



Phone: 1800 287 687
Email: connect@inclusee.org.au
Head office: L19, 10 Eagle St, Brisbane, QLD, 4000
www.inclusee.org.au

Welcome to Inclusee's Digital Newsletter!

2026 is all about you, your interests, your connections, your community.

Block 1 2026 is packed with fresh ways to learn, laugh, and connect. Here's to an inspiring year ahead, we can't wait to share it with you!

To kick things off, we're starting with a celebration! Watch the video below showcasing the awards and recognitions our community achieved in 2025.

— The Inclusee Team



In this edition:

- Drop-In Chat & Roster
- New App & Volunteer News
- Travel Club & Virtual Field Trips
- Discovery & Gardening Club
- Singing & Music Appreciation
- Photography, Writing & Poetry
- Drawing, Paint & Crafts Clubs
- Recipes & eSafety & SALT
- Good News & Sustainability
- Birthdays & Feedback Group
- Happy Hour, Books & Life Story
- Club Spotlight & Mini-series
- Inclusee Mini Series Sessions
- Upcoming Events Calendar
- Reduced Timetable & Closures
- The Inclusee Timetable

Click on any of the sections above, or use the navigation bar below to jump to the correct page.

MEET YOUR DROP-IN CHAT VOLUNTEERS

Our Drop-In Chat program is a welcoming space where anyone in the community can pop in for a casual conversation, no commitment and no pressure. Running Monday to Friday from 9 AM to 5 PM, it's perfect if you're not interested in any of the live clubs or if you just want a relaxed way to connect.

Whether you're a regular or thinking of joining for the first time, come say hi to our amazing volunteers and enjoy some friendly banter with fellow community members that join in.



Vrushali

Hi, I'm Vrushali, I live with my husband in Sydney, and we have one son in Melbourne. I have been with Inlusee for the past 5 years and it has been an incredible experience.

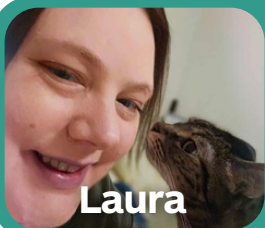
- Moved from India to Australia in 1992.
- I enjoy Indian & Australian Cultural Festivities.
- I love musicals, cooking, socialising & learning new online games.



Sharon

Hi, I'm Sharon, I've been with Inlusee for over a year, and I enjoy having a conversation with everyone who joins Drop-In Chat.

- Live with my husband and our Jack Russel, named Bertie, in Jandowae QLD.
- Our 2 daughters moved to town, and we love visiting them and our 5 grandchildren.
- I follow the Brisbane Lions AFL Club, and I also enjoy crocheting, knitting, gardening.



Laura

Hi, my name is Laura. I live in Melbourne with my Fiancé and our two cats. I have volunteered with Inlusee for around a year, and I love chatting with everyone.

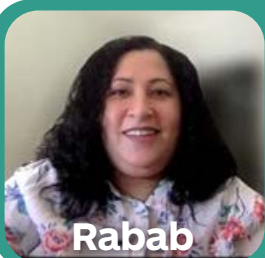
- I am currently studying a Master's Degree in Counselling.
- I enjoy music, movies, collecting knick-knacks and trying new food.
- I love resin craft and photography and used to play the drums when I was younger.



Robyn

Hello, my name is Robyn. I live with my older sister Hillary, our dog Bo and our cat Alice. For the past 2 years we have travelled across four states as professional House Sitters.

- We previously house-sat for 15 rescue cats and even a herd of donkeys!
- I am predominantly a quilter, but I enjoy anything crafty, often joining Sewing Club.
- I support Hawthorn Football Club and the New York Yankees.



Rabab

Hi, I am Rabab, I am a registered councillor with an Honours Degree in psychology and a former lawyer. I grew up in Egypt and now I live on the Gold Coast with my family.

- I am a calm and friendly listener, and I enjoy meaningful and supportive conversations.
- I write short stories for children that teach safety and morals, and psycho-educational mini sessions about gentle, practical stress management tips with simple techniques.
- I enjoy Egyptian and Arabic cooking, learning about wellbeing and local markets.



Sarah

Hi, my name is Sarah, and I am from the ACT. I have been volunteering with Inlusee for 3 years and I love being able to talk and listen to people in the community.

- I pet sit, so my sister's rabbit or other animals may show up during Drop-In chat.
- I love anything Addams Family related and reading, particularly mystery and crime. I also love music that I can dance to and talking about my godson Peter.



MEET YOUR DROP-IN CHAT VOLUNTEERS



Carolyn

Hi, my name is Carolyn. I live on the Gold Coast, and I love having a good chat and listening to life stories in Drop-In Chat.

