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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 2 timetable (April - June) 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
- Travel Club & Field Trips
- Discovery Hub & Gardening
- Singing & Music Clubs
- Photography, Poetry & Craft
- Movies, Games & Painting
- Birthday Club & Genealogy Club
- eSafety, Lunch & Laugh, Art Therapy & Sewing
- Special Events & Guest Speakers
- Closure & Reduced Timetables

Click on any of the sections above to jump to the correct page.



INCLUDEE TIMETABLE

Connect | Learn | Enjoy

14th April - 27th June 2025
 Time Zone - AEST (QLD)

Day	9:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 1:00	1:00 - 2:00	2:00 - 3:00	3:00 - 4:00
MON	Meal Club	Discovery Hub	Discovery Club	Singing Club	Digital Help Desk	Virtual Field Trips	
TUES							
WED	Art Therapy						
THURS	Discovery Club	Discovery Club	Travel Club	Reading Club	Travel Club	Travel Club	
FRI	Discovery Club	Digital Help Desk	Discovery Club	Chess Club	Book Reviews	Book Reviews	Book Reviews

ADDITIONAL CLUBS

Daily Clubs:

- Morning Meditation: 9 AM
- Coffee Catchup: 9:30 AM
- 90 Hour: Mon-Thurs and Fri at 3 PM

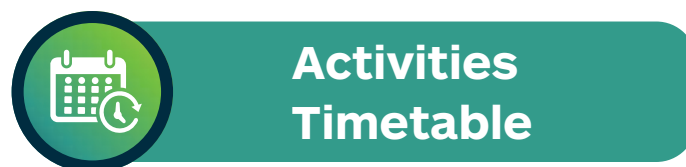
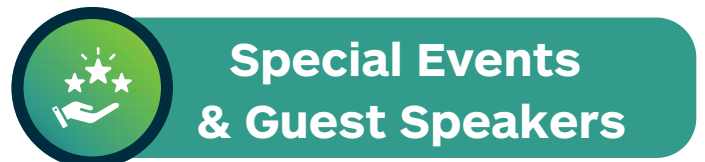
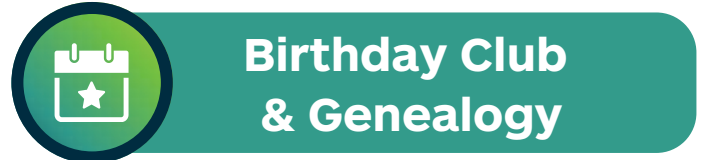
Club:

- 3rd Tuesday @ 12 PM
- Club: 2nd last of each month: 12 AM
- Feedback Session: Last Wednesday each month at 10 AM

CLICK HERE

NEW NAVIGATION BAR!

We have listened to your feedback and are excited to introduce a new navigation bar in the Inclusee 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.



Help Expand Our Clubs!

At Inclusee, we're always on the lookout for exciting new club topics and talented members to host them. Your ideas and feedback are invaluable in helping us grow and improve our community.

Tell us about the clubs you love or share your innovative ideas through our feedback form. We can't wait to hear from you!

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

What is your favourite type of Club?

Clubs which allow me to learn, expand a hobby.

Clubs that promote creativity and art.

Clubs where I can learn something new.

Clubs that focus on mental and physical health.

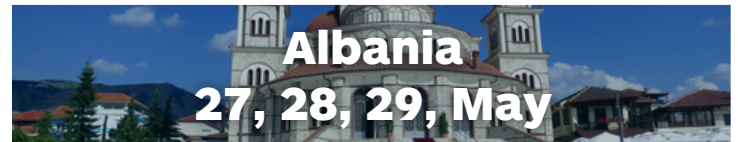
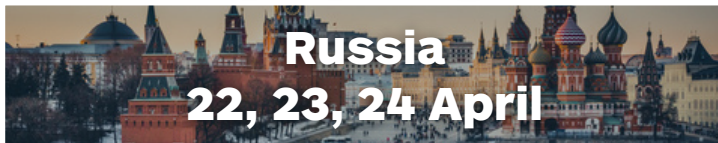
Clubs that focus on entertainment and laughter.

