



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!

Block 2 is here, and it's shaping up to be one of our most vibrant and varied blocks yet.

With a full program of clubs, mini-series special sessions and events, there are plenty of opportunities to connect, learn, and enjoy something new.

This block blends shared experiences, creativity, and meaningful conversation for those who enjoy discussion, reflection, or discovering something new.

Take a look through the newsletter, get excited for your favourite clubs, and maybe discover something new that sparks your interest.

Please note: All times are listed in QLD time (AEST). Participants joining from other states will need to allow for daylight savings and time zone differences.

WHERE'S DOLLY?

Can you find the remaining 8 Dolly's Hidden throughout the Newsletter?



In this edition:

- Drop-In Chat & Roster
- Volunteer News & Events
- Travel Club & Virtual Field Trips
- Discovery & Gardening Club
- Singing & Music Appreciation
- Photography, Writing & Poetry
- Drawing, Craft & Book Clubs
- Recipe Club & A Bonus Recipe!
- Games & Sustainability
- Community Birthday Club!
- Happy Hour & Feedback
- Guest Speakers & Webinars
- Inclusee Mini Series Sessions
- Art Appreciation Week Events
- National Reconciliation Week
- 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.

- 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 and I enjoy having a conversations 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.

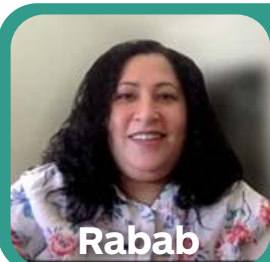
- I am currently studying a Master's Degree in Counselling.
- I enjoy music, movies, collecting knick-knacks and trying new food.
- I love resin craft and photography and used to play the drums when I was younger.



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.

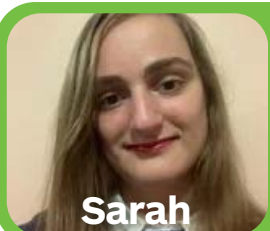
- We previously house-sat for 15 rescue cats and even a herd of donkeys!
- I am predominantly a quilter, but I enjoy anything crafty, often joining Sewing Club.
- I support Hawthorn Football Club and the New York Yankees.



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 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 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	Robyn	Vrushali & Rinee		Robyn		
11 AM	Laura		Sharon	Sharon & Sarah	Sarah	Carolyn
12 PM	Rabab	Sharon		Sharon	Robyn	Robyn
1 PM	Sharon	Vrushali		Vrushali	Vrushali	Afsah
2 PM	Vrushali	Vrushali	Robyn	Vrushali		Marcy
3 PM	Vrushali & Elana		Vrushali		Vrushali	
4 PM						

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



VOLUNTEERS

NEWS & UPDATES


National Volunteer Week Event With Jess: Wednesday 20th May 11 AM

During National Volunteer Week (18–24 May 2026), join Jess for a special event celebrating the incredible volunteers who bring heart, care, and connection to our community. This year's theme, "Your Year to Volunteer," recognises the everyday impact you make, and gives us a chance to say thank you for all the good you do.

AVAILABLE VOLUNTEER ROLES



PAINTING CLUB - MONDAYS 10:30AM
- PAINTING SKILLS REQUIRED



DISCOVERY CLUB - MONDAYS 12PM



GENERATIONS CLUB - TUESDAYS 10AM
- STARTING IN APRIL



MEN'S HOUR - TUESDAYS 10AM
- MALE VOLUNTEERING NEEDED



TRAVEL CLUB - WEDNESDAYS 11AM
- FORTNIGHTLY



MUSIC APPRECIATION - THURSDAYS 11AM

Are you, or someone you know, interested in facilitating one of our fantastic online clubs? If so, give us a call on 1800 287 687 or email us at volunteer@inclusee.org.au.



VOLUNTEER INCLUSION CONVERSATIONS

SESSIONS WITH BRONTE PRICE



Our Inclusion Conversations series features relaxed, one-hour sessions designed to help our volunteers feel confident supporting LGBTIQ+ community members in our clubs. Through practical examples and shared discussion, you will learn simple ways to create welcoming, respectful spaces for all.

