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## Welcome to Inclusee’s digital newsletter!

Welcome to the latest edition of the Inclusee newsletter! We're excited to reveal our Block 1 timetable (January to March) and give you a sneak peek into our fantastic events.

Inclusee 2025 promises to be an extraordinary year, full of opportunities to explore new interests and join exciting clubs. With a stellar lineup of authors, comedians, political analysts, and industry leaders, we can't wait to share the incredible sessions just around the corner.

Keep your devices charged and your curiosity piqued, as this next block is brimming with clubs and special events that promise to inspire you to join new clubs and perhaps even discover a new hobby or passion.

**Please Note: All times listed are in QLD time (AEST). All Participants joining from NSW, VIC, ACT, TAS, and SA, will need to account for any time zone differences, including daylight savings.**

## In this edition:

- Navigation Bar
- Volunteer News
- In2Travel & Field Trips
- Discovery Hub & Gardening
- InSinging & In2Music
- In2Movies
- Birthday Club, eSafety, Lunch & Laugh, Games & Special Events
- New & updated Clubs
- Inclusee News & Insights
- Closure & Reduced Timetables

Click on any of the sections to jump to the correct page or visit our new Navigation Hub on page 2.



### INCLUDEE TIMETABLE

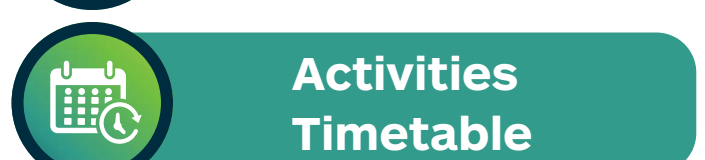
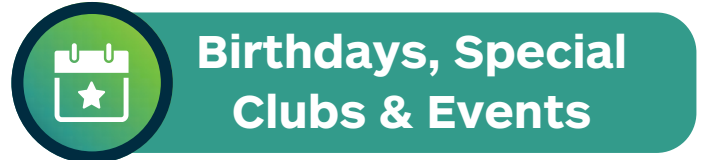
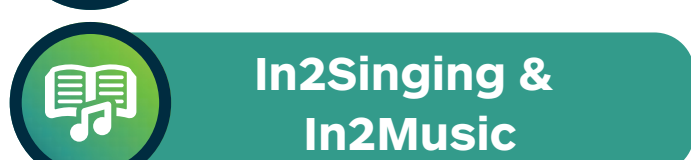
13 Jan - 28 Mar 2025  
Time Zone - AEST (QLD)

| MON  | TUE  | WED  | THUR   | FRI  |
|--|--|--|--|--|
| <a href="#">In2Travel</a><br>9:00 - 10:00<br><a href="#">Discovery Hub</a><br>10:00 - 11:00<br><a href="#">In2Music</a><br>11:00 - 12:00<br><a href="#">InSinging</a><br>12:00 - 1:00<br><a href="#">Nightly Help Desk</a><br>1:00 - 2:00<br><a href="#">Virtual Field Trips</a><br>2:00 - 3:00<br><a href="#">Happy Hour</a><br>3:00 - 4:00 | <a href="#">In2Travel</a><br>9:00 - 10:00<br><a href="#">Discovery Hub</a><br>10:00 - 11:00<br><a href="#">In2Music</a><br>11:00 - 12:00<br><a href="#">InSinging</a><br>12:00 - 1:00<br><a href="#">Nightly Help Desk</a><br>1:00 - 2:00<br><a href="#">Virtual Field Trips</a><br>2:00 - 3:00<br><a href="#">Happy Hour</a><br>3:00 - 4:00 | <a href="#">In2Travel</a><br>9:00 - 10:00<br><a href="#">Discovery Hub</a><br>10:00 - 11:00<br><a href="#">In2Music</a><br>11:00 - 12:00<br><a href="#">InSinging</a><br>12:00 - 1:00<br><a href="#">Nightly Help Desk</a><br>1:00 - 2:00<br><a href="#">Virtual Field Trips</a><br>2:00 - 3:00<br><a href="#">Happy Hour</a><br>3:00 - 4:00 | <a href="#">In2Travel</a><br>9:00 - 10:00<br><a href="#">Discovery Hub</a><br>10:00 - 11:00<br><a href="#">In2Music</a><br>11:00 - 12:00<br><a href="#">InSinging</a><br>12:00 - 1:00<br><a href="#">Nightly Help Desk</a><br>1:00 - 2:00<br><a href="#">Virtual Field Trips</a><br>2:00 - 3:00<br><a href="#">Happy Hour</a><br>3:00 - 4:00 | <a href="#">In2Travel</a><br>9:00 - 10:00<br><a href="#">Discovery Hub</a><br>10:00 - 11:00<br><a href="#">In2Music</a><br>11:00 - 12:00<br><a href="#">InSinging</a><br>12:00 - 1:00<br><a href="#">Nightly Help Desk</a><br>1:00 - 2:00<br><a href="#">Virtual Field Trips</a><br>2:00 - 3:00<br><a href="#">Happy Hour</a><br>3:00 - 4:00 |