- I have been an entertainer and business owner for over 50 years. working as a radio host, band vocalist and the owner of various small businesses.
- I'm a Christian, I love Jesus, theological discussions, crafts and gift wrapping.



Afsah

Hi there, I'm Afsah, and I have been a volunteer with Inlusee for more than two years. I love meeting people from different backgrounds, cultures or hobbies.

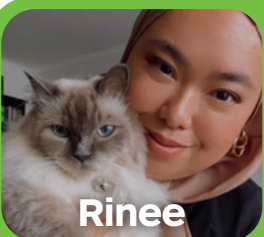
- I am from Pakistan, now I'm a permanent resident in Australia, living in Sydney.
- My hobbies include drawing, painting, makeup, art, cooking and cricket.
- I love to discuss makeup, art or any hobbies you follow as it inspires me.



Marcy

Hello, I am a new Inlusee volunteer living with my husband in the Limestone Coast, South Australia and we have two daughters in Melbourne:

- I enjoy people, especially listening to stories and sharing time.
- I previously worked in Health and love travel, all things South Korea (cooking, Folk Art, K-drama, Stray Kids), painting, and learning something new each day.



Rinee

Hi, my name is Rinee, I'm from Sydney I have 2 cats named Draco and Mocha. I study Psychological Science and Counselling, and I also work in mental health support.

- I love cooking, baking, and trying new restaurants. I'm definitely a foodie!
- Reading is a huge passion of mine, especially fantasy and psychological thrillers.
- I enjoy learning about different cultures and travelling.
- Building meaningful connections is a big part of who I am.

DROP-IN CHAT - VOLUNTEER ROSTER

	Monday	Tuesday	Wednesday	Thursday	Friday
9 AM	Vrushali	Vrushali	Robyn	Vrushali	Sarah
10 AM	Sharon			Robyn	
11 AM	Laura		Sharon & Sarah	Sarah	Sharon & Carolyn
12 PM	Rabab	Marcy			
1 PM	Sharon	Rinee	Sharon	Robyn	Robyn
2 PM	Sharon		Vrushali	Vrushali	Afsah
3 PM	Vrushali	Vrushali	Robyn		Sharon
4 PM	Vrushali & Elana		Vrushali		

Note: This roster can change due to our volunteers availability.



VOLUNTEER NEWS & UPDATES!

A Message for our Volunteers & Facilitators.

Don't forget, all volunteers are welcome to join in with our community sessions. If you haven't already, come and check out one of our weekly clubs, miniseries or special events.

Thank you for all your time, kindness and care - helping us to make 2025 a fantastic year of connection. Wishing you all a safe and happy festive season. See you in 2026!

- Jess Packham | Inclusee Volunteer Coordinator



Volunteer Reminder: Compulsory ALIS Training

The Aged Care Learning Information Solution (ALIS) training has been assigned to all active volunteers. You will receive an email to create your account in the ALIS Portal and need to complete 2 modules of learning, please reach out if you need any help or have questions.

- Aged Care Code of Conduct.
- Introduction to the SIRS.



Australian Government
Aged Care Quality and Safety Commission

Countdown to the Inclusee App Launch!



The wait is almost over!

We're putting the final touches on the brand-new Inclusee App, and we couldn't be more excited for you to experience everything it has to offer.

A huge thank you to everyone for the incredible feedback we've received from our community, this purpose-built platform has truly been designed by our community and for our community.

Get ready! Our new virtual community centre is expected to launch early 2026, and it's all about making connecting easier, safer, and more enjoyable than ever before. We can't wait to share it with you soon!

Connect | Learn | Enjoy

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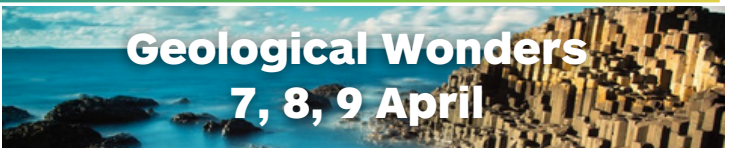
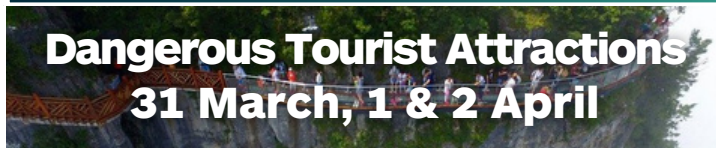
Travel Club

Tues 9:30 AM, Wed 11 AM & Thurs 2 PM QLD Time (AEST)



Are you ready for a digital adventure? Join our Travel club to uncover interesting history, breathtaking landscapes, and diverse cultures.