Your Canva profile name won't be shared



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!

April

- 14th: QLD Dahlia Society Regional Show.
- 21st: **CLOSED (Easter Monday)**.
- 28th: Influential paintings, actors & bands.

May

- 5th: **CLOSED (QLD LABOUR DAY)**.
- 12th: Coaches of Cobb & Co Museum.
- 19th: Toowoomba's Autumn Leaf Trail and Japanese Gardens.
- 26th: Origins of the Great Flood: Lost Cities.

June

- 2nd: The Family Skydiving Adventure.
- 9th: The Lost World of Maya.
- 16th: A Historical Walk in Toowoomba.
- 23rd: A Trip to The Great Ocean Road.

Reduced Timetable

- 30th June: Kingdom of the Polar Bears.

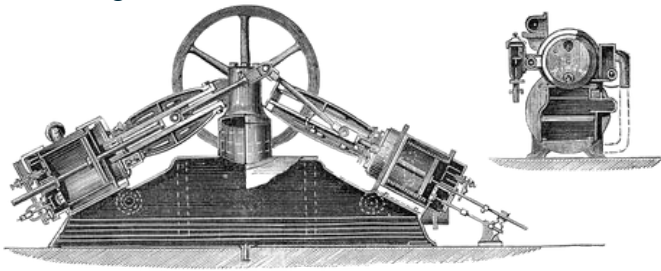


Discovery Hub

Mondays & Thursdays
12 PM QLD Time AEST

Embark on a journey of discovery with our new **Discovery Hub Sessions**. Dive into the fascinating world of groundbreaking inventions, historical figures, and the transformative power of music throughout the ages.

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



Biography series:

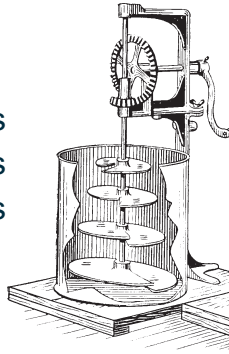
- April 14 & 17 - The Tasmanian Devil: Errol Flynn
- April 24 - Bette Davis (Ruth Davis)
- April 28 & May 1 - Frida Kahlo (Art Week)
- May 8 - Nat "King" Cole

Amazing Inventions Series:

- May 12 & 15 - Inventions of the 1900s
- May 19 & 22 - Inventions of the 1910s
- May 26 & 29 - Inventions of the 1920s
- June 2 & 5 - Inventions of the 1930s

The Power of Music Series:

- June 9 & 12 - Keep on Dancing: Ep.1
- June 16 & 19 - Keep on Dancing: Ep.2
- June 23 & 26 - This is Going to Be Big: Ep.1
- June 30 & July 3 - This is Going to Be Big: Ep.2



Gardening Club

Wednesdays: 1:00 PM QLD

Crazy Plants
16th April

All About Poppies
23rd April

Tulips
30th April

Largest Private Garden in AUS
7th May

Rental Property Gardening
14th May

Calming Garden Spaces
21st May

Native Gardening (NRW 2025)
28th May

Gardening in June
4th June

Matthiola Incana
11th June

Gardening in Small Spaces
18th June

Winter Vegetables
25th June

Calling all gardening enthusiasts! Join our **Gardening Club** every **Wednesday at 1:00 PM QLD** for fantastic tips, tricks and ideas for your next garden project. Whether you are a gardening pro or just starting out, you will learn new skills and share insights with fellow gardeners.

Don't miss out, sprout new skills and make your garden the envy of your neighbourhood!

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Singing Club **Tues 3:00 - 4:30 PM QLD (AEST)**

Crooners
15th April

Bee Gees Covers
27th May

Saxophone Solos
22nd April



CLOSED
3rd June



Artists w/colours in their name
29th April

All the Davids
10th June

Tina Turner
6th May

Artists w/places in their names
17th June

Woodstock
13th May

Hit songs through the ages
24th June

Ragtime Songs
20th May

Do you love to sing? Join in every **Tuesday at 3 PM QLD time** and make 2025 the year you find your voice with Singing Club! 🎤

Reduced Timetable Sessions

ABBA's Greatest Hits: 1st of July

Music Appreciation Club

Thursdays at 10 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 10 AM**, we dive into a wide range of captivating musical topics that will make your heart sing.

