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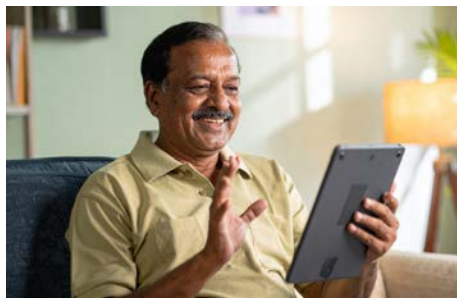
## Welcome to Inclusee's digital newsletter!

Welcome to the latest edition of the Inclusee newsletter! We're excited to reveal our Block 3 timetable (July - Sept) and give you a sneak peek into our fantastic events.

Inclusee 2025 has already been such 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 listed times are in AEST (QLD time). All Participants joining from outside Queensland will need to account for any time zone differences, including daylight savings.**



## In this edition:

- Facilitator Roles & Inclusee Blog
- Travel Club & Virtual Field Trips
- Discovery Hub & Gardening Club
- Singing & Music Appreciation
- Photography, Writing & Poetry
- Drawing, Painting & Craft Clubs
- Recipes & Art Therapy
- Movies, Games & Good News
- Birthday Club & Feedback Group
- Ecosia, eSafety & Upskill Hour
- The New Inclusee App!
- New Clubs, Updates & Spotlight
- Art Week Recap
- 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.

# BECOME A CLUB FACILITATOR



Do you have a hobby or interest you'd love to share with others? Why not lead your own club and inspire our community! We're looking for enthusiastic volunteer facilitators to help run some of our most popular and fastest-growing clubs.

We're also on the lookout for creative minds and content creators to help lead our Trivia, Singing, Music Appreciation, Poetry, and Upskill Hour clubs. If you have got a unique hobby that doesn't quite fit into our current clubs, let us know! We would love to help you start something new!

## Vacant Facilitator Positions

- Travel Club - Wed at 11am (fortnightly)
- Drawing Club - Thurs at 1pm
- Poetry Club - Thurs at 3pm
- Recipes Club - Fri at 10:30am

## Get in touch:

If you, a friend or a family member wants to become a volunteer club facilitator, give us a call or send us an email and we can help you get started.

📞 1800 287 687 ✉ [Connect@inclusee.org.au](mailto:Connect@inclusee.org.au)

Already part of a few clubs you love? No worries, becoming a facilitator won't stop you from joining in all your favourite clubs, events, and programs. You can still enjoy everything you love while helping others do the same.



## New Inclusive Blog!

We are so excited to announce the launch of the Inclusive Blog, a vibrant new space created just for you, our amazing community! Here's what you might find on the blog:

- A sneak peek at upcoming clubs & events
- Highlights/recaps from our programs
- Heartfelt stories from our community
- The latest Inclusive news & updates
- Helpful tips & resources



# 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!

### July

- 7th: Australia's King Eucalyptus (NAIDOC)
- 14th: Largest Car Factory in the World
- 21st: Smithsonian's Secrets of the Fossil Hall
- 28th: The Great Barrier Reef

### August

- 4th: Explore the Shogun Trail with Kat
- 11th: Backstage at a Theatre
- 18th: Artificial Intelligence Machine Learning
- 25th: Ocean Watch: Deep Sea Exploration

### September

- 1st: Cyclone Tracy: A Force of Nature
- 8th: Australia's King Eucalyptus (Repeat)
- 15th: Inside Air Traffic Control

### Reduced Timetable

- 22nd Sept: Storming Antarctica
- 29th Sept: The secrets of New York City



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# Discovery Hub

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

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

Explore Aboriginal culture & ancient wisdom, uncover the secrets of the natural world, and delve into some classic nostalgic hits.

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



## Indigenous Australians Series:

July 7 & 10 - Elders (Gail.M & Rodney.G)

July 14 & 17 - Freeman

July 21 & 24 - The Australian Dream - Adam Goodes

July 28 & 31 - Elders (Aunty Fay.M & Miriam-Rose.U)