UNDERSTANDING LGBTIQ+ BASICS - 19/5 10AM & 21/5 3PM

Learn what LGBTIQ+ means, the differences between sex, sexuality and gender, why pronouns matter, and how to use respectful language in this informative first session.

OLDER LGBTIQ+ EXPERIENCES - 25/5 10AM & 28/5 3PM

Explore the lived experiences of older LGBTIQ+ Australians, including coming out, chosen family, and why some people may hide their identity in later life.

BEING AN ALLY IN INCLUSEE CLUBS - 2/6 10AM & 9/6 3PM

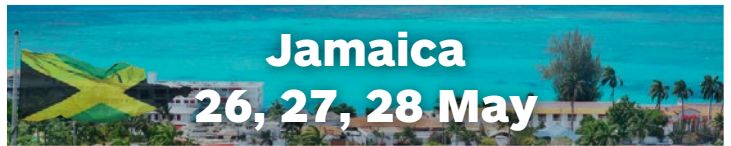
Discover what allyship looks like in everyday volunteer settings, including small actions that make a big difference and how to respond to insensitive comments.

These sessions are supportive, practical, and designed to help you feel confident and prepared as an Inclusee volunteer. We encourage all volunteers to take part.



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

- 13th: Borneo - World Oldest Tropical Rainforest
- 20th: Iceland - Volcanoes, Glaciers & The Arctic
- 27th: France - The Palace of Versailles

May

- 4th: Closure - Labour Day Public Holiday
- 11th: Star Wars - Behind The Scenes
- 18th: Panama Canal - Extreme Engineering
- 25th: Glacier Express - A Train to the Swiss Alps

June

- 1st: Rio Olympics 2016 - Behind The Scenes
- 8th: Yosemite National Park
- 15th: Broadway - Behind The Scenes
- 22nd: Aurora Borealis - Fire In The Sky

Reduced Timetable Sessions

- 29th June: Future Transportation



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 **Mon and Thurs at 12 PM QLD Time (AEST)** and discover something new in every session!

April - Human History:

- 13th & 16th - World Oldest Civilization Found?
- 20th & 23rd - Doomsday Global Seed Vault
- 27th & 30th - Secrets of the Louvre: Dark History

May - James Bond Cast Series:

- 7th - From Roger Moore with Love Documentary
- 11th & 14th - Sean Connery
- 18th & 21st - Pierce Brosnan
- 25th & 28th - James Bond Girls

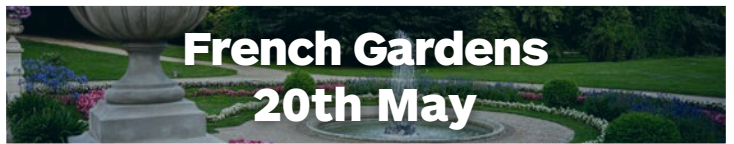
June - Mega Structures:

- 1st & 4th - World's Greatest Concert Hall
- 8th & 11th - World's Most Unique Garden
- 15th & 18th - Icelandic Super Dam
- 22nd & 25th - The GPO Amethyst Cargo Ship



Gardening Club

Wednesdays: 1:00 PM QLD



🌿 Join us every Wednesday at 1 PM (QLD time) as we discover gardening techniques, layouts, and iconic gardens from around the world. Get inspired, learn practical ideas you can use at home, and connect with fellow gardeners in a friendly, beginner-friendly space. 🌱



Singing Club

Tuesdays 3 PM QLD (AEST)

Greatest Female Rock Stars
14th April

Celebrating Songs of 1966
26th May

Songs That Make You Smile
21st April

Movie Theme Songs
2nd June

Guest Artist: Jade Plaistow
28th April (Art Week)

