct 11th:

11:00 AM: Earth Hour with Jess - Composting tips.



Note: All sessions are listed in QLD TIME





**caxton**  
COMMUNITY LEGAL CENTRE

**Nutrition  
Australia**

**SALT**  
Directory

**get  
online  
week**

## WEEK 2 - GET ONLINE WEEK

### Monday Oct 14th:

4:00 PM: In2Me - Skin care and make-up demonstration.

### Tuesday Oct 15th:

9:30 AM: In2Travel to Coromandel NZ, with Sandra.

11:00 AM: Caxton Legal - Elder Abuse.

3:00 PM: Nutrition Australia - Healthy Cooking.

### Wednesday Oct 16th:

11:00 AM: In2Travel to Coromandel NZ, with Sandra.

2:00 PM: SALT Directory - Your Words, Your Life.

### Thursday Oct 17th:

11:00 AM: American Politics with James Cahill.

1:00 PM: Drag In2Trivia with Candy Surprise.

2:00 PM: In2Travel to Coromandel NZ, with Sandra.

### Friday Oct 18th:

11:00 AM: Earth Hour - Blue (Documentary - PG).

## WEEK 3



### Monday Oct 21st:

4:00 PM: In2Me - Self-Care and connecting to ourselves.

### Tuesday Oct 22nd:

11:00 AM: Tenants QLD - Tenancy Laws & QSTARS referral.

### Wednesday Oct 23rd:

2:00 PM: Digital Escape Room - Safe Cracker!

### Thursday Oct 24th:

11:00 AM: Mindful Psychology Guest Speaker.

3:00 PM: LiveUp - Healthy Ageing

### Friday Oct 25th:

11:00 AM: Earth Hour with Jess - Food and power wastage.

## WEEK 4



### Monday Oct 28th:

4:00 PM: In2Me - Finding joy in your life using a vision board.

### Tuesday Oct 29th:

1:00 PM: In2Craft Diwali celebration - Mandalas.

3:00 PM: Laughter Yoga with Merv Neal.

### Wednesday Oct 30th:

4:00 PM: Cooking with Kat - Dinner edition

### Thursday Oct 31st:

11:00 AM: Mindful Psychology Guest Speaker.

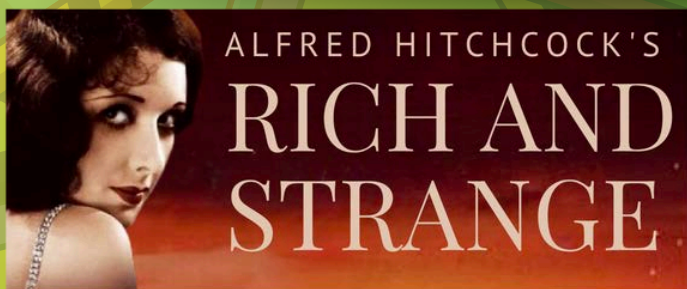
3:00 PM: Digital Escape Room - Midnight Express!

### Friday November 1st:

11:00 AM: Earth Hour with Jess - Sustainability baby steps.

Note: All sessions are listed in QLD TIME





ALFRED HITCHCOCK'S  
**RICH AND STRANGE**

**RICH AND STRANGE: TUES 8/10 AT 12 PM**

Fred and Emily Hill's dull London life changes when they inherit a fortune. They embark on a lavish cruise and start living it up, but this is the beginning of the end, as wealth soon makes them forget their love and family.

Duration: 1 hour and 23 minutes | Rated PG



**THE PAJAMA GAME: TUES 22/10 AT 12 PM**

Employees at the Sleepytime Pajama Factory have demanded a raise and won't back down. Their spirited representative clashes with the shop superintendent, sparking negotiations that result in more than a traditional strike!

Duration: 1 hour and 41 minutes | Rated G



**5 WEDDINGS: TUES 5/11 AT 12 PM**

An American journalist travels to India to cover Bollywood weddings, only to uncover a mosaic of cultural clashes and lost loves, with her travels culminating at a destination where the only journey left is the one within.

Duration: 1 hour and 30 minutes | Rated PG



**56 DAYS | 56 DOLLARS | HOW DO YOU SURVIVE?**

**LIVING ON ONE DOLLAR: TUES 19/11 AT 12 PM**

Four young friends set out to live on just \$1 a day for two months in rural Guatemala. With only a video camera, they battle hunger, parasites, and extreme financial stress as they attempt to survive life on the edge.