## Environmental Series:

Aug 4 & 7 - The Forest: The Hidden Language of Trees

Aug 11 & 14 - David Attenborough: Great Barrier Reef - Builders

Aug 18 & 21 - David Attenborough: Great Barrier Reef - Survival

Aug 25 & 28 - Australia's Wild Odyssey: Carving the Landscape

## Greatest Moments in Sports Series:

Sept 1 & 4 - Great Moments in Australian Sports Part 1

Sept 8 & 11 - Great Moments in Australian Sports Part 2

Sept 15 & 18 - The World Land & Water Speed Record Breaker

## Reduced Timetable Sessions (Invention Series):

Sept 22 & 25 - Inventions that Shook the World 1940s

Sept 29 & Oct 2 - Inventions that Shook the World 1950s



## Gardening Club

**Wednesdays: 1:00 PM QLD**

**Australian Native Plants**  
9th July - NAIDOC Week

**Herb Gardening**  
16th July

**Urban Gardening**  
23rd July

**Garden Rooms**  
30th July

**Sustainable Garden Layouts**  
6th Aug - Environment Week

**Ekka Public Holiday Closure**  
13th August

**Garden Art and Décor Ideas**  
20th August

**Companion Gardening**  
27th August

**Spring Time**  
3rd September

**Community Gardens**  
10th September

**Water-Wise Gardening**  
17th September

✿ Join our Gardening Club every **Wednesday at 1 PM (QLD time)** for fresh gardening tips, tricks, and inspirations. If that isn't exciting enough, don't miss our special sessions for **NAIDOC Week (9th July)** and **Environment Week (6th August)** as we unearth some fantastic new gardening topics! 🌿

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

**NAIDOC Week: Sharon Mirii Bell**  
8th July

**Beatles**  
15th July

**Last Songs by Famous Artists**  
22nd July

**Songs with Girls Names**  
29th July

**Dandy Artists**  
5th August

**Music from The 60s & 70s**  
12th August

**Popular Songs Through The Ages**  
19th August

**Country Music**  
26th August

**Top 30 Songs of All Time**  
2nd September

**Jazz You Can Sing To**  
9th September

**CANCELLED**  
16th September

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

**Pure 80s Hits**  
23rd September

**People's Choice (Music Bingo)**  
30th September

# 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.

- 10/07 - Music Theory and Appreciation
- 17/07 - Iconic Albums and their Stories Pt. 1
- 24/07 - Iconic Albums and their Stories Pt. 2
- 31/07 - Music Genres through the decades Pt. 1
- 07/08 - Music Genres through the decades Pt. 2
- 14/08 - Music Genres through the decades Pt. 3
- 21/08 - Music and Technology Pt. 1
- 28/08 - Music and Technology Pt. 2
- 04/09 - Music and Wellness
- 11/09 - Music and the Brain
- 18/09 - Special Event Performance

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



# Photography Club

**Tuesdays 2 PM (QLD) AEST**

Unleash your creativity every **Tuesday at 2 PM** as we explore new photography techniques and themes. This block we will be photographing forgotten places/objects, vibrant sunsets, blooming flowers, beloved pets and even the vintage charm of the 1900s. There's something to inspire everyone in our Photography Club!

- 8/07 - Native/Indigenous
- 15/07 - Abandoned & Decayed
- 22/07 - Sunrise & Sunset
- 29/07 - Flowers
- 5/08 - 1900s
- 12/08 - Pets
- 19/08 - Leading Lines
- 26/08 - Reflections
- 2/09 - Framing
- 9/09 - Recap



# Writer's Club

**Mondays 1 PM (QLD)**

Formerly the Theatre Club, Writer's Club is your weekly escape into the world of storytelling. From nostalgic memories to fantastical adventures, each session invites you to explore new perspectives and stretch your creativity. No writing experience needed, just bring your curiosity and a sense of fun!

## JULY TOPICS:

- 7th: Childhood
- 14th: Time Travel
- 21st: Science Fiction 🚀
- 28th: Superhero Adventure

## AUGUST TOPICS:

- 4th: Animal Tale
- 11th: Tall/Small Tale
- 18th: Tragic Comedy
- 25th: Mystery 🕵️♂️

## SEPTEMBER TOPICS:

- 1st: Fantasy
- 8th: Ghost Story 👻
- 15th: Fairytale



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

# Poetry Club

**Thursdays 3 PM (QLD)**

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



# Drawing Club Thursday 1 PM (QLD) AEST

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 what you create. Join in and be part of something inspiring. 🎨💬

July Sessions	August Sessions	September Sessions
 <b>Pastel Drawing</b> 10 <sup>th</sup> 17 <sup>th</sup> 24 <sup>th</sup> 31 <sup>st</sup>	 <b>Colouring Pencils</b> 7 <sup>th</sup> 14 <sup>th</sup> 21 <sup>st</sup> 28 <sup>th</sup>	 <b>Abstract Drawing</b> 4 <sup>th</sup> 11 <sup>th</sup> 18 <sup>th</sup>

## Paint Club Mondays 10:30 AM (QLD)

Join us in welcoming our new Volunteer Facilitator for Paint Club, Sean!