- 17/04 - Understanding music theory
- 24/04 - Iconic albums and their stories: Part 1
- 01/05 - Art Week Celebration Performance
- 08/05 - Iconic albums and their stories: Part 2
- 15/05 - Music genres through the decades: Part 1
- 22/05 - Music genres through the decades: Part 2
- 29/05 - Music genres through the decades: Part 3
- 05/06 - The impact of technology on music: Part 1
- 12/06 - The impact of technology on music: Part 2
- 19/06 - Music and the brain
- 26/06 - Review & Reflect

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



Photography Club

Tuesdays 2:00 PM (QLD) AEST

Discover the joy of photography! Regardless of your mobility, location or the quality of your camera or smart phone, you can enjoy the world of photography. Explore beautiful photographs, learn tips on taking your own great photos and share your favourite photos with others. 📷

- 15/04 - Introduction
- 22/04 - Still Life
- 29/04 - Abstract
- 06/05 - Close up in Nature
- 13/05 - Painting with Light
- 20/05 - Intentional Camera Movement
- 27/05 - Silhouettes
- 03/06 - VCC Closed
- 10/06 - Composition Revision
- 17/06 - Beautiful Trees
- 24/06 - Pics of your Favourite Things



Poetry Club

Tuesdays 2 PM (QLD)

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

Free Verse Poetry
15/04 & 22/04

Ghazal Poetry
29/04 & 06/05

Haiku
13/05 & 20/05

Interlocking Rubáiyát
27/05 & 10/06

Jazz Poetry
17/06 & 24/06

BLOCK REVIEW
24/06

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.

APRIL TOPICS:

- 18th: VCC Closed - Good Friday PH
- 25th: VCC Closed - Anzac Day PH

MAY TOPICS:

- 2nd: Stained Glass Windows (Art Week)
- 9th: Sand Art
- 16th: Fluid Painting with Forks
- 23rd: Paper Craft Bookmarks for Kids
- 30th: Homemade Hot Pack

JUNE TOPICS:

- 6th: DIY Resealable Snack Bags
- 13th: Dorodango Clay Ball Art
- 20th: Chain Pull Painting
- 27th: Phone or Tablet Pillow Stand

Join us for a series of exciting and inspiring sessions that will ignite your imagination and bring your crafting dreams to life. ✨

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Movie Club

3RD TUESDAY EACH MONTH AT 12 PM QLD AEST

Easter in Australia



Documentary | PG

Tues 15th April 12 PM QLD

This ABC documentary explores the unique ways that Australia honours the themes of transformation and renewal that are central to Easter across cultures and traditions.



Documentary | PG

Tues 20th May 12 PM QLD

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



Romantic Drama | PG

Tues 17th June 12 PM QLD

A retired boxer returns to his Irish roots and attempts to reclaim his family's homestead, while pursuing a romance with a spirited local woman.

Games Club

WEDNESDAYS AT 3 PM AEST (QLD)



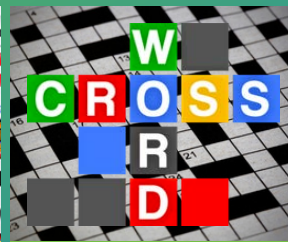
Week 1

Wheel of Fortune



Week 2

Cards



Week 3

Crosswords



Week 4

Family Feud



Week 5

Your Choice!

Join our Games 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 above!

Paint Club

MONDAYS AT 10:30 AM AEST (QLD)

Are you ready to dive into the world of colours and creativity? Whether you're a budding artist or a seasoned painter, Paint Club is the perfect place to channel your inner Van Gogh, Rembrandt, or Bob Ross! Join us for an exhilarating journey through the vibrant realms of watercolour and acrylic paints.