Duration: 56 minutes | Rated PG



**THE BLIND SEA: TUES 3/12 AT 12 PM**

Australian Matt Formston, a 3x World Champion blind surfer with only 3% vision, shares his journey as he attempts to break the surfing world record by riding the monster waves of Nazaré.

Duration: 1 hour and 34 minutes | Rated PG



**IT'S A WONDERFUL LIFE: TUES 17/12 AT 12 PM**

On Christmas Eve, George contemplates ending his life. Everything takes a turn when an angel intervenes, showing George the positive impact he has had on others, leading to a community display of support.

Duration: 2 hours and 10 minutes | Rated PG



# Birthday Celebration Club

Do you or one of your friends in our community have an upcoming birthday? Come and celebrate at 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 Connection Support Officer to update your profile. We want to ensure everyone's special day is celebrated.

## October Birthdays - Friday 18/10 at 11 AM QLD

Alma A	Annette R	David C
Elmer M	Fran W	Frances R
Geoff C	Gloria C	Helen J
Helen C	John B	Lee S
Owen W	Patricia B	Ron N
Spencer G	Sue F	Vasilias K
Venus M	-	-

## November Birthdays - Friday 22/11 at 11 AM QLD

Andrew A	Beryl C	Diana M
Elaine R	Gordon A	Heather H
Janice J	Jason D	Jenny S
Jenny D	John C	Joy R
Judy J	Margaret F	Robert S
Rodney C	Ron M	-

## December Birthdays - Friday 20/12 at 11 AM QLD

Angela S	Ann M	Barbara N
Brian J	Carol McC	Charles S
Chris M	Dan S	Helen H
Helen McC	Laurie S	Lia S
Madeline B	Maria V	Noel B
Panayiota G	Reena L	Robyn M
Robyn D	Ronald L	Val K
Valarie K	-	-



**Unlock the power of technology and online safety with the new eSafety Commissioner presentations!**



# Learn2GetStarted

**Thursdays at 10 AM QLD (AEST)**

The eSafety Commissioner is back with their life changing eSafety presentations. From smart devices, public Wi-Fi, 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:

## October

Tues 1st: 3-4 pm - Technology for health.

Thurs 3rd: 3-4 pm - Using email.

Thurs 17th: 2-3 pm - Can you spot a scam?

Tues 22nd: 9-10 am - Protecting your info.

## November

Thurs 7th: 2-3 pm - iPhone basics.

Thurs 14th: 9-10 am - Using email.

Tues 26th: 9-10 am - Scam protection.

Thurs 28th: 2-3 pm - Online shopping: Festive.

## December

Tues 3rd: 2-3 pm - Staying safe on Facebook.

Wed 4th: 2-3 pm - Connecting with others.

Thurs 5th: 9-10 am - Travel apps.

Are you new to Inlusee or are eager to boost your digital skills?

Join our upcoming Learn2GetStarted sessions to learn all about the Inlusee app, timetable, clubs, programs, and events.

## October

- 10th: Navigating your tablet
- 17th: Master the Inlusee app
- 24th: Explore our Virtual Community Centre
- 31st: Learn about android tablet settings

## November

- 7th: Revision week
- 14th: Navigating your tablet
- 21st: Master the Inlusee app
- 28th: Explore our Virtual Community Centre

## December

- 5th: Learn about android tablet settings
- 12th: Revision week

Mark your calendars and get ready to learn!

## Upcoming Guest Speakers:

Join us this November for engaging sessions on neurodiversity awareness and aged care advocacy!

- **Tuesday November 19th at 11 AM QLD (AEST)**  
Occupational Therapist Tammie Addley: Learn how to support and connect with neurodivergent grandchildren.
- **Tuesday November 26th at 11 AM QLD (AEST)**  
ADA Australia Advocacy Officer Katrina Martinez: Aged Care services and your right to advocacy.

Enjoying our guest speaker sessions? Stay tuned for more exciting guest speaker sessions coming soon!







Monday & Thursday

12 - 1 PM QLD

Looking for a better way to spend your lunchtime while learning something new? Our Virtual Lunch and Learn Club is back and better than ever!

Join us every **Mon and Thurs at 12:00 PM QLD** to unlock a treasure trove of knowledge from renowned experts, organisations, documentaries, podcasts, TED talks and recorded webinars.

**October - Positive Ageing series:**

- 10th - Embracing purpose and passion in ageing.
- 14th & 17th - Thriving at every stage and ability.
- 21st & 24th - Wellness for veterans.
- 28th & 31st - Documentary: "The Fit Generation".