With over 25 years of experience in watercolours, Sean brings a vibrant passion for art and a wealth of creative insight.

He's exhibited in several art shows and studied part-time at a Melbourne-based art institution, honing a style that's both expressive and approachable.

In Block 3, Sean will guide you through the world of abstract watercolours—as a form of meditation, a tool for self-expression, and most importantly, a source of joy.

Sean's mission? To help you discover your unique artistic voice and build confidence with a medium that many find challenging, but incredibly rewarding.

Come paint, learn, and explore with us!

## 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.

### JULY TOPICS:

- 11th: NAIDOC WEEK - Basket Weaving
- 18th: Fabric Bookmarks
- 25th: Steel Wool Acrylic Painting

### AUGUST TOPICS:

- 1st: Cake Decorating for Beginners
- 8th: Environment Week: Repurposing Everyday Items 🌍🌿
- 15th: Sew Your Own Neck Pillow
- 22nd: Book Folding Art
- 29th: 10 Jute Craft Lamps with Balloons

### SEPTEMBER TOPICS:

- 5th: Tissue Paper Lanterns
- 12th: 5 Room Decor & Organiser Crafts
- 19th: DIY Plastic Spoon Candle Holders

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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## Recipes Club - Fridays 10:30 AM

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

- 11/07: One Pot Wonders
- 18/07: High-Fibre Favourites
- 25/07: All Day Breakfast
- 1/08: Vegetarian & Plant-Based Meals
- 8/08: Bone-Boosting Dishes
- 15/08: Gentle Flavours From Around The Globe
- 22/08: Sweet & Savoury Snacks
- 29/08: Heart Healthy Meals
- 5/09: Light Mediterranean Dishes
- 12/09: Easy-to-Chew Comfort Food
- 19/09: Easy Microwave Meals



## Art Therapy

Wednesdays at 10 AM QLD

### 9th July: My Life's Landscape.

- 1) Pens, pencils, eraser, paper glue, scissors.
- 2) Colouring material (e.g. markers / paints / pastels).
- 3) Optional: mixed media (e.g. leaves, flowers, fabric).

### 16th July: Dreams Sketches

- 1) Pens, pencils and/or coloured pencils.
- 2) Drawing paper or a sketchpad.
- 3) Optional: watercolour paint and brushes.

### 23rd July: Mindful Mandala.

- 1) Pens, pencils and drawing paper or a paper plate.
- 2) Colouring material (e.g. markers / paints / pastels).

### 30th July: Crayons and the Child.

Bring a favourite childhood item for inspiration!

- 1) A variety of crayons and some drawing paper.
- 2) Optional: colouring pencils, markers, stickers, etc.

We'll be sharing more Art Therapy Club sessions soon, stay connected for updates!



## Sandra's No Guilt Rice Bubble Slice

Looking for a guilt free sweet treat? We highly recommend trying this fantastic recipe from our resident gourmet CSO Sandra.

1. Place 3 cups of Rice Bubbles in a bowl (You can also add nuts, chia or coconut)
2. In a saucepan, melt together:
  - ½ Cup of peanut butter
  - 3 Tbsp of Coconut oil
  - 3 Tbsp of Honey or maple syrup
3. Pour the mixture over the ricebubbles, press into a baking tin lined with baking paper and then place it in the freezer for 20 minutes
4. Over a low heat, melt and combine:
  - ½ Cup of dark chocolate melts
  - ½ Cup of peanut butter
5. Pour the topping over the slice and place it back into the freezer for another 2 - 4 Hours.
6. Once it sets, remove from the tin, slice it into squares and enjoy your guilt free treat!



## Mens Hour Tuesdays at 10 AM QLD (AEST)

Looking for a relaxed space to connect and chat?

Join us at the Mens Hour Club, a welcoming environment where men in the community can come together to share stories, explore hobbies, and build community. Check out our upcoming session topics:


### 15<sup>th</sup> July: Steam Trains

Dive into the golden age of railways and discover the engineering marvels that powered generations.

### 12<sup>th</sup> August: Classic Cars

From vintage beauties to muscle legends, come swap stories and admire timeless automotive design.

### 9<sup>th</sup> September: Blacksmithing

Explore the art and craft of forging metal. Learn about the history behind this ancient skill that still sparks creativity today. 



# Movie Club

**2ND TUESDAY EACH MONTH AT 12 PM QLD AEST**



Documentary | PG

**Tues 8th July 12 PM QLD**

Featuring insights from minimalists and thought leaders this documentary reveals how living with less can lead to more happiness and purpose.