Songs About the Ocean
9th June

Greatest Bands
5th May

Men With High Registers
16th June

Power Ballads
12th May

Closure Day: Staff Training
23rd June

Wartime Ditties
19th May

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

Peoples Choice - 30th June

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! 🎸



Famous Aussie Artist:

- 16th April - 50s to 60s (Darlene Love and The Blossoms)
- 23rd April - 60s to 70s

Art Week: 30th April - Art Week: The Art of Djing

Iconic Back-Up Singers:

- 7th May - 50s to 60s (Darlene Love and The Blossoms)
- 14th May - 50s to 70s (Jordinaires, The Adantes, Ikettes)

Famous Studio Musicians:

- 21st May - 50s to 60s (Nashville A-Team, Wrecking Crew)
- 28th May - 60s to 70s (Memphis Boys, The Funk Brothers)

Where Are They Now?:

- 4th June - 60s (Rolling Stones, Paul McCartney, Bob Dylan)
- 11th June - 70s (Alice Cooper, Barry Manilow, Cher)
- 18th June - 80s (Rick Astley, Belinda Carlisle)

Music Party: 25th June - Favourite Music & Eras



Photography Club

Tuesdays 2 PM (QLD) AEST

📷 Explore photography through nature, light, movement, and personal stories. Each week offers a fresh way to see and share the world, just bring your camera or phone and your curiosity! ✨

- 14/4 - Nature & Outdoors
- 21/4 - Sunrises
- 28/4 - Art Appreciation Week
- 5/5 - Favourite Photos
- 12/5 - Favourite Things To Do
- 19/5 - Photos That Describe You
- 26/5 - Sunsets
- 2/6 - Transport
- 9/6 - Lights & Fireworks
- 16/6 - Landscapes
- 23/6 - **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.

APRIL TOPICS:

- 13th: Betrayal 🗡️
- 20th: Collision
- 27th: Escape (Poem: Art Week)



MAY TOPICS:

- 4th: Closure Day (Labour Day)
- 11th: Reunion
- 18th: Deadline 📅
- 25th: Confession 🙏



JUNE TOPICS:

- 1st: Aftermath
- 8th: Temptation
- 15th: Facade 🤩
- 22nd: Whispers 🗯️

Don't miss out, join our special Inlusee Art Week poetry session exploring the theme Escape on April 27th! ✨

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. 📖

APRIL TOPICS:

- 16th: The Golden Shovel (American)
- 23rd: Abecedarian Poetry (Hebrew)
- 30th: Emotion Poems

MAY TOPICS:

- 7th: Diamante Poetry (American)
- 14th: Anagrammatic Poetry (Ancient Greek)
- 21st: Breccbairdne Poetry (Irish)
- 28th: Barzeletta Poetry (Italian)

JUNE TOPICS:

- 4th: Descort Poetry (French)
- 11th: Dodoitsu Poetry (Japanese)
- 18th: Englyn Cyrch Poetry (Welsh)
- 25th: Luc Bat Poetry (Vietnamese)





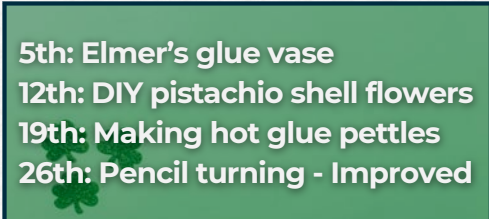
Drawing Club Thursday 1 PM AEST (QLD)

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.

Sketching with Pencils	Working with Pastels	Working with Charcoals
<ul style="list-style-type: none"> 16/4: Easy drawing ideas 23/4: A girls face 30/4: Girl from behind 7/5: Girl under a tree 	<ul style="list-style-type: none"> 14/5: Scenery 21/5: Faces 28/5: Sunsets 4/6: Space 	<ul style="list-style-type: none"> 11/6: Vulnerable 18/6: Alone in thought 25/6: Bird chatter