**November - Strange History Series:**

- 4th & 7th - Amazing people throughout history.
- 11th & 14th - Disasters and forces of nature.
- 18th & 21st - Bizarre stories of the unknown
- 25th & 28th - True crime and unsolved mysteries.

**December - Biography Series:**

- 2nd & 5th - The story of actor James Stewart.
- 9th & 12th - The Princess of Monaco Grace Kelly.
- 16th & 19th - The life of Bing Cosby.

# Upskill Hour

Learn new digital skills!

**Mondays at 9:30 AM QLD**



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.

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

**October**

- 7th: Closed - Kings Birthday Public Holiday.
- 14th: Adding events to your calendar.
- 21st: Learn how to use YouTube.
- 28th: Exploring Google Maps.

**November**

- 4th: Traverse the internet.
- 11th: Taking photos and videos.
- 18th: Editing photos for beginners.
- 25th: Using Hotspot and Bluetooth.

**December**

- 2nd: Learn how to use YouTube.
- 9th: Using PowerPoint, Excel.
- 16th: Downloading and removing apps.

# In2Politics

## U.S. Election Watch

**Thursday, 10 Oct; 24 Oct; 7 Nov**

**Time: 11:00 AM QLD**



**Are you staying informed about America's hotly debated presidential election?**

Dive into our engaging In2Politics: U.S. Election Watch sessions where we explore the latest news and predictions, all while placing today's events within a historical context. We will help break down complex topics, making it easy for you to grasp the intricacies of the U.S. electoral process.

Seize this opportunity to deepen your understanding and delve into the key issues shaping the current political landscape and the future direction of the world. Engage in lively discussions, ask questions, and connect with fellow enthusiasts. Don't miss out on this chance to stay informed, connected, and ahead of the curve!



# EXCITING NEW CLUBS!

Looking to join a new club or explore a new hobby? Check out the new clubs we have on offer!



**Coffee Catchup - Daily 9:30 AM**  
Start your day with a smile and connect with our vibrant community. Don't miss out, there is always someone ready for a casual chat!



**Carers Club - Wed 2 PM**  
This club offers a safe space for carers to connect, share resources, tips, and stories with others who have similar experiences.



**Learn2Capture - Tues 2 PM**  
Interested in photography? Learn2Capture will equip you with the essential skills you need to beautifully capture and store your memories.



**In2Drawing - Thurs 1 PM**  
Join our drawing club to discover and develop your artistic talents. No prior experience needed, just grab your art supplies, and join in!



**Lunch & Living - Wed 12 PM**  
Join us for a fantastic lineup of guest speakers from SALT Directory for expert health, finance, and lifestyle tips for ageing and retirement.



**Listening Library - Fri 10 AM**  
Can't find your glasses? Join one of our friendly volunteers as they read aloud for our visually impaired community members.

Please note: All clubs are listed in QLD time (AEST).

## CLUB UPDATES

### WHAT HAS CHANGED?

**Morning Meditation: Daily at 9:30 AM QLD**

Based on the fantastic feedback we have received and the popularity of this club, Morning Meditation will now be available Monday to Friday from 9:30 AM QLD time!

**Happy Hour: Mon-Thurs 4 PM, Fri 3 PM QLD**

"Why can't happy hour be every day?" Well, it can be! Join our Happy Hour club from Mon to Fri for a casual chat to round off the day.

**In2BibleStudies - Fri 2:30 PM QLD**

Wanted to join our Bible studies club, but found it was on too late? In2BibleStudies will now be held at 2:30 PM on Friday!

**Lunch & Learn - Mon & Thurs 12 PM QLD**

Our Virtual Lunch and Learn Club is back and better than ever! Join us for an exciting mini-series covering a range of fascinating topics, including Positive Ageing, Strange History, and Biographies.