Drama | PG

**Tues 12th Aug 12 PM QLD**

Set in 1920s colonial Nigeria, Mister Johnson follows an ambitious clerk whose devotion to British customs leads to a tragic clash of identity and culture.



Action / Adventure | G

**Tues 9th Sept 12 PM QLD**

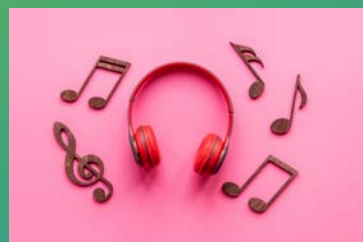
Treasure Island follows young Jim Hawkins on a thrilling voyage for buried treasure, where he faces danger, betrayal, and the legendary Long John Silver.

# Games Club

**WEDNESDAYS AT 3 PM AEST (QLD)**



**Week 1  
Memory Match**



**Week 2  
Name That Tune**



**Week 3  
Jeopardy**



**Week 4  
Spot The Difference**

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!

# Good News Club

**EVERY FRIDAY AT 9:30 AM AEST (QLD)**

Looking for a dose of positivity in your day?

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.



# 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. 🎉

## July Birthdays - Friday 18th at 11 AM QLD

Adrian C	Barbara G	Carole C	Cate H	Charles K
Debbie C	Denise A	Diamandi A	Greg S	Harold C
Judith S	Kit-Ken L	Lorraine P	Lyn L	Maria-Anna B
Marianthi S	Mary S	Michele V	Neville P	Nick L
Pam H				

## August Birthdays - Friday 15th at 11 AM QLD

Anastasia P	Betty G	Bill T	Bill S	Effie P
Graeme W	Jan C	Jennifer V	Lyn H	Nicky S
Phil L	Stella M	Steve C		

## September Birthdays - Friday 19th at 11 AM QLD

Amanda R	Ann W	Bev P	Bob C	Carmen G
Chris B	Christine L	Colin C	Dianne K	Hatice O
Hazel E	Inge K	John A	Ken F	Marjorie B
Mea L	Merilyn M	Michele U	Mike G	Morilyn C
Patricia E	Peter J	Roy M	Skylie P	Steve J

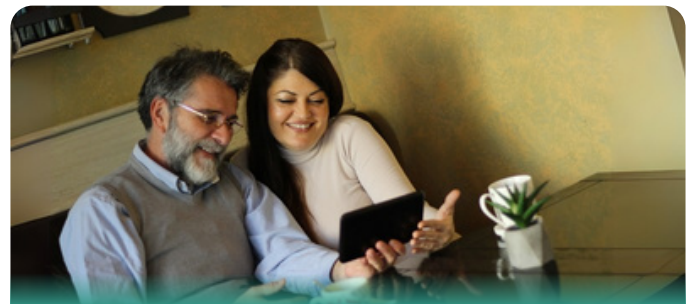
## Community Feedback Group

Make a real impact, become a Participant Advocate with Inlusee and help shape a more inclusive, empowered community

Don't miss this opportunity to share your thoughts and help foster positive change in the Inlusee community.

 **1800 287 687**

 **pag@Inlusee.org.au**



### Main Community Feedback Session:

- Tues 23<sup>rd</sup> September at 2 PM

### Community Feedback Sessions:

- Tues 29<sup>th</sup> July at 11 AM
- Tues 26<sup>th</sup> August at 11 AM
- Tues 30<sup>th</sup> September at 11 AM



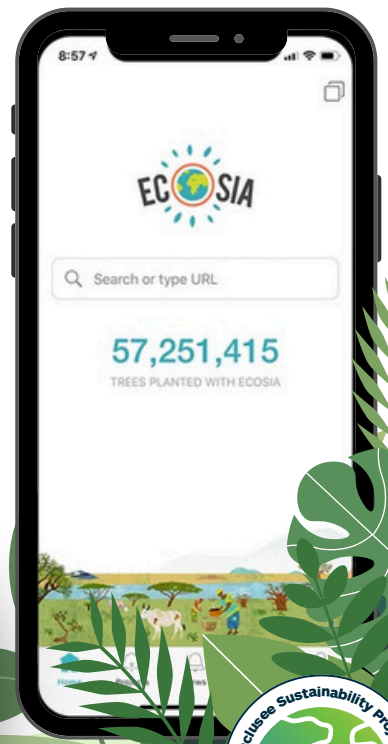
# Have you heard of Ecosia?