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

- 12th: Taj Mahal - The story of eternal love
- 19th: Giant Aircraft - Building the Airbus A350
- 26th: **CLOSURE - Australia Day Public Holiday**

February

- 2nd: Wild Serengeti - Predator Country
- 9th: Behind the scenes at Chester Zoo
- 16th: The Forbidden City, China
- 23rd: Tour of the Hobbiton Movie Set, NZ

March

- 2nd: The Origins of Maya Civilisation
- 9th: EU Space Agency - Cluster Mission
- 16th: Everest Base Camp
- 23rd: Most Dangerous Jobs on the High Seas

Reduced Timetable Sessions

- 30th March: Sydney - Inside Aus Suburbs
- 7th April: **CLOSURE - Easter Monday**



Discovery Hub

Mondays & Thursdays
12 PM QLD Time AEST

Step into a world of wonder with our new **Discovery Hub Sessions!**

This block, we're turning up the volume on curiosity, with a vibrant mix of music, culture, history, and festive traditions.

Join us every **Monday and Thursday at 12 PM QLD Time (AEST)** and discover something new in every session!



January - Aussie Icons Series:

- 12th & 15th - The America's Cup Win: John Bertrand
- 19th & 22nd - Australia's Best F1 Driver: Jack Brabham
- 29th - Aussie Actress to Hollywood Icon: Nicole Kidman



February - Aussie Icons Series:

- 2nd & 5th - Sydney Opera House: With Richard Hammond

February - Invention Series:

- 9th & 12th - Inventions that Shook the World 1940s
- 16th & 19th - Inventions that Shook the World 1950s
- 23rd & 26th - Inventions that Shook the World 1960s



March - Mixed Topics:

- 2nd & 5th - InfoMate - Clean Up Australia Part 1 & Part 2
- 9th & 12th - Inventions that Shook the World 1970s
- 16th & 19th - The Life of Saint Patrick: With Liam Neeson
- 23rd & 26th - The Batavia: Shipwreck, Mutiny & Madness

Gardening Club

Wednesdays: 1:00 PM QLD

Edible Flowers and Weeds
14th January

Bees and your Garden 
21st January

National & State Flowers
28th January

Singapore Gardens
4th February

Sustainability & Permaculture
11th February

The Poison Garden: Alnwick UK
18th February



Bush Foods & Medicines
25th February

Garden Design & Layout
4th March

Ballarat Begonia Festival
11th March

Succulents & Cacti Care
18th March

Foods from around the world
25th March

 Join us every Wednesday at 1 PM (QLD time) to explore fresh ideas and global inspiration, from sustainable practices and bush foods to edible flowers, bees, and creative garden design. Connect with fellow enthusiasts and grow your gardening know-how in a fun, welcoming and beginner friendly space! 

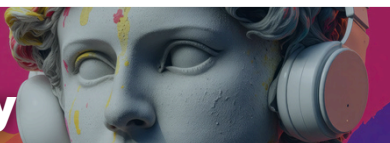
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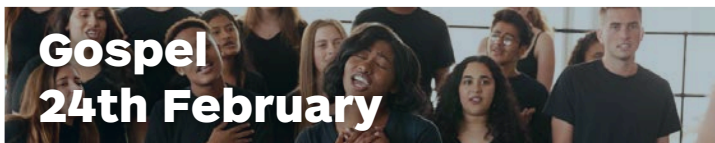
Singing Club

Tuesdays 3 PM QLD (AEST)

Pop
13th January



Gospel
24th February



1964-1966 British Artists
20th January



~ Closure Date ~
3rd March

Jazz
27th January



Disco
10th March



Carpenters
3rd February



Beach Boys
17th March



Folk
10th February



~ Closure Date ~
24th March

The Rat Pack
17th February



Do you love to sing? Join in every **Tuesday at 3 PM QLD time** and make 2026 the year you find your voice with Singing Club! 🎤

Reduced Timetable Sessions

Best Cover Songs
31st March



Peoples Choice!
7th April



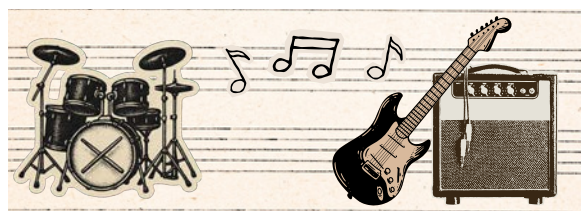
Music Appreciation Club

Thursdays at 11 AM QLD (AEST)

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

🎤 Every **Thurs at 11 AM**, we dive into a wide range of captivating musical topics that will make your heart sing.