**join in™**



## REDUCED TIMETABLE - DECEMBER 23RD TO JANUARY 3RD (QLD TIME)

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Meditation 9:00 - 9:30 AM	Morning Meditation 9:00 - 9:30 AM	Morning Meditation 9:00 - 9:30 AM	Morning Meditation 9:00 - 9:30 AM	Morning Meditation 9:00 - 9:30 AM
Coffee Catchup 9:30 - 10:30 AM	Coffee Catchup 9:30 - 10:30 AM	Coffee Catchup 9:30 - 10:30 AM	Coffee Catchup 9:30 - 10:30 AM	Coffee Catchup 9:30 - 10:30 AM
Virtual Field Trip 3:00 - 4:00 PM	In2Travel 9:30 - 10:30 AM	In2Travel 11:00 - 12:00 PM	In2Trivia 1:00 - 2:00 PM	Lunch & Laugh 12:00 - 1:00 PM
Happy Hour 4:00 - 5:00 PM	In2Movies 12:00 - 2:00 PM	In2Games 3:00 - 4:00 PM	In2Travel 2:00 - 3:00 PM	Happy Hour 3:00 - 4:00 PM
	In2Singing 3:00 - 4:00 PM	Happy Hour 4:00 - 5:00 PM	Happy Hour 4:00 - 5:00 PM	
	Happy Hour 4:00 - 5:00 PM			

### CLUB TOPICS - REDUCED TIMETABLE

#### In2Singing Themes

- 24/12: Country Music - 1 hit wonders.
- 31/12: People's Choice!

#### In2Travel Topics

- 24/12: Rick Steve's European Christmas.
- 31/12 & 02/01: 25 Most Beautiful places.

#### Virtual Field Trip Topics

- 23/12: Documentary: The legend of Santa.
- 30/12: The Atlantis Puzzle.

### IN2MOVIES - REDUCED TIMETABLE

#### The Royal Nanny (G) - Tues 24/12 at 12 PM QLD.

Working undercover as a nanny, an MI5 agent must resist the princes' charms while keeping the royal family safe during Christmas time.

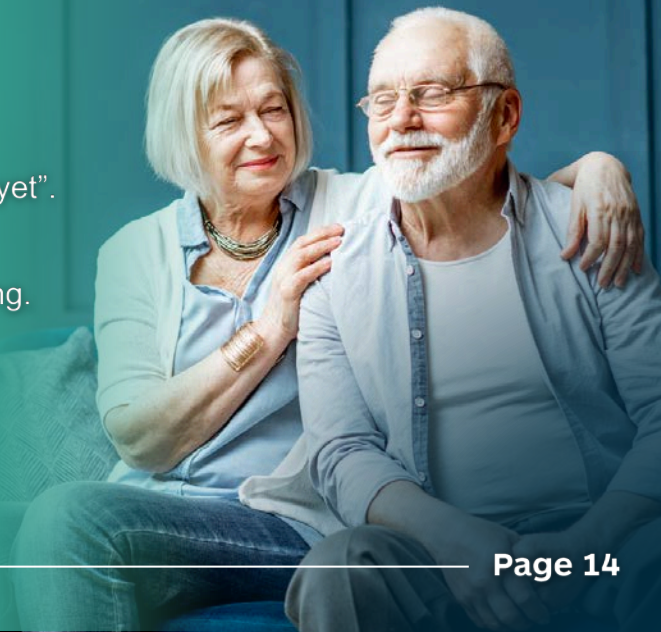
#### Local Hero (PG) - Tues 31/12 at 12 PM QLD.

An American oil company has plans for a new refinery and sends someone to Scotland to buy up an entire village, but things don't go as expected.

## LUNCH & LIVING CLUB - WED 12 PM QLD

Discover stress-free ageing with our SALT Directory sessions.

- 9/10 - BillWill: How to not give your bills an afterlife.
- 15/10 - PD Financial Advisors: Managing the costs of ageing.
- 23/10 - Family Talks: Future Care: A step-by-step guide.
- 30/10 - Family Aged Care Advocates: Aged care "I'm not there yet".
- 6/11 - Time Made: What does moving with ease look like?
- 13/11 - We Plan Financial: Managing finances in retirement living.
- 20/11 - Mynd Money Coach: A financial makeover.
- 27/11 - Claymore Thistle: Relocating made simple.
- 4/12 - Your Sunset: "Is this a good time to talk about grief?"
- 11/12 - Sunbird Consulting: Maximising Home Care Packages.
- 18/12 - Watch this space for more info!







Inclusee has teamed up with Containers for Change in QLD and WA, to help fight social isolation and climate change! If you, your friends, or family are wanting to participate, here is how:

1. Collect your eligible containers (aluminium, glass, plastic, steel, and paperboard containers)
2. Take them to a Containers for Change refund point - Find your nearest location: [Click here](#).
3. Enter Inclusee's scheme [ID C10440073](#) when you recycle your containers.
4. Containers for Change will then donate the refund amount to Inclusee on your behalf.