Did you know that you can help plant trees just by browsing the internet? The Inclusive Green Guardians and our Sustainability Group is excited to introduce you to Ecosia, a free, safe, and environmentally friendly alternative to traditional search engines!

## How does Ecosia Work?

Like Google, Bing, Yahoo, and other familiar names, Ecosia is a search engine, but it stands out as the most environmentally conscious option available! Based in Berlin, this site donates 80% of its advertisement revenue to reforestation projects. This means that every time you use Ecosia and click on an ad that catches your interest, you're helping plant a tree.

If you want to support Ecosia and help grow forests while browsing the web, simply visit [Ecosia.org](https://Ecosia.org) to learn more.



## 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:

### July:

Thurs 3<sup>rd</sup> 3 PM: Useful tips for Android phones

Tues 22<sup>nd</sup> 11 AM: Staying safe on Facebook

Thurs 31<sup>st</sup> 11 AM: Connecting to others

### August:

Thurs 14<sup>th</sup> 3 PM: Can you spot a scam?

Thurs 21<sup>st</sup> 3 PM: Technology and your health

Wed 27<sup>th</sup> 10 AM: Protect yourself against scams

### September:

Thurs 4<sup>th</sup> 10 AM: Safer Online shopping/banking

Tues 23<sup>rd</sup> 10 AM: iPhone basics

Thurs 25<sup>th</sup> 3 PM: Using government websites



Australian Government

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# Upskill Hour

## TUES 1 PM QLD FORTNIGHTLY

Ready to sharpen your digital skills? Join Upskill Hour, your go-to club for quick, practical sessions designed to expand your digital toolkit and keep you ahead of the curve. 💡

### Tuesday 8<sup>th</sup> July: Pinterest

Get inspired and share your ideas as we explore the basics of using Pinterest.

### Tuesday 22<sup>nd</sup> July: Legacy Memoir Apps Pt. 1

An introduction to digital memoirs and how you can get started.

### Tuesday 5<sup>th</sup> Aug: Legacy Memoir Apps Pt. 2

Explore more fantastic apps used for creating your very own digital memoirs.

### Tuesday 19<sup>th</sup> Aug: Free Digital Tool - Canva

Learn how you can design eye-catching content with Canva's free tools.

### Tuesday 2<sup>nd</sup> Sept: Zoom

Make the most of Zoom by learning about all of the handy features and tools available.

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# A NEW INCLUSEE APP IS COMING SOON!



We're thrilled to announce the upcoming Inclusee App, built to make your community experience even better, while keeping things easy and familiar.

Here are some of the exciting new app features:

- **All-in-one App:** No need for Zoom or any other external apps, our app has everything you need in one place.
- **Join with One Click:** View today's clubs and join events instantly with our improved timetable.
- **Connect & Chat:** Make new friends and chat 1-on-1 at any time, in our safe online community.
- **Updates & Reminders:** Set your own club reminders, add sessions to your personal calendar, and stay informed via our dedicated Inclusee news section.
- **Inclusee is going national:** Invite friends and family from across Australia to join the fun.
- **Enhanced Security:** Enjoy enhanced security in our purpose-built app.
- **Support:** Need help? Book a tech or customer support call directly through the app.

## APP INFO SESSIONS



### Curious about the new Inclusee App?

Join our upcoming info sessions for an exclusive sneak peek at the design and exciting features of our new app.

July - August: Tuesdays at 10:30 AM

- 22/7, 5/8 and 19/8

September: Tues 10:30 AM & Wed 1:30 PM

- 2/9, 3/9, 9/9, 10/9, 16/9 and 17/9

### Pre-Launch Info Sessions: 22 Sept - 3 Oct

To help everyone in the community get app-ready, we will be hosting multiple daily info sessions from the 22<sup>nd</sup> of September to the 3<sup>rd</sup> of October. See the reduced timetable on page 16 for full details.



# CLUB SPOTLIGHT

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



**Sewing Club - Mondays 2 PM**  
Do you love sewing or want to learn? Join our sewing club to learn new tips, techniques, and to share your beautiful sewing projects. 🧵



**Bible Studies: Fridays 3:30 PM**  
Join us every Friday at 3:30 PM for Bible Studies Club. This club offers an uplifting space for prayer, reflection and group discussion. 📖



**Wellness Club: Thursdays 10 AM**  
Join our Wellness Club every Friday at 10am to explore simple, effective ways to boost your mental health and wellbeing. 🌻



**Drop-in Chat - Fridays 3 PM**  
Unwind with us every Friday at 3 PM in our Drop-in Chat Club. Each week brings a new theme like "Who Am