CLICK HERE

# NEW NAVIGATION BAR!

We have listened to your feedback and are excited to introduce a new navigation bar in the In2see Newsletter. This feature makes navigating the newsletter easy, just click on the icons at the bottom of the page to jump to any section. If you get lost or need help with the icons, click the search icon (Q) to return to this page.



We are always trying to improve our newsletter, but we might not always get it right. Share your thoughts by selecting an answer on the right.

If you have any ideas or would like to share any detailed feedback, please click on the link below to access the feedback form on our website.

<https://in2see.org.au/feedback/>

**How would you describe the In2see Newsletter?**

It works great!

It is good but has room for improvement.

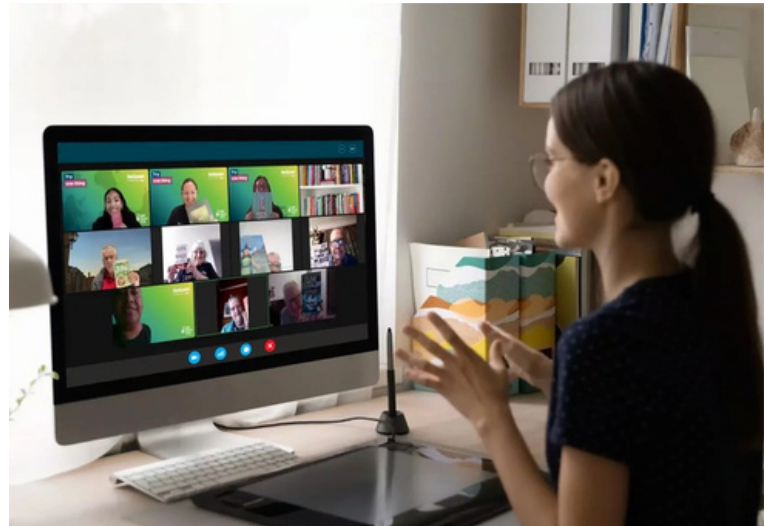
It takes a while to locate information.

It is very difficult to use!

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# VOLUNTEER NEWS!



Join us in celebrating the incredible work of our volunteers in 2024!

Their passion and joy when hosting clubs and connecting with our community has been truly inspiring. Please take the time to enjoy the heartfelt quotes from our volunteers, which beautifully capture their dedication.

Join us in showing our gratitude to these amazing individuals by sharing some kind words during your next Connect2One or club session. You can also share how a volunteer or club has positively impacted your life by completing our short feedback form linked below.

[CLICK HERE](#)

We would also like to take this opportunity to celebrate the incredible achievements of our Volunteer Services Department and their manager, Vicki Meyer. Vicki recently presented at a major Volunteering QLD event, where she highlighted In2Travel's innovative leadership in virtual volunteering and highlighted our team's impactful work in the community.

Thank you to all our volunteers and to our volunteer services department for all the incredible work you do. We cannot wait to see what 2025 will hold!

I attended my first session and it was such a wonderful experience to watch my selected travel videos with all the participants.

- Abhijeet (In2Travel Volunteer)

I always enjoy the visits each week, which are usually 3 hours. We're friends and I feel I've made a positive difference in someone's life.