- Weeks 1-5: Discovering the Magic of Watercolour Paint
- Weeks 6-10: Explore the Textures and Vivid Colours of Acrylic Paint



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. 🎉

April Birthdays - Friday 11th at 11 AM QLD

Barry B	Bernard H	Carol D	Connie H	Ericka D
Esther M	Gill A	Helen G	Joanna F	Joanne J
John C	Karen C	Kathleen L	Kristine S	Lorinda P
Maggie R	Peter B	Rayner B	Ross D	Sandy D
Tanja H	Theopoula T	Tracey W	Trude M	Vince M

May Birthdays - Friday 23rd at 11 AM QLD

Amber J	Angela R	Antony T	Armi T	Betty H
Brenda O	Dian S	Eleanor S	Gloria M	Graham M
Jaya H	Jim K	Lesley R	Lola W	Lynda L
Mick M	Norma N	Pam M	Pat S	Peter W
Phillip S	Sandy D	Toni H	-	-

June Birthdays - Friday 20th at 11 AM QLD

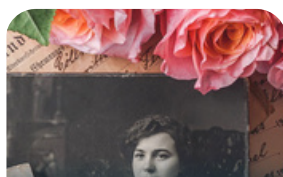
Allen H	Angela M	Anica V	Carol R	Debbie C
Elke S	Erica P	Heather R	Lorraine A	Margaret H
Marie A	Patricia C	Ross M	Ruth B	Sue C
Tina P	-	-	-	-

Genealogy Club - Tues 11 AM QLD (AEST)



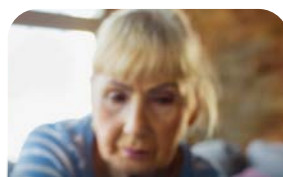
Where do your ancestors come from?

15th April 11 AM




Family Stories

22nd April 11 AM



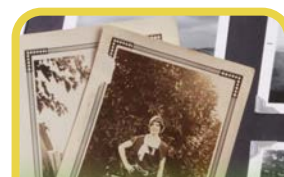
Online Resources

29th April 11 AM



Constructing your family Tree

6th May 11 AM



And much more...

Are you curious about your family's history? Join our Genealogy Club and embark on a fascinating journey into your past!

Join us every Tuesday at 11 AM QLD time (AEST) to explore your family's origins, hear fascinating stories, discover useful resources, and get tips on building a detailed family tree. And that's just the beginning! We'll be announcing more exciting session topics in the coming weeks. So, mark your calendars and stay tuned for updates.



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:

April

Tues 29th 3 PM: Learn about Apple iPhones
Wed 30th: 10 AM: Learn about Android Phones

May

Tues 6th 10 AM: Protecting Your Personal Info
Thurs 8th 3 PM: Safer Online Shopping/Banking
Thurs 22nd 3 PM: Can you spot a scam?

June:

Thurs 12th 3 PM: Using Government Websites
Tues 17th 3 PM: Helpful Apps
Wed 25th 10 AM: Protecting Against Scams



Australian Government

Be Connected

Every Australian online.

Recipes Club - Fridays 10:30 AM

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

- 18/04: CLOSED (Good Friday)
- 25/04: CLOSED (Anzac Day)
- 02/05: Favourite Pastas
- 09/05: Autumn Desserts
- 16/05: Seafood Delights
- 23/05: Sunday Brunch
- 30/05: Delicious Cirtus
- 06/06: Something's Stewing
- 13/06: Pies, Sweet or Savoury
- 20/06: Soup's on!
- 27/06: Winter Desserts



Art Therapy 🎨

Wednesdays at 10 AM QLD

16th April: Discovering your animal guides. ☒

- 1) Paper, Pencil, eraser, coloured pencils
- 2) black pen for tracing (optional)

23rd April: Self-Care menu

- 1) Printed or self-made Self-care menu ([Click Here](#))
- 2) Scissors and glue
- 3) Magazines, photos, coloured paper (for collage)
- 4) Pens, pencils, crayons, or markers

30th April: Journaling with Nature. 🌿

- 1) Before the session: take a few photos of nature.
- 2) A journal or a piece of paper
- 3) Pencils, pens, scissors, glue or tape
- 4) Art material of choice (coloured pencils, pastels, etc)

Sewing Club 🧵

Mondays at 2 PM QLD

Join our Sewing club starting **Monday, April 14th!** Our first session will start with an introduction to Slow Stitching and we will guide you through the basics to get started.