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	May Topics	June Topics
 <ul style="list-style-type: none"> 17th: DIY Birdhouse/Feeder 24th: Pressed Flowers 	 <ul style="list-style-type: none"> 1st: Teddy bear from old jeans 8th: Baking soda decor magic 15th: Craft using old towels 22nd: Vintage spring crafts 29th: Hot glue butterflies 	 <ul style="list-style-type: none"> 5th: Elmer's glue vase 12th: DIY pistachio shell flowers 19th: Making hot glue pettles 26th: Pencil turning - Improved

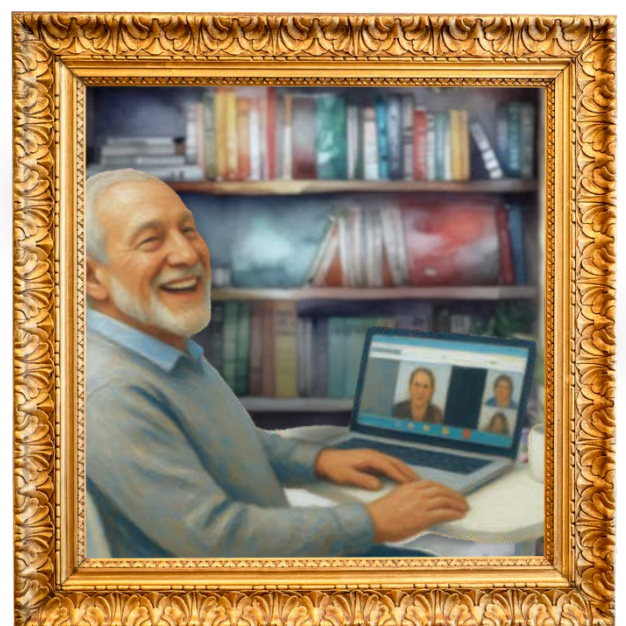
Painting Club

Join in Mondays at 10:30 AM

Painting Club is a relaxed and welcoming space to connect with others while learning new painting techniques and letting your creativity flow. Whether you're building skills or painting for enjoyment, this club is about creating together in a supportive community.

For the full materials list for this block, please reach out.

Looking for more creative inspiration? Don't miss Art Appreciation Week, for full details, see page 19.



COMMUNITY RECIPES



Recipes Club - Fridays 10:30 AM

Our Recipe Club is back for another block, bringing people together through a shared love of food, creativity, and connection.

Each session offers a chance to discover new ideas, swap inspiration, and enjoy the social side of cooking, whether you're a confident cook or just enjoy trying something new. Topics and recipes will be announced closer to each session, so there's always something fresh to explore.

We'll also be hosting a special Recipe Club session for **National Reconciliation Week**, turn to **Page 20** for more details and to see what else is happening across the week.

Come along as we continue to cook, share, and connect together. 🔍



BOUNTY CRACKLE BAR RECIPE

You have got to try this delicious and easy to make Bounty Crackle Bar!

Ingredients:

- 5 Bounty Bars
- 3 Cups of Coco Pops (Or Rice Bubbles)
- 2 Tbs Maple Syrup
- 80g Butter
- ½ Cup Desiccated Coconut
- 360g White Cooking Chocolate

Instructions:

1. Melt chopped Bounty bars, butter, and syrup on low heat, stirring until melted.
2. Combine the mixture, the Coco Pops and the coconut in a heatproof bowl.
3. Press firmly into a lined 20 x 20 cm cake tin to form the base.
4. Melt the cooking chocolate (microwave or over simmering water), stirring often.
5. Pour the cooking chocolate over the base and sprinkle with extra coconut.
6. Refrigerate until set (3 Hours) and enjoy!

Note: Keep the bar refrigerated.

Have you tried this recipe, created another sweet treat, or have a favourite recipe to share? We'd love to see it!

Email your recipe or a photo of your delicious creations to connect@inclusee.org.au to be featured in our next newsletter.



Games Club



Wednesdays at 3 PM

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

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!