- Bernadette (Volunteer)

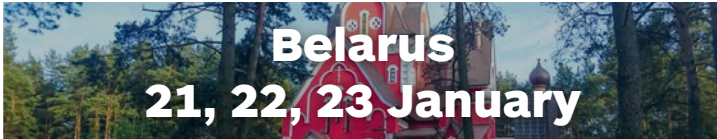
Engaging with my participant has been beneficial and rewarding. They share scripture, and our conversations about family and positive attitude is always uplifting. I learn a lot from her.

- Amanda (Volunteer)

In2Travel is a great organisation that is helping people become more connected! Socialisation is critical to mental health and longevity, so the efforts to help individuals become more connected is extremely worthwhile.

- Richmond (Volunteer)





## Reduced Timetable Sessions



## VIRTUAL FIELD TRIPS - MONDAYS 3 PM QLD

Embark on an exciting adventure with our new series of educational Virtual Field Trips! Join us every Monday at 3 PM QLD (AEST) and explore the wonders of the world from home. Don't miss out!

### January

- 6th: Weird and Wonderful Homes
- 13th: Geological & Most Beautiful Places.
- 20th: The Most Unbelievable Wonders.

### February

- 3rd: How Didgeridoo (Yidakis) are made.
- 10th: Uncovering Stonehenge.
- 17th: Inside Singapore's Gardens.
- 24th: Uncovering Loch Ness.

### March

- 3rd: Legend of Atlantis.
- 10th: Kimberley - The edge of the world.
- 17th: Volcanoes of Hawai'i.
- 24th: Great British Gardens.

### Reduced Timetable

- 31st March: Grand Teton National Park.
- 7th April: Lost Giants - Epic Shipwrecks.



# Discovery Hub

**Mondays & Thursdays**  
**12 PM QLD Time AEST**

Embark on a journey of discovery with our new **Discovery Hub Sessions** (formerly Lunch & Learn). Discover the ingenuity of the mercantile Phoenicians, the fierce rise of the Vikings, the influential women throughout history, and behind-the-scenes moments in modern musical history.

Join us every **Monday and Thursday at 12 PM QLD Time (AEST)** to uncover a treasure trove of knowledge!



## **Ancient Civilisation series:**

- Jan 13 - The Mycenaeans & Phoenicians.
- Jan 20 & 23 - What was it like in ancient Egypt?
- Jan 30 - Was Emperor Caligula a psychopath?
- Feb 3 & 6 - The fierce rise of the Vikings.

## **Women of History Series:**

- Feb 10 & 13 - The mysterious Queens of Egypt.
- Feb 17 & 20 - Marie Antoinette: Fall and Death.
- Feb 24 & 27 - Queen Amanirenas: Beat Rome.
- Mar 3 & 6 - Harriet Tubman: Slavery & Freedom.

## **Behind the Music Series:**

- Mar 10 & 13 - The story of "We Are the World".
- Mar 17 & 20 - Bee Gees: Everlasting Words.
- Mar 24 & 27 - ABBA: Behind the scenes Footage.

# In2Gardening

**Wednesdays: 1:00 PM QLD**



**Weeds**  
**15th January**



**Tips and Tricks**  
**22nd January**



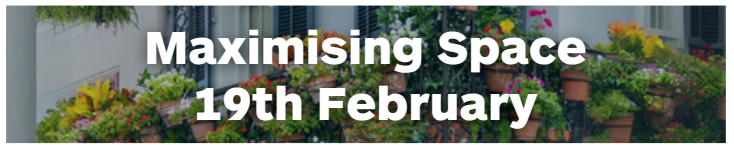
**Edible Ground Cover**  
**29th January**



**Closure Date**  
**5th February**



**Romantic Rose Gardens**  
**12th February**



**Maximising Space**  
**19th February**



**Managing Common Pests**  
**26th February**



**Mini Garden Terrariums**  
**5th March**



**Water Conservation**  
**12th March**



**Indoor Garden Projects**  
**19th March**



**Flowering Autumn Plants**  
**26th March**

Calling all gardening enthusiasts! Join our **In2Gardening Club** every **Wednesday at 1:00 PM QLD** for fantastic tips and tricks to prepare for Autumn. Whether you are gardening pro or just starting out, you will learn new skills and share insights with fellow gardeners.