Come along and learn about the amazing world of musical history and theory! We hope to see you there! 🎸



Legendary Bands and Unsung Heros:

- 15th Jan - 60s: The Beatles, The Who, Rolling Stones
- 22nd Jan - 70s: Led Zeppelin, Pink Floyd, Fleetwood Mac
- 29th Jan - 80s: Queen, Van Halen, The Police
- 5th Feb - 90s: Nirvana, Red Hot Chilli Peppers, Pearl Jam

Iconic Tribute Bands:

- 12th Feb - Late 70s: The birth of Tribute bands
- 19th Feb - Late 80s-90s - The Explosion
- 26th Feb - 2000s-Early 2010s - Arena-Level Productions

The Art and Evolution of DJing:

- 5th Mar - The Art and Evolution of DJing

Music Genres through the Decades:

- 12th Mar - Pop and Rock n Roll
- 19th Mar - Disco and Punk
- 26th Mar - Jazz and Blues



Photography Club

Tuesdays 2 PM (QLD) AEST

Get creative with fresh photography themes each week! From holidays and traditions to night scenes, everyday life, and stunning sunrises, there's something to spark every shutterbug's creativity. Just bring your camera/phone and curiosity! ✨

- 13/1 - Holiday & Traditions
- 20/1 - Night
- 27/1 - Everyday Life
- 3/2 - Sunrise & Sunsets
- 10/2 - Colour & Tone
- 17/2 - Travel & Places
- 24/2 - Light & Shadows
- 3/3 - **CLOSURE DAY**
- 10/3 - Objects & Details
- 17/3 - Flora & Fauna
- 24/3 - **CLOSURE DAY**



Writing Club

Mondays 1 PM AEST (QLD)

Welcome to Writing Club, your weekly dose of imagination and inspiration. Each session, you'll be given a fresh writing prompt to craft a short story, no experience needed, just a curious mind and a love for storytelling.

JANUARY TOPICS:

- 12th: Conflict 🤔
- 19th: Change
- 26th: **CLOSURE DAY**

FEBRUARY TOPICS:

- 2nd: Emotional Growth
- 9th: Reflection 📖
- 16th: Invisibility
- 23rd: Scars - Visible or Invisible

MARCH TOPICS:

- 2nd: Weird Dream zZ
- 9th: Lessons from your younger self
- 16th: Inheritance
- 23rd: Disguise - What would you choose?

Let your imagination take the lead, your next great story starts here! ✨



Poetry Club

Thursdays 3 PM AEST (QLD)

Whether you're a beginner or a seasoned poet, join us for an inspiring and supportive journey into the world of poetry. 📖

JANUARY TOPICS:

- 15th: Villanelle
- 22nd: Limerick Poetry
- 29th: Theme - 'Your Favourite Memory'

FEBRUARY TOPICS:


- 5th: Cinquain Poetry
- 12th: Blackout Poems
- 19th: Theme - 'Adversity'
- 26th: Reversing Poetry

MARCH TOPICS:

- 5th: Concrete Poetry
- 12th: Theme - 'Gratitude'
- 19th: **World Poetry Day Special Session**
- 26th: Theme - 'Favourite Place'



Drawing Club Thursday 1 PM AEST (QLD)

Whether you're a seasoned sketcher or simply have a love for drawing, everyone is welcome. Each session is a relaxing space to hang out, learn different drawing techniques, and share what you create. We'd love to see your creations. Join in and be part of something inspiring. 

Optical Illusions & Perspectives	Perspective Drawings	Free Drawing With Iza
<ul style="list-style-type: none"> • 15th January • 22nd January • 29th January • 5th February 	<ul style="list-style-type: none"> • 12th February • 19th February • 26th February • 5th March 	<ul style="list-style-type: none"> • 12th March • 19th March • 26th March

Craft Club Fridays 2 PM (QLD)

Are you ready to unleash your creativity and dive into the world of crafting? The Craft Club is the perfect place to learn a new art, explore new techniques, share your passion, and connect with fellow enthusiasts.

January Topics	February Topics	March Topics
<ul style="list-style-type: none"> 16th: Pressed Flower Craft 23rd: DIY Bird House/Feeder 30th: Easy Table Centrepiece 	<ul style="list-style-type: none"> 6th: Resin-free DIY Glaze 13th: Polyacrylic Transfer 20th: Decorative Wall Jars 27th: Macrame Decorations 	<ul style="list-style-type: none"> 6th: Tin Can Planters 13th: Easter Air-Dry Clay Ideas 20th: Easy St.Patricks Wreath 27th: DIY Candle Holders

Painting Club Mondays 10:30 AM (QLD)

Discover exciting ways to begin your next masterpiece, drawing inspiration from sketches, music, poetry, and the beauty of everyday objects. This block, we'll dive into watercolour and mixed media, exploring textures, blending art forms, and creating pieces you'll be proud to frame.