Help to bring about positive change in your community, donate your containers today!



### **What is a participant Advocate?**

By becoming a participant advocate with Inclusee, you will help to empower our community through feedback, ideas, and guidance.

### **Next Session: (Subject to change)**

- 17th of December at 2 PM QLD (AEST)

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

 [\*\*pag@Inclusee.org.au\*\*](mailto:pag@Inclusee.org.au)

 **1800 287 687**



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.

**When: Mon 2pm & Fri 10AM QLD (AEST).**

### **Topics:**

- Learn2Gmail: 14/10 - 8/11
- Learn2Shop: 18/11 - 13/12

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





## Club Participation Raffle!

When you join a club or program you will be entered into a raffle with the chance to win a \$100 mystery prize, which is drawn at the end of each block\*.

If that is not exciting enough, there will also be a secret prize for the participant who attends the most club sessions in 2024.

So don't miss out on all the fun, join a new club, program, or event for your chance to win big!

\*To qualify, you must be an active participant with Inclusee at the time of the draw. For full terms and conditions contact us at 1800 287 687.



## Fall Prevention Resources

There are numerous strategies to reduce the risk of falls, but which solutions are most effective for you?

To keep things simple, we've put together a list of excellent resources, including tips, upcoming classes and exercises that are designed to help you become more agile on your feet!

- [NSW Gov - Tips for staying active.](#)
- [PCYC QLD - 50+ Fitness Classes.](#)
- [Gold Coast - Tone and Balance Classes.](#)

Click on the links above to learn more.



## Upcoming Inclusee Closure Dates:

Please make note of the following upcoming closure dates:

- **Monday 7th October** - King's Birthday Public Holiday (Full Closure)
- **Tuesday 12th November** - Staff Training Day (Full Closure)
- **Thursday 21st November 10.30am - 12pm** - Staff Training (Part Closure)
- **Tuesday 3rd December 9.30am - 1pm** - Staff Training (Part Closure)
- **Wednesday 25th December** - Christmas Day Public Holiday (Full Closure)
- **Thursday 26th December** - Boxing Day Public Holiday (Full Closure)
- **Wednesday 1st January** - New Years Day Public Holiday (Full Closure)



# INCLUSEE ACTIVITY TIMETABLE: 7 OCT - 20 DEC 2024 (AEST - QLD TIME)

MON	TUES	WED	THURS	FRI	
 Upskill Hour 9:30 - 10:30	 In2Travel 9:30 - 10:30	 In2Books 10:00 - 11:00	 In2Wellness 10:00 - 11:00	 Digital Help Desk 10:00 - 11:00	
 In2Paint 10:30 - 11:30	 In2Generations 12:30 - 1:30	 In2Travel 11:00 - 12:00	 Learn2GetStarted 10:00 - 11:00	 Listening Library 10:00 - 11:00	
 Lunch & Learn 12:00 - 1:00	 In2Craft 1:00 - 2:00	 Lunch & Living 12:00 - 1:00	 Lunch & Learn 12:00 - 1:00	 In2Recipes 10:30 - 11:30	
 In2Theatre 1:00 - 2:00	 Learn2Capture 2:00 - 3:00	 In2Gardening 1:00 - 2:00	 In2Trivia 1:00 - 2:00	 Lunch & Laugh 12:00 - 1:00	
 Digital Help Desk 2:00 - 3:00	 In2Stories 2:00 - 3:00	 Carers Club 2:00 - 3:00	 In2Drawing 1:00 - 2:00	 Brain Teasers 1:00 - 2:00	
 Virtual Field Trips 3:00 - 4:30	 In2Singing 3:00 - 4:30	 In2Games 3:00 - 4:00	 In2Travel 2:00 - 3:00	 In2BibleStudies 2:30 - 3:30	
 Happy Hour 4:00 - 5:00	 Happy Hour 4:00 - 5:00	 Happy Hour 4:00 - 5:00	 Men's Hour 3:00 - 4:00	 Happy Hour 3:00 - 4:00	
				 Happy Hour 4:00 - 5:00	 In2Books 4:30 - 5:30

## Additional clubs

### Daily clubs:

- Morning Meditation: 9:00 - 9:30 AM
- Coffee Catchup: 9:30 - 10:30 AM

### Fortnightly clubs:

- In2Movies: Fortnightly on Tuesdays at 12 PM

### Monthly clubs:

- Birthday Club: 2nd last Friday each month 11 AM