Book Club



Wed 10 AM & Thurs 4:30 PM

Lose yourself in great stories and lively conversation in our Book Club, a welcoming space for people who love reading, and for those looking to rediscover it.

Whether you're an avid reader eager to explore new worlds, or someone wanting to connect over a good book, this club is all about sharing recommendations, exploring exciting new reads, and enjoying thoughtful discussion in a relaxed and friendly environment

Come along to connect through stories, hear new perspectives, and find your next great read.



- Connection
- Resources
- Remembering
- Hope
- Feel the feels

Reading Resources: My Grief Tribe

Discover supportive resources and book recommendations on My Grief Tribe, a blog created by community member Nerys, which focuses on helping people feel understood and supported through grief.

<https://mygrieftribe.com/>

SEWING CLUB



Slow down, stitch, and connect in our relaxed Sewing Club, where creativity and community come together through gentle hand-sewing projects.

Each session features a shared project or theme, with a materials list available if you'd like to follow along, though you're always welcome to bring your own piece. Come for the stitching, stay for the conversation, and enjoy creating at your own pace.

Join our Sewing Club on Mondays at 2:00 PM AEST (QLD)



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Birthday Celebration Club

Each month, we come together to celebrate all the birthdays in our community with smiles, laughter, and great company. Whether it's your birthday month or you simply love to party, this is a joyful space to connect and make everyone feel special.

Join the celebration, and help us wish our birthday stars a very happy month! 🎂🎉

April Birthdays - Friday 17th at 11 AM QLD

Jeff P	Liz T	Melodie H	Tanja H	Karen C
Gill A	Sandy D	Ross D	Maggie R	Kathleen L
Carol D	Joanna F	Trude M	Joanne J	Helen Rachela M
Bernard H	John C	-	-	-

May Birthdays - Friday 15th at 11 AM QLD

Kerry L	Damir S	Nicole C	Antony T	Brenda O'B
Jaya H	Amber J	Phillip S	Betty H	Norma N
Gloria M	Lola W.B	Graham M	Mick M	Lynne K
Jim K	Sandy D	Lynda L	-	-

June Birthdays - Friday 19th at 11 AM QLD

Gerardine H	Frog Rick R	Sue C	Debbie C	Anica V
Ruth B	Allen H	Marie A	Tina P	Elke S
Angela M	Ross M	Patricia C	Margaret H	Jose L



HAPPY HOUR

MONDAYS: 4 - 5 PM

FRIDAYS: 3 - 5 PM

Step into the fun with our Happy Hour Club, a lively hour filled with games, laughs, trivia, puzzles and great conversation.

Across our Monday and Friday sessions, enjoy a mix of interactive activities including famous quotes, friendly debates, language learning, flash talks, song requests, pub trivia, puzzles, and more. With activities running on a four-week rotation, there's always something fresh to look forward to.

Whether you love to join the discussion or just sit back and enjoy the atmosphere, Happy Hour Club is the perfect way to unwind and connect.



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 3 PM - 5 PM with Marcy

Join Marcy 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?

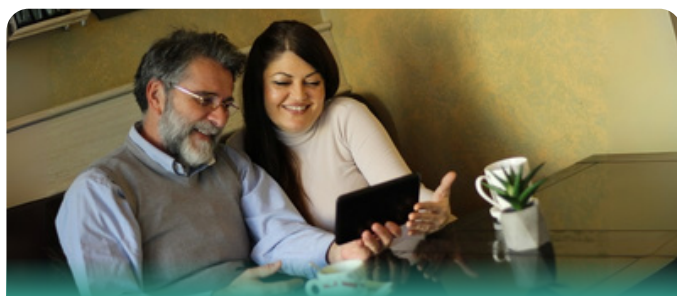
JOIN OUR COMMUNITY FEEDBACK SESSIONS!

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 7th April at 2 PM
- Tuesday 30th June at 2 PM

Club Feedback Chat:

- Tuesday 28th April at 11 AM
- Tuesday 26th May at 11 AM
- Tuesday 30th June at 11 AM



GUEST SPEAKERS & WEBINARS



Navigating the Digital World: eSafety Commissioner's Webinar Series

The eSafety Commissioner is back, delivering clear, practical presentations that unpack modern tech and support safer, smarter online experiences.