Come paint, learn, and explore with us!

If you'd like the full materials list, please reach out!

Sewing Club Mondays 2:00 PM (QLD)

Join us for a relaxing stitching experience where creativity meets community. Each session features a fun group project, like crafting cozy Mug Rugs with patterns designed by Robyn.

Prefer working on your own piece? Bring it along!

Settle in, stitch at your own pace, and enjoy inspiring conversations with fellow makers.

If you'd like the full materials list, please reach out!





Recipes Club - Fridays 10:30 AM

Get ready for a block full of simply delicious meals, snacks and desserts.

- 16/1: Anti-Inflammatory Foods & Recipes
- 23/1: Nutrient Rich & Small Portion Recipes
- 30/1: Freezer Friendly Recipes
- 6/2: Healthier Classic Comfort Foods
- 13/2: Gardener's Kitchen
- 20/2: Morning & Afternoon Treats
- 27/2: Memory Lane Recipes
- 6/3: 15 Minute Meals
- 13/3: Mini Casseroles
- 20/3: Street Food Recipes
- 27/3: Mix & Match Bases



Navigate the Digital World: eSafety Commissioner's Webinar Series



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

January: No Webinars Scheduled

February:

- Tues 10th 2 PM: Can you spot a scam?
- Tues 17th 9 AM: Safe online shopping & banking
- Thurs 19th 2 PM: Technology and your health

March:

- Tues 3rd 9 AM: Useful tips for your android phone
- Thurs 19th 2 PM: iPhone basics
- Thurs 11th 2 PM: Protect yourself against scams



Australian Government

Be Connected

Every Australian online.



Simple & Healthy Chocolate Bark Recipe

Enjoy this healthy nut-free and vegetarian friendly strawberry & chocolate Bark Recipe.

Ingredients:

- 3 cups whole-milk plain Greek yoghurt
- ¼ cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 1 ½ cups of sliced strawberries
- ¼ cup mini chocolate chips

1. Line a large rimmed baking sheet with parchment paper.
2. Stir the yoghurt, maple syrup (or honey) and vanilla in a medium bowl and spread across the prepared baking sheet.
3. Scatter the strawberries and chocolate on top.
4. Freeze until firm (approximately 3 hours).
5. To serve, cut or break it into 32 pieces.

Try Different Ingredients!

Swap the strawberries for other fresh or freeze dried fruits, a swirl of jam, coconut chips or nuts!

Real Conversations With SALT Directory

Tuesdays 10 AM



Join us for meaningful discussions on the topics that matter most to seniors and their families. Each session brings together trusted experts to help you navigate life's big transitions with confidence and clarity.

We'll cover practical issues like:

- ✓ Aged care and retirement living rights
- ✓ Financial planning and estate management
- ✓ Downsizing, decluttering, and moving
- ✓ Abuse prevention and safeguarding
- ✓ Assistive technologies and mobility solutions

Whether you're planning ahead or supporting a loved one, Real Conversations with SALT is your safe space for practical advice, expert insights, and real answers to real questions.



Games Club



Wednesdays at 3 PM QLD

Join our Games Club every Wednesday at 3:00 PM QLD (AEST) and unlock a world of excitement, strategy, and laughter!

Each week, you're in control, pick a classic or explore something totally new. Whether you're a word game buff, a numbers game whiz, or just love a good challenge, there's always something for everyone.

Don't miss out and let the games begin!

Trivia Club



Thursdays at 1 PM QLD

Every Thursday at 1:00 PM QLD (AEST), Trivia Club brings together fact-lovers, quick-thinkers, and anyone who enjoys a good challenge.

Each week features a new round of questions spanning pop culture, history, science, and the wonderfully weird.

Whether you're flying solo or teaming up, there's always a chance to learn something new, and maybe even claim the trivia crown!

SUSTAINABILITY CLUB - THURSDAYS 10 AM QLD

Join our Sustainability Club Thursdays at 10 AM! Each session explores practical ways to live greener, from everyday habits and smart shopping to climate action, green tech, and reducing waste.

JANUARY

- 15th: Everyday Sustainable Habits
- 22nd: Sustainable Shopping & Consumption
- 29th: Green Transport

- 5th: Nature & Biodiversity
- 12th: Climate Action
- 19th: Community Projects & Ideas
- 26th: Reducing Your Carbon Footprint

FEBRUARY

- 5th: Plastic Pollution Solutions
- 12th: Green Technology Innovations
- 19th: Food Waste Reduction
- 26th: Sustainable Agriculture & Food Growth

MARCH

Good News Club

EVERY FRIDAY AT 9:30 AM AEST (QLD)

Our Good News Club is your go-to source for uplifting stories from around the corner and across the globe. From cutting-edge tech breakthroughs and inspiring humanitarian wins to heartwarming wildlife conservation efforts, we're here to keep your spirits high and your curiosity sparked.