After that, we'll meet every **Monday at 2 PM**, offering a relaxing space to sew and connect with fellow enthusiasts.

Don't miss our special sessions on **May 12th** and **June 23rd**, where you can share your projects and progress.

Note: ISewing will be closed May 5th for Labour Day.

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SPECIAL EVENTS

AGED CARE INFORMATION EVENTS



OPAN Older Persons Advocacy Network

What The New Aged Care Act Will Mean For You

Thursday 3rd April at 10 AM & Monday 30th June 10 AM



homewell

Navigating Aged Care: A Guide to Support At Home

Thursday 10th April at 10 AM & Thursday 3rd July 10 AM



Sunbird Aged Care Navigation **SALT** Directory

Getting More from your Home Care Package

Thursday 8th May at 2 PM

COMMUNITY GUEST SPEAKERS

Being Happier At Any Age: An Art with Science Behind It
Tuesday 15th April at 9:30 AM

Join Bob P as he reveals practical ideas to help keep you and those around you happy and optimistic.

The Art of Pickling & Fermenting: Fermenting Carrots
Wednesday 23rd April at 11 AM

Join our local preserving expert & participant Bev as she shares some of her tips and tricks on pickling, and shares an easy recipe you can follow at home.



SPECIAL GUEST SPEAKERS

Books Club: Author Jo Skinner reveals her new book - A World of Silence
Thursday 24th April at 4:30 PM

Get an exclusive sneak preview of Jo Skinner's new book before the official launch, with 10 books available for giveaway!!!

Movie Club: Special Screening of "The Blind Sea"
Tuesday 20th May at 12:00 PM

Aussie Matt Formston, a 3x World Champion blind surfer, shares his journey as he attempts to break a world record at Nazaré.

Men's Hour: International Men's Health Week
Tuesday 10th June at 10:00 AM

Redlands City Council: Virtual Garden Tour of Redlands IndigiScapes
Thursday 19th June at 2:00 PM

Join the incredible Ranger Stacey Thomson as she takes us on a guided tour of the beautiful Redlands Native Botanical Gardens.



INCLUDEE ART WEEK CELEBRATION

Mon 28th April - Fri 2nd May

Join us for an inspiring week-long event where you can discover and share the incredible artwork of the Inclusee Community. This is your chance to showcase your beautiful creations and celebrate the amazing talent within our community. Invite your friends and family to explore our virtual gallery and admire the stunning pieces on display. Don't miss out on this fantastic opportunity to connect with fellow artists and art enthusiasts!

Virtual Art Gallery Show Times: Mon 9:30 AM, Tues 10:30 AM, Wed 12 PM, Thurs 11 AM + 2 PM & Fri 9:30 AM

Monday 28th April

- 10:30 AM Paint Club: Art Exhibition
- 12:00 PM Discovery Hub: Frida Kahlo's Bio
- 1:00 PM Theatre Club: Play Reading
- 2:00 PM Sewing Club: Show & Tell
- 3:00 PM Virtual Field Trip: Through the Arts

Tuesday 29th April

- 9:30 AM Travel Club: Art of the Renaissance
- 1:00 PM Poetry Club: Open Mic Reading
- 2:00 PM Photography Club: Photo Gallery
- 3:00 PM Singing Club: Guest Singer: Jade
- 4:00 PM Happy Hour: Paint & Sip

Wednesday 30th April

- 10:00 AM Guest Speaker: Indigenous Painter
- 11:00 AM Travel Club: Art of the Renaissance [↻](#)

Thursday 1st May

- 10:00 AM Music Club: Music Appreciation
- 12:00 PM Discovery Hub: Frida Kahlo's Bio
- 2:00 PM Travel Club: Art of the Renaissance [↻](#)