Don't moss out, its thyme to sprout new skills and watch your gardens blossom!



# In2Singing

Tuesdays 3 - 4:30 PM QLD

Do you love to sing? Join our new singing sessions every **Tuesday at 3 PM QLD time** for a musical journey through the ages. Mark your calendars and make 2025 the year you find your voice with In2Singing! 🎤

**Musical Singing in the Rain**  
7th January

**Olivia Newton John**  
14th January

**John Denver**  
21st January

**Western Musicals**  
28th January

**Burt Bacharach Songs**  
4th February

**Funniest Country Songs**  
11th February

## Reduced Timetable Sessions

**Musical - Oliver**  
1st April

**Boy Bands**  
18th February

**Girl Bands**  
25th February

**Billy Joel**  
4th March

**Diva Artists**  
11th March

 **Closure Date**   
18th March

**Rock n Roll**  
25th March

**People's Choice!**  
8th April

# 🎵 In2Music Club 🎵

Thursdays at 10 AM QLD (AEST)

If you're passionate about music history and theory, our In2Music Club will be music to your ears!

Every **Thursday at 10 AM**, we dive into a wide range of captivating musical history topics that will make your heart sing. And to add to the excitement, starting February 6th, In2Music will gain access to thrilling new content that is guaranteed to hit all the right notes.

- 06/02 - Understanding Music Theory
- 13/02 - Iconic Albums and their Stories 1
- 20/02 - Iconic Albums and their Stories 2
- 27/02 - Music through the Decades (20s - 40s)
- 06/03 - Music through the Decades (50s - 70s)
- 13/03 - Music through the Decades (80s - 2000s)
- **20/03 - Club Closure - Staff Training Day**
- 27/03 - Music and Memory

Join in and have a 'thriller' of a time with In2Music. We hope to see you there! 🎤🎸🥁





**Tues 7/01 12 PM | PG**

After being discharged from the Army, Chadwick (Elvis), returns to Hawaii and starts working as a tour guide operator with his girlfriend.



**Tues 14/01 12 PM | PG**

Patrick was born without eyes or the ability to walk, but that didn't hamper his dream of joining Louisville's University marching band.



**Tues 28/01 12 PM | PG**

Travel back to the 1970s and relive the decade that saw the presidency of Nixon and the birth of jumbo jets, Disney World, and Gen X.



**Tues 11/02 12 PM | PG**

Follow a mother and her two sons as they drive from New York to Hollywood, on a quest to find a man to take care of them all.



**Tues 25/02 12 PM | PG**

Uncover the fragile existence of the Scottish Wildcats, their status and what efforts are being undertaken to ensure their survival.



**Tues 11/03 12 PM | PG**

A story of the troubled history of communism, an obsessed artist and a lovely relationship between Jiawei and his wife Lan.



**Tues 25/03 12 PM | PG**

A runaway foster child finds shelter in a barn and forms a bond with a fiery foal. Retired farmer Ben asks for her help training the young horse.



# Birthday Celebration Club

Join our Birthday Celebrations Club and make your birthday unforgettable! Whether it's your special month or you love spreading birthday cheer, our monthly events are the perfect place to connect and celebrate with others. 🎉

## January Birthdays - Friday 24/1 at 11 AM QLD

|             |            |            |            |          |
|-------------|------------|------------|------------|----------|
| Archondia P | Bill W     | Bob G      | Carolyn H  | Dale H   |
| Denise L    | Graham D   | Judith M   | Kristina C | Lenore W |
| Liz L       | Patricia F | Patricia F | Tina L     | Valda J  |

## February Birthdays - Friday 21/2 at 11 AM QLD

|           |             |           |            |            |
|-----------|-------------|-----------|------------|------------|
| Anna A    | Barbara F V | Barbara M | Brian McC  | Denise M   |
| Dorothy W | Eileen N    | Estelle B | Frances C  | Garry C    |
| Garry McD | George F    | Jo I      | Josie C    | Julie F    |
| Kathy S   | Kathy G     | Lois P    | Lyn G      | Margaret T |
| Margot D  | Marie G     | Robert R  | Rosemary M | Theano S   |
| Therese C | Vicki S     | Wayne B   | -          | -          |