Join in for your weekly dose of positivity every Friday at 9:30 and make sure you check out some of our upcoming special sessions:

- 13th Feb - World Radio Day
- 20th Feb - World Social Justice Day
- 20th Mar - International Happiness Day

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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 16th at 11 AM QLD

Andrew W	Bill W	Bob G	Carolyn H	Dale H
Denise L	Graham D	Jenny A	Judith M	June P
Kristina C	Liz L	Michael A	Patti F	Tina L
Valda J	-	-	-	-

February Birthdays - Friday 20th at 11 AM QLD

Barbara M	Barbara F V	Brian M	Denise M	Dorothy W
Eileen N	Frances C	George F	Jenny D	Josie C
Julie F	Lyn G	Margaret T	Marie G	Robert R
Sue L	Therese C	Wayne B	-	-

March Birthdays - Friday 20th at 11 AM QLD

Ann P	Bev D	Georgina M	Gwendolyn S	Hazel F
Lalita D	Marc I	Mercia M	Patricia H	Robert M
Susan M	Tetiana K	Wendy P	-	-

Community Feedback Group

Do you have an idea, suggestion or feedback that could help shape a more inclusive, empowered community?

Join our Community Feedback Sessions and help foster positive change in the Inlusee community.

 **1800 287 687**

 **pag@Inlusee.org.au**



Community Feedback Sessions:

- Tuesday 6th January at 2 PM
- Tuesday 7th April at 2 PM



HAPPY HOUR

MONDAYS: 4 - 5 PM

FRIDAYS: 3 - 5 PM

Join our Happy Hour Club for an hour of fun, games, and great conversation! Mondays at 4 PM with Elana & Vrushali and Fridays from 4-5 PM with Sharon, you'll enjoy activities like famous quotes, debates, language learning, flash talks, song requests, pub trivia, puzzles, and more.

Our session activities run on a 4-week rotation, so there's always something new to enjoy!

Mon 4 PM with Elana & Vrushali

Join Elana and Vrushali for an hour of fun, games and laughter!

- Famous Quotes: Can you guess who said it?
- Debates: Share your thoughts.
- Language: Learn a new language together.
- Flash Talks: Put your persuasive skills to the test.

Fri 4 PM - 5 PM with Sharon

Join Sharon for a friendly chinwag and some fun while putting your skills to the test!

- Song Request: Share your favourite songs.
- Pub Trivia: Test your general knowledge?
- Rebus Puzzles: Can you think outside the box?
- Who am I?: Do you know this famous person?



Book Club Guest Author

Wed 11/3 10 AM | Thurs 12/3 4:30 PM

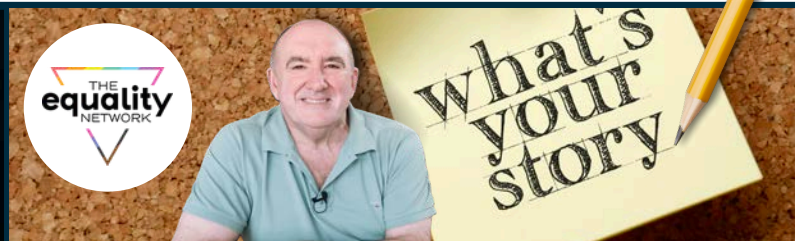
Join us for an exclusive Book Club event with award-winning Brisbane author HM Hodgson, creator of the paranormal romance A Relic of Magic and Gold.

About the book:

Evangeline's dream job protecting magical relics goes wrong when she's accused of theft. On the run, she teams up with PI Raph Smith to clear her name, while battling secrets, danger, and undeniable chemistry.



Don't miss this chance to hear HM Hodgson's insights, ask questions, and dive into a world of magic, mystery, and romance!



Life Story Series: Bronte Price

Wednesdays 10 AM (14/1 - 4/3)

Everyone has a story worth telling. In this friendly 8-week series of one-hour sessions, you'll explore guiding questions that make it easy and enjoyable to capture your memories, experiences, and reflections.

Whether you'd like to write for family, friends, or yourself, these sessions offer structure, support, and inspiration. No writing experience needed, just come along, connect, and start creating a story only you can tell.

About Bronte Price:

Bronte is the founder of The Equality Network and is deeply committed to helping individuals and workplaces become truly LGBTIQA+ inclusive.



CLUB SPOTLIGHT

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



Stand Up Comedy: Mon 2 PM

Join our Stand-Up Comedy Club, a fun, welcoming space to share laughs, explore the history of stand-up, and enjoy lighthearted jokes that will brighten your day.