April:

Thurs 16th 10 AM: Understand data & public WiFi
Tues 28th 10 AM: How to use government websites
Thurs 30th 3 PM: Helpful apps for smart devices

May:

Thurs 14th 10 AM: Apps for smarter travel
Tues 19th 10 AM: Can you spot a scam?
Thurs 21st 3 PM: Staying safe on Facebook

June:

Thurs 11th 10 AM: Managing your emails safely
Tues 16th 3 PM: Protecting your personal info
Tues 23rd 2 PM: Protecting yourself against scams

Be Connected

Every Australian online.



Australian Government

REAL CONVERSATIONS WITH SALT DIRECTORY

Join us **every Tuesday at 10am** for expert-led sessions from the Senior and Aged Care Living Transition Directory (SALT), helping you and your family navigate key life transitions with confidence.

April:

- 21st - DSL Law: Wills, Estates and Managing Provision Claims 📄
- 28th - **Session details coming soon!**

May:

- 5th - Claymore Thistles: Downsizing & The True Cost of Moving 🏠
- 12th - DSL Law: Powers of Attorney & Advanced Health Directives
- 19th - Solace End of Life Services: Getting Death Literate ✓
- 26th - RE/MAX: Downsizing or Staying Put as we Age 🏠

June:

- 2nd - BillWill: Planning Ahead Without The Overwhelm
- 9th - Sunbird Aged Care Navigation: Recent Aged Care Changes
- 16th - DSL Law: Superannuation & Estate Beneficiaries ⚠️
- 23rd - **CLOSED:** Inclusion staff training



QLD POLICE SERVICE EVENT: FRAUDS & SCAMS

Presented by Sergeant Jose Sarmiento, Inner West District Crime Prevention Co-ordinator with the QLD Police, this session shares practical tips to help you recognise and avoid common frauds and scams.

Join us on **Wednesday 22nd April at 11:00 AM**

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COMMUNITY CONVERSATIONS

Join us on June 10th, 17th & 24th at 11am

Inclusee Community Conversations is a three-part event series hosted by the incredible Bronte Price from the Equality Network. Designed to build understanding, empathy, and inclusion through friendly, guided discussion, the sessions explore the lives and experiences of older LGBTIQ+ people. Together, they create space for shared stories, learning, and reflection.



GETTING TO KNOW LGBTIQ+ PEOPLE

Wednesday 10/6 at 11 am

Our first session focuses on building understanding through conversation. We will explore key concepts around identity, gender, and attraction, unpack common terms and pronouns, and address misunderstandings that people may have.

This session offers a supportive starting point for anyone who are wanting to learn, ask questions, and feel more confident in understanding the LGBTIQ+ community.

DIFFERENT FAMILIES, DIFFERENT STORIES

Wednesday 17/6 at 11 am

This session will explore the lived experiences of many older LGBTIQ+ people, and the different paths their lives have taken.

We will reflect on the history, lived experiences, and what it has meant for some people to live openly, or not, at different times in their lives.

We'll also discuss the many forms families can take and the importance of connection, belonging and respect.

HOW TO HELP PEOPLE FEEL MORE WELCOME

Wednesday 24/6 at 11 am

In our final session, the focus turns to inclusion in action.

We'll talk about what respect looks like in group settings, simple ways to help others feel safe, and how to respond with care if something hurtful is said.

This session encourages practical reflection on how we can all contribute to friendly, welcoming environments where everyone feels valued and included.

Yarning Circle With Uncle Gordon & Danni: Last Thursday each month 2 PM

Join Uncle Gordon and Danni for our monthly Yarning Circle, a welcoming space to connect, reflect, and share stories together.

Each session explores meaningful themes, community history, and lived experiences, with occasional special guest speakers. Grab a cuppa, settle in, and enjoy a yarn in good company.