Friday 2nd May

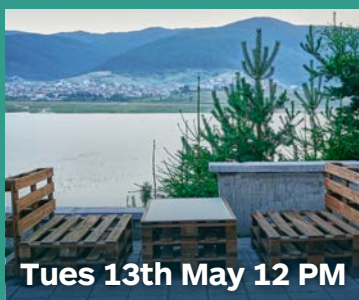
- 2:00 PM Craft Club: Show & Tell
- 3:00 PM Happy Hour: Art Week Finale

INTERIOR DECORATING MINI-SERIES



Tues 6th May 12 PM

Mood Boards & Colour Palettes



Tues 13th May 12 PM

Furniture: Upcycle, Recycle, Repurpose



Tues 20th May 12 PM

Placement and Grouping



Tues 27th May 12 PM

Feng Shui & Show and Tell

Join our thrilling 4-week mini-series and dive into the world of interior design. Discover the secrets to planning your dream space without breaking the bank. Get creative with tips on repurposing, recycling, and upcycling to transform your home into a stylish haven. Don't miss out!

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EXCITING NEW CLUB!



Good News Club

Fridays at 9:30 AM

We are excited to introduce Good News Club, a fantastic new club which will keep you up to date on all of the positive local, national and international news, with topics ranging from technological developments, wildlife conservation efforts, humanitarian achievements and much more.



Chippy Chat

Fridays at 11:30 AM

Our new Chippy Chat Club will be hosted by a highly skilled carpenter and licenced builder who will help guide you through your own DIY projects at home.

Ask questions, share ideas, and learn amazing tricks of the trade. Everyone is welcome, whether you're a seasoned DIY enthusiast or just starting out.

Please note: All club times are listed in AEST (QLD Time).

CLUB & EVENT UPDATES

WHAT HAS CHANGED BLOCK 2 2025?

Sewing Club: Mondays 2 PM

For Block 2 of Sewing Club, we will be focusing on a relaxing technique known as 'Slow Stitching'. Join in to learn a new skill and share your progress throughout Block 2.

Generations Club: Tuesdays 12:30 PM

Our Generations Club is back again! Starting on the 29th of April, Generations Club will be hosted on Tuesdays at 12:30 PM. Don't miss out!

Mens Hour - Tuesdays 10 AM

To help ensure Men's Hour doesn't overlap with other clubs and events, we will be shifting to Tuesdays at 10 AM.

Movie Club - 3rd Tues Each Month 12 PM

Our Movies club will now be bringing you a fantastic lineup of movies and documentaries on the 3rd Tuesday each month.



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Be Happier at any Age: An Art with Science behind it

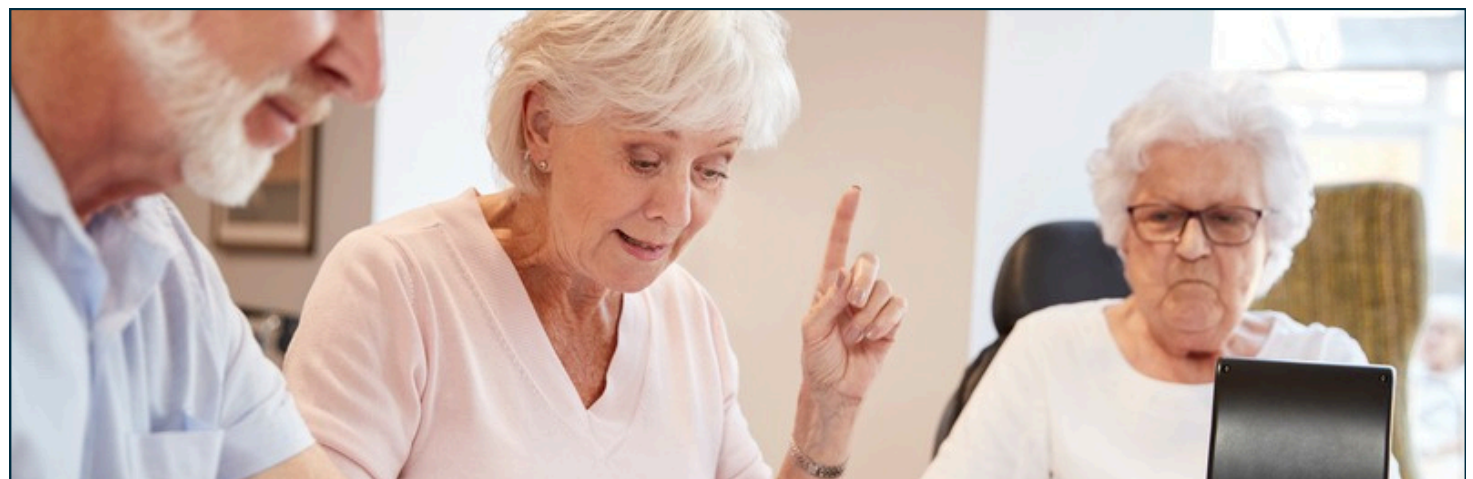
Tuesday 15th April at 9:30 AM AEST (QLD)

Join us on Tuesday, 15th April at 9:30 AM (AEST) for an uplifting session with Inlusee Volunteer and Harvard MBA holder, Bob Pfifferling. Discover practical tips and scientific insights to boost your happiness, regardless of your circumstances.

Through Bob's happiness research and extensive life experiences, he will help equip you to find joy in life and give you the tools needed to better support those around you.

Learn how to navigate challenges such as rising costs, political tensions, and personal struggles with resilience and positivity.

Don't miss this opportunity to enhance your well-being and make a positive impact on others!



Participant Advocacy Group - Tues 24/6 at 2 PM

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 June 24th 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



1800 287 687





Canadian Maple Candy

Did you know that you can make delicious maple candy at home? This melt in your mouth recipe is quick, easy and creates a candy that is similar to fudge in texture. All you need is 2 cups of maple syrup and 1/2 cup of walnuts if you want to add texture.

1. Using a candy thermometer and a heavy-bottomed saucepan, boil maple syrup at medium heat, stirring occasionally until it reaches 110 C (HANDLE WITH CARE).
2. Reduce heat to 80 C and let sit for 10 minutes without stirring.
3. Remove from heat and stir rapidly for 5 minutes with a wooden spoon until thick and creamy. (optional: add chopped walnuts)
4. Pour into a silicone mold and leave to cool at room temperature until set. Enjoy!



Block 2 Closure Dates

April

- Fri 18th: Good Friday Public Holiday
- Mon 21st: Easter Monday Public Holiday
- Fri 25th: Anzac Day Public Holiday

May

- Mon 5th: Queensland's Labour Day

June

- Tues 3rd: Staff Training (Full Closure)

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



REDUCED TIMETABLE - JUNE 30TH TO JULY 4TH (QLD TIME)

Mon	Morning Meditation 9:00- 9:30 AM	Coffee Catchup 9:30 - 10:30 AM	Special Event 10:00 - 11:00 AM	<u>Virtual Field Trip</u> 3:00 - 4:00 PM	Happy Hour 4:00 - 5:00 PM		
Tues	Morning Meditation 9:00- 9:30 AM	Coffee Catchup 9:30 - 10:30 AM	<u>Travel Club</u> 9:30 - 10:30 AM	<u>Singing Club</u> 3:00 - 4:00 PM	Happy Hour 4:00 - 5:00 PM		
Wed	Morning Meditation 9:00- 9:30 AM	Coffee Catchup 9:30 - 10:30 AM	<u>Travel Club</u> 11:00 - 12:00 PM	<u>Games Club</u> 3:00 - 4:00 PM	Happy Hour 4:00 - 5:00 PM		
Thurs	Morning Meditation 9:00- 9:30 AM	Coffee Catchup 9:30 - 10:30 AM	Special Event 10:00 - 11:00 AM	Trivia Club 1:00 - 2:00 PM	<u>Travel Club</u> 2:00 - 3:00 PM		Happy Hour 4:00 - 5:00 PM
Fri	Morning Meditation 9:00- 9:30 AM	Coffee Catchup 9:30 - 10:30 AM	<u>Good News Club</u> 9:30 - 10:30 AM	Brain Teasers 1:00 - 2:00 PM	Happy Hour 3:00 - 5:00 PM		

For more information on the club themes, click on the relevant underlined club name above.



To access our Activity Timetable, click here