Bible Studies: Tues 1:30 PM

Join us every Tuesday at 1:30 PM for Bible Studies Club. This club offers an uplifting space for prayer, reflection and group discussion. 📖



Morning Meditation: Mon-Fri 9 AM

Start your day with calm, focus, and energy. Join our Morning Meditation Club at 9 AM on weekdays and enjoy reduced stress and improved well-being.



Carer's Haven: Wed 2 PM

Join our Carer's Club, a friendly and supportive space with practical tips and resources to help carers feel connected and promote wellbeing.



Mens Hour - Tuesdays at 10 AM

Join us weekly for Men's Hour, a relaxed space to chat about hobbies, interests, life experiences, and more.

Our new facilitator, John Beattie, brings a wealth of life experience, a love of music, and a passion for great conversation. Come along, share your stories, and enjoy good company.

EVENTS & MINI-SERIES



HEALTH INFO SERIES 2ND THURS EACH MONTH 2 PM

Join our monthly Health Info Series for expert insights on Musculoskeletal Disorders through pre-recorded webinars from leading specialists. Discover practical tips and trusted information to support your wellbeing.

Session Dates: 15/1, 12/2 & 12/3.



YARNING CIRCLE WITH UNCLE GORDON 2ND LAST THURS EACH MONTH 2 PM

Connect, learn and enjoy as Uncle Gordon shares stories from his life in Gayndah QLD as a proud Wakka Wakka man. These monthly sessions are a chance to celebrate culture, wisdom, and community through storytelling.

Session Dates: 22/1, 19/2 & 19/3.



EVENTS & MINI-SERIES



THE ART & EVOLUTION OF THE DINNER PARTY FRIDAYS 1 PM (20/1 - 6/3)

Elevate your Fridays with 'The Art & Evolution of the Dinner Party' Mini-Series with Shane!

Join us for a captivating 3-part journey into the world of unforgettable dinner parties, where history, style, and insider secrets come together.

- 20th Feb - Legendary Dinner Party Hosts.
- 27th Feb - Dinner Parties of the 60's and 70's.
- 6th Mar - How to throw a great dinner party.

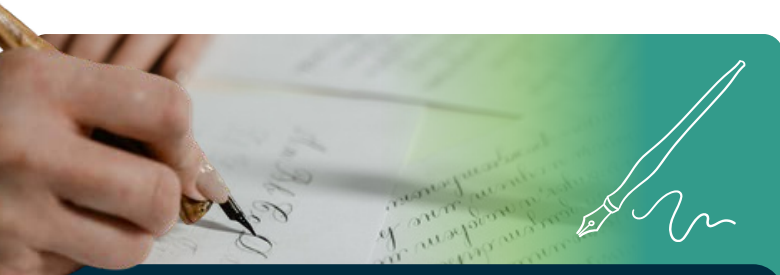


BRAIN HEALTH & DEMENTIA SERIES 3RD WED EACH MONTH 2 PM

Learn about brain health and dementia in bite-sized sessions as part of our Carer's Haven Club.

Featuring expert insights from Dementia Australia, these sessions offer practical tips and resources to support carers and promote cognitive wellbeing.

Session Dates: 21/1, 18/2 & 18/3.



CALLIGRAPHY BASICS WORKSHOP MON FEBRUARY 2, 9 & 16 AT 10 AM

Join our beginner calligraphy series with Shirley and learn the essentials of elegant lettering in a relaxed, interactive online setting.

- ✓ Learn about the tools
- ✓ Practice basic strokes
- ✓ Create your own stunning letterforms

Over three 60-minute live sessions, you will gain the confidence to design simple projects that are perfect for cards or gifts.

🎒 Materials list provided in advance.



MOTHER LANGUAGE DAY CELEBRATION WEEK LONG EVENT: 16 - 20 FEB

Join us in the Drop In Chat (Yellow Room) for a week of fun, interactive sessions that celebrate the beauty of language and culture.

From word-sharing circles and language bingo to tongue twister challenges and global greetings, there's something for everyone!

JUL 17 16-20 February | 9 AM - 5 PM

Drop in any time and take part in engaging activities that connect us through language.



UPCOMING EVENTS!

JANUARY EVENTS



Holocaust Remembrance Day - Tues 27th 1 PM ✨

Honour victims, hear survivor stories, and reflect on lessons of tolerance, human rights and the importance of standing against hatred.

FEBRUARY EVENTS



World Cancer Day: Guest Speaker - Wed 4th 11 AM

Hear from experts and lived-experience speakers, explore wellbeing tips, and connect with our caring community.