Block 2 Themes:

- 30/4: ANZAC Day & First Nations Service People
- 28/5: National Reconciliation Week (See page 20)
- 25/6: World Ocean Day & Sea Country Connections



CLUB SPOTLIGHT

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



Trivia Club: Thurs 1 PM ✓✕

Love a good quiz? Trivia Club is the perfect mix of fun, teamwork, and friendly challenge. Join in, test your knowledge, and enjoy great company along the way.



Bible Studies: Tues 2:30 PM AEST

Join us every Tuesday at 2:30 PM for Bible Studies Club. This club offers an uplifting space for prayer, reflection and group discussion. 📖



Generational Club: Starting 5/5 - Tuesdays at 12:30 PM 📅

The Generational Club is back, bringing people of all ages together for engaging conversation and shared experiences.

It's a welcoming space to share stories, explore interests, and enjoy thoughtful discussion with people from different walks of life. Whether you're returning or joining for the first time, there's a place for you to connect and learn across the generations.

Note: All clubs and events are held in AEST. Please check local times during daylight savings.

UPCOMING MINI-SERIES



INTIMACY & AGEING SERIES 14TH AND 21ST MAY AT 11 AM

This two-part series featuring sexologist Richelle Menzies explores intimacy and connection in later life in an open, stigma-free setting

Tips for Healthy Relationships: 14/5 11am

Explore the key elements of healthy relationships and what makes you feel supported and fulfilled.

Consent and Negotiation: 21/5 11am

Learn about consent in relationships and gain practical tools to communicate boundaries and preferences with confidence and respect.



CARER'S HAVEN INFO SERIES LAST WEDNESDAY EACH MONTH 2 PM

Join these practical sessions created to support carers through change and key life transitions.

With guest speakers and helpful insights, these sessions are designed to support wellbeing and build confidence along the caring journey.

29/4: Navigating a Life-Changing Diagnosis: With Estella from Your Sunset.

27/5: To Be Confirmed.

24/6: To Be Confirmed.



UPCOMING MINI-SERIES!



ART HISTORY MINISERIES

FRIDAYS 1 PM AEST (17/4 - 15/5)

Our much-loved art history series is back!

Discover influential art movements across the ages in a relaxed and engaging way, perfect for newcomers and returning art lovers alike.

17/4: The Renaissance, Baroque & Rococo.

24/4: Neoclassicism, Romanticism & Realism.

1/5: Modernism: Impressionism & Pointillism

8/5: Modernism: Cubism, Surreal & Abstract.

15/5: Contemporary Art.



HEALTHY LIVING INFO SERIES

2ND TUESDAY EACH MONTH 1:30 PM

Join our Health Info Series for short, informative pre-recorded webinars packed with practical tips to support healthy ageing.

From everyday wellbeing to staying active and informed, these sessions are designed to help you feel confident and supported as you age.

Don't miss out!

Session Dates: 14/4, 12/5 & 9/6. 🍏



AGED CARE INFO SERIES

3RD TUESDAY EACH MONTH 1:30 PM

This Aged Care Info Series features informative pre-recorded webinars from trusted industry leaders, focusing on navigating aged care with confidence.

Each session provides clear, practical information to help you understand options, make informed decisions, and feel supported when planning for yourself or a loved one.

Session Dates: 21/4, 19/5 & 16/6.



HOME LIFE HACKS SERIES

TUESDAY 28/4, 26/5 & 30/6 1:30 PM

Join this practical, interactive event hosted by Jo Carey, featuring simple life hacks you can use around your home.

Each session shares easy tips and clever ideas to make everyday tasks simpler, safer, and more efficient. Home Hacks is all about practical solutions you can put into action straight away.

Session Dates: 28/4, 26/5 & 30/6.





ART APPRECIATION WEEK

Join in Monday 27th April to Friday 1st May!