## March Birthdays - Friday 21/3 at 11 AM QLD

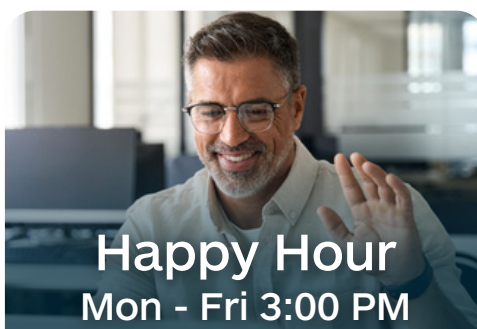
|           |           |           |              |             |
|-----------|-----------|-----------|--------------|-------------|
| Ann P     | Bev D     | Edna L    | Georgina M   | Gwendolyn S |
| Hazel F   | Karen M   | Lalita D  | Marc I       | Maria F     |
| Maxine K  | Mercia M  | Michael H | Patricia McG | Susan M     |
| Tetiana K | Trish McK | Wendy P   | Tetiana K    | -           |

## Virtual Community Centre Special Sessions & Events



### Coffee Catchup Mon - Fri 9:30 AM

Kickstart your day with a coffee or tea, a friendly chat, and a chance to meet new people in our community.



### Happy Hour Mon - Fri 3:00 PM

Finish your day with friends, fun, laughter and genuine social connection. We hope to see you there!



### Daggy Disco Fri 14 Feb | 3:00 PM

Do you miss school discos? Don't fret! Enjoy great tunes, chat, and boogie down at this special Disco Event! 🎵

Our Virtual Community Centre is always buzzing with people ready for a casual chat. Whether you want to join a special session, attend an event, or just share a moment, our Virtual Community Centre is the place to be!



## Navigate the Digital World: eSafety Commissioner's Webinar Series



The eSafety Commissioner is back with life-changing presentations on modern technology. Here is a list of the upcoming webinar topics:

### February

Tues 11th 2 PM: Staying safe on Facebook.  
Tues 18th: 2 PM: Apps for smarter travel.  
Thurs 20th: 2 PM: Tech and your health.

### March

Tues 4th 9 AM: Can you spot a scam?  
Thurs 6th 2 PM: Selling safely online.  
Thurs 20th 2 PM: Managing emails online.

### April (Reduced Timetable):

Tues 1st 2 PM: Protecting against scams.



Australian Government

**Be Connected**

Every Australian online.

## Lunch & Laugh

Fri 12 PM QLD Time



Wrap up your week with a laugh! Join us every **Friday at 12 PM QLD time (AEST)** and dive into your favourite comedy classics:

### January

17th: My Favourite Martian, My Three Sons.  
24th: The Addams Family, Two's Company.  
31st: Petticoat Junction, Not on you Nellie.

### February

7th: Mork & Mindy, The Benny Hill Show.  
14th: Are You Being Served?, It Ain't Half Hot Mum.  
21st: Dad's Army, Rising Damp.  
28th: Open All Hours, Kingswood Country.

### March:

7th: The Golden Palace, Going Straight.  
14th: The Two Ronnies in Australia.  
21st: Mr. Bean, Mother & Son.  
28th: The Dick Van Dyke Show, Who's the Boss?

### April (Reduced Timetable):

4th: Some Mothers Do 'Ave 'Em, Car 54, WAU?  
11th: Participant's Choice!

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!



**Week 1**  
Wheel of Fortune



**Week 2**  
Cards



**Week 3**  
Crosswords



**Week 4**  
Family Feud



**Week 5**  
Your Choice!



# EXCITING NEW CLUBS!

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



## In2Sewing - Mon 2 PM

Love sewing or want to learn? Join In2Sewing to master new techniques, share tips, and even showcase your beautiful sewing projects! 🧵



## In2Photography - Tues 2 PM

Interested in photography? In2Photography will equip you with the essential skills you need to beautifully capture and share your memories. 📷



## In2Poetry - Tues 1 PM

Share your passion for poetry. Whether you're a beginner or an experienced poet, this club offers a supportive and inspiring environment. 📖



## In2Music - Thurs 10 AM

Whether you love classical, opera, rock, pop or dubstep, this club is the perfect place to explore or renew your passion for songs, artists or genres. 🎵



## Feedback Sessions: Last Wednesday each month at 10 AM 🗨️

Join us in our Virtual Community Centre to share your thoughts and feedback on everything In2. Whether you want to suggest changes to our clubs, newsletter, or app, or share ideas for an exciting new club, we want to hear from you!

Mark your calendar and join this open and supportive town hall session!

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

## CLUB UPDATES

### WHAT HAS CHANGED BLOCK 1 2025?

#### 🎨 Art Therapy: Wed 10 AM

Back from popular demand, jump into art therapy club to improve your mental and physical health through art.

#### 🌍 Discovery Hub: Mon & Thurs 12 PM

If you like documentaries, you'll love this new club. Learn something new each week!

#### 🏠 Carer's Haven - Wed 2 PM QLD

Being a carer can be difficult. This club offers you a safe space for carers to share resources, tips and insightful stories with other carers in our community.

#### 🧶 In2Craft - Fri 2 PM

Our craft club will now be on Fridays at 2 PM. Join In2Craft to learn new craft skills, hone your technique and share your projects.



# CLUB SPOTLIGHT

Still deciding on your New Year's resolution? Why not join a new club? Our clubs cover a wide range of interests, from music, history, and literature to trivia, sewing, photography, and gardening. Give it a go, jump into a new club in 2025 to connect, learn and enjoy.

## How would you rate Inclusee's clubs?

😍 I love them!

😊 They are good.

😐 Sometimes fun.

😞 Not very interesting.

Your Canva profile name won't be shared



### **In2Trivia: Thursdays at 1 PM QLD**

If you know who the 3rd PM of Australia was and/or where you could find the ears on a grasshopper, then this is the club for you!



### **Listening Library: Fridays 10 AM**

Do you enjoy audio books? Join in and relax as one of our fantastic facilitators reads short stories out loud. No glasses needed!



### **Men's Hour - Thursdays 3 PM QLD**

Need a place to escape? Join our Men's Hour Club to share stories, tell jokes, and connect with other men in the Inclusee community.



### **Digital Help Desk - Mon 2 PM & Fri 10 AM**

Having trouble with your email, tablet, or any other tech issues? Our Tech Gurus are here to help — No appointment needed!

## Upcoming Special Events:

- **Wed 29th January, 11 AM QLD (AEST):**  
Experience a Digital Escape Room Session like no other!
- **Fri 14th Febuary, 3 PM QLD (AEST):**  
Daggy Disco: Listen to great tunes, shake your tailfeathers and have a laugh with our fantastic community members.
- **Wed 19th February, 11 AM QLD (AEST):**  
Building and maintaining better relationships with partners, family, friends and the community.
- **Wed 26th February, 11 AM QLD (AEST):**  
Building and maintaining a better relationship with yourself.
- **Thurs 13th, 20th & 27th March, 2 PM QLD (AEST):**  
Earth Hour: Join Jess for 3 informative sessions about climate change and how you can make a difference.



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# Healthy Relationships Sessions

Don't miss out on two special sessions with Richelle Menzies! Learn how to build healthy relationships with yourself and others and uncover the amazing mental and physical health benefits that come with it. Join us for an inspiring and transformative experience!



## Relationships with Others - Feb 19th 11 AM

Join us for an engaging session where you'll learn essential techniques to strengthen your connections and relationships. Discover how to build trust, foster respect, and enhance open communication with others. Transform your interactions and create meaningful bonds!



## Relationships with Self - Feb 26th 11 AM

Learn the importance building a relationship with oneself. Uncover the things that bring you joy and learn how to better incorporate them into your life. Enhance your well-being, spark joy in your life and discover the many health benefits that follow.



## Participant Advocacy Group

### What is a participant Advocate?

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

- Tues March 25th at 2-4 PM QLD (AEST)

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

 [pag@Inlusee.org.au](mailto:pag@Inlusee.org.au)

 **1800 287 687**



## Inspire the next Generation!

Our popular In2Generations program is expanding into new schools in 2025 with new weekly programs focusing on shared learning. Help primary school students with literacy skills and give insight to teenagers who are struggling at school, amongst other things.

We aim to launch the new clubs in April 2025, during the second term of the school year.

Watch this space, more details will be shared soon!





### Block 1 Closure Dates

#### January

- Wed 1st: New Year's Day
- Thurs 16th: Staff Training
- Mon 27th: Australia Day

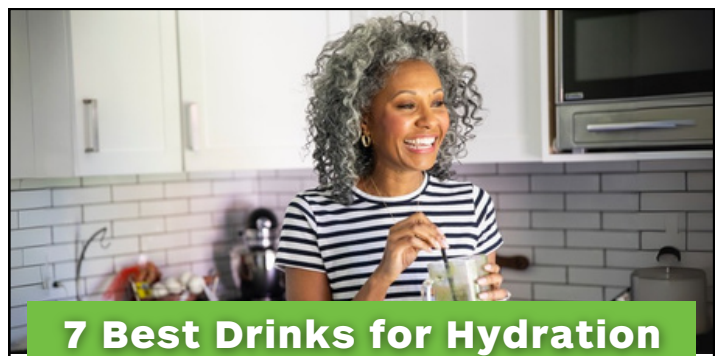
#### February

- Wed 5th: Staff Training (Clubs Closed)
- Thurs 20th: Staff Training (9 - 12 PM)

#### March

- Tues 18th: Staff Training

**Please take note of these upcoming closure dates and mark them in your calendar.**



### 7 Best Drinks for Hydration

Water may be the “gold standard” for hydration, but there are other delicious and healthy options to keep you cool this summer:

1. Sparkling or fruit infused water.
2. Coconut water.
3. 100% fruit or vegetable juice.
4. Smoothies: Try adding some celery, spinach leaves and/or coconut milk.
5. Milk: Try to avoid flavoured varieties.
6. Low/No-Sugar Electrolyte Drinks.

If you would like to learn about more delicious, hydrating and refreshing drink ideas, [Click Here](#).

## REDUCED TIMETABLE - MARCH 31ST TO APRIL 11TH (QLD TIME)

| Monday  | Tuesday                              | Wednesday                            | Thursday                             | Friday                                |
|---|--------------------------------------|--------------------------------------|--------------------------------------|---------------------------------------|
| Morning Meditation<br>9:00 - 9:30 AM  | Morning Meditation<br>9:00 - 9:30 AM | Morning Meditation<br>9:00 - 9:30 AM | Morning Meditation<br>9:00 - 9:30 AM | Morning Meditation<br>9:00 - 9:30 AM  |
| Coffee Catchup<br>9:30 - 10:30 AM   | Coffee Catchup<br>9:30 - 10:30 AM    | Coffee Catchup<br>9:30 - 10:30 AM    | Coffee Catchup<br>9:30 - 10:30 AM    | Coffee Catchup<br>9:30 - 10:30 AM     |
| Special Event<br>10:00 - 11:00 AM   | <u>In2Travel</u><br>9:30 - 10:30 AM  | <u>In2Travel</u><br>11:00 - 12:00 PM | Special Event<br>10:00 - 11:00 AM    | Listening Library<br>10:00 - 11:00 AM |
| <u>Virtual Field Trip</u><br>3:00 - 4:00 PM   | <u>In2Singing</u><br>3:00 - 4:00 PM  | In2Games<br>3:00 - 4:00 PM           | In2Trivia<br>1:00 - 2:00 PM          | Lunch & Laugh<br>12:00 - 1:00 PM      |
| Happy Hour<br>4:00 - 5:00 PM  | Happy Hour<br>4:00 - 5:00 PM         | Happy Hour<br>4:00 - 5:00 PM         | <u>In2Travel</u><br>2:00 - 3:00 PM   | Happy Hour<br>3:00 - 5:00 PM          |
| For more information on the club themes, click on the relevent <u>underlined</u> club name above. |                                      |                                      | Happy Hour<br>4:00 - 5:00 PM         |                                       |



**To access our Activity Timetable, click here**