Good News Club Special Session (World Radio Day) - Fri 13th 9:30 AM

International Mother Language Week - (16/2 - 20/2)

Celebrate the languages that connect us with fun, interactive sessions in our DropInChat (Yellow Room). Join anytime from 16–20 February, 9 AM–5 PM.

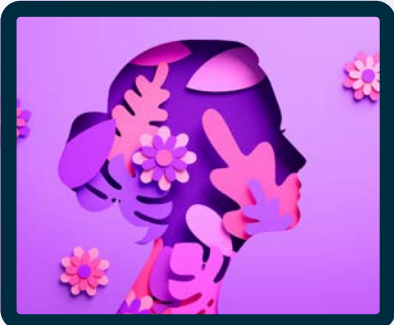
Good News Club Special Session (Social Justice Day) - Fri 20th 9:30 AM

Guest Speaker: Joanne Cody - Wed 25th 11 AM

Explore how food can influence your health and learn simple ways you can use everyday spices to improve wellbeing.



MARCH EVENTS



International Womens Day Celebration - Wed 11th 11 AM

Join us in celebrating women's achievements through inspiring stories, reflection, and community connection with a special guest speaker.

Poetry Club Special Session (World Poetry Day) - Thurs 19th 3 PM

Celebrate World Poetry Day with an inclusive online gathering featuring readings, discussion, and an open invitation to share your own work.

Good News Club Special Session (Day of Happiness) - Fri 20th 9:30 AM



REDUCED TIMETABLE: MARCH 30TH - APRIL 10TH (QLD)

MON	Morning Meditation 9:00 AM	Special Event 10:00 AM	Lunch & Laugh 12:00 PM	Virtual Field Trip 3:00 PM	Happy Hour 4:00 PM
TUES	Morning Meditation 9:00 AM	Travel Club 9:30 AM	Laughter Yoga 12:00 PM	Singing Club 3:00 PM	Happy Hour 4:00 PM
WED	Morning Meditation 9:00 AM	Travel Club 11:00 AM	Lunch & Laugh 12:00 PM	Games Club 3:00 PM	Happy Hour 4:00 PM
THURS	Morning Meditation 9:00 AM	Special Event 10:00 AM	Laughter Yoga 12:00 PM	Trivia Club 1:00 PM	Travel Club 2:00 PM
FRI	Morning Meditation 9:00 AM	Lunch & Laugh 12:00 PM	Brain Teasers 1:00 PM	Happy Hour 3:00 PM - 5:00 PM	



Times are listed in
AEST / QLD Time

Inclusee Closure Dates: Block 1

Please take note of the following closure dates and mark them in your calendar.

- Thurs 1st Jan - New Years Day
- Mon 26th Jan - Australia Day
- Tues 3rd March - Staff Training
- Tues 24th March - Staff Training
- Fri 3rd April - Good Friday
- Mon 6th April - Easter Monday



MON	 Paint Club 10:30 - 11:30	 Discovery Hub 12:00 - 1:00	 Writing Club 1:00 - 2:00	 Sewing Club 2:00 - 3:00	 Digital Help Desk 2:00 - 3:00	 Stand-Up Comedy 2:00 - 3:00	 Virtual Field Trips 3:00 - 4:30		
TUES	 Travel Club 9:30 - 10:30	 Men's Hour 10:00 - 11:00	 Real Conversations 10:00 - 11:00	 Bible Studies 1:30 - 2:30	 Photography Club 2:00 - 3:00	 Singing Club 3:00 - 4:30	<p>ADDITIONAL CLUBS</p> <p>Daily Clubs:</p> <ul style="list-style-type: none"> - Morning Meditation: 9 AM - Happy Hour: Mon - Thurs at 4 PM & Fri at 3 PM. - Drop In Chat: Mon - Fri 9 AM - 5 PM <p>Monthly/Fortnightly Clubs:</p> <ul style="list-style-type: none"> - Birthday Club: 3rd Friday each month: 11 AM 		
WED	 Book Club 10:00 - 11:00	 Travel Club 11:00 - 12:00	 Gardening Club 1:00 - 2:00	 Carers Haven 2:00 - 3:00	 Games Club 3:00 - 4:00				
THURS	 Wellness Club 10:00 - 11:00	 Sustainability Club 10:00 - 11:00	 Music Appreciation 10:00 - 12:00	 Discovery Hub 12:00 - 1:00	 Trivia Club 1:00 - 2:00	 Drawing Club 1:00 - 2:00		 Travel Club 2:00 - 3:00	 Poetry Club 3:00 - 4:00
FRI	 Good News Club 9:30 - 10:30	 Digital Help Desk 10:00 - 11:00	 Recipes Club 10:30 - 11:30	 Listening Library 11:30 - 12:30	 Brain Teasers 1:00 - 2:00	 Craft Club 2:00 - 3:00			