Get ready for a vibrant week-long celebration of creativity, featuring special sessions, engaging events, and community art showcases. Come along to create, learn new things, share your work, and celebrate the creativity that brings our community together.

Monday 27/4	Tuesday 28/4	Wednesday 29/4	Thursday 30/4	Friday 1/5
Art Gallery Show 9:30 AM	Renaissance Art 9:30 AM	Renaissance Art 11:00 AM	Art Gallery Show 9:30 AM	Art Gallery Show 10:00 AM
Paint Show 10:30 AM	Art Gallery Show 10:30 AM	Calligraphy Workshop 11:00 AM	The Art of Djing 11:00 AM	Art History Series 1:00 PM
Poem Readings 1:00 PM	Photo & Tell 2:00 PM		Draw & Tell 1:00 PM	Craft Show 2:00 PM
Sew & Tell 2:00 PM	Karaoke with Jade Plaistow 3:00 PM	Art Gallery Show 12:00 PM	Renaissance Art 2:00 PM	Closing Ceremony 3:00 PM
Palace of Versailles 3:00 PM			Poetry Show 3:00 PM	

*Daily Clubs and Events will run as usual.



NATIONAL RECONCILIATION WEEK



National Reconciliation Week 2026 calls on all Australians to be All In, to take an active role in reconciliation through learning, listening, and meaningful action. Reconciliation is a shared responsibility, and lasting change happens when we come together with openness, respect, and understanding.


To mark the week, we're hosting a series of special events and club sessions that create space for cultural learning, reflection, and connection with First Nations voices.




NRW Event With Danni
Wednesday 27/5 at 11 am

Connect with Danni in this special NRW session focused on coming together in the spirit of connection, reflection, and shared understanding.

This event offers a welcoming space to pause, listen, and engage with the values of reconciliation, encouraging thoughtful conversation and collective reflection on what it means to be All In.



Yarning Circle Event
Thursday 28/5 at 2 pm

Join Danni and Uncle Gordon In Yarning Circle for a special National Reconciliation Week session centred on storytelling, conversation, and connection.

Together, they'll share insights into Aboriginal history, culture, and traditions, inviting our community to listen, learn, and reflect on this year's NRW theme, All In, in a respectful and welcoming space.



Recipe Club Event
Friday 29/5 at 10:30 am

Jump into Recipe Club for a special National Reconciliation Week session with sisters Danni and Barbie as they share a cherished family tradition.

Together, they'll prepare a Barbecued Kangaroo and Macadamia Salad with Honey Mustard Dressing, sharing stories and inviting connection through community, culture and delicious food. 🍴



REDUCED TIMETABLE: 29TH JUNE - 3RD JULY 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 10:00 AM	Special Event 1:30 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	VCC Closed 9:00 AM - 12:30 PM		Trivia Club 1:00 PM	Travel Club 2:00 PM	Happy Hour 4:00 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 2

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


- Monday 4th May - Labour Day Public Holiday
- Tuesday 23rd June - Inclusee Staff Training Day
- Thursday 2nd July 9 AM to 12:30 PM - Inclusee Staff Training


**SORRY WE'RE
CLOSED
BUT STILL AWESOME**





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 - 4:00	
TUES	 Travel Club 9:30 - 10:30	 Men's Hour 10:00 - 11:00	 Real Conversations 10:00 - 11:00	 Generational Club 12:30 - 1:30	 Photography Club 2:00 - 3:00	 Bible Studies 2:30 - 3:30	 Singing Club 3:00 - 4:30	
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	 Music Appreciation 11:00 - 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	 Book Club 4:30 - 5:30
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		


BONUS CLUBS


Drop-in Chat:  Monday - Friday 9AM - 5PM

Morning Meditation:  Monday - Friday at 9AM

Happy Hour:  Mon - Thurs at 4PM & Fri at 3PM

Club Feedback Chat:  Last Tues each month: 11AM

Sustainability Club:  Last Thurs each month: 10AM

Monthly Birthday Club:  3rd Friday each month: 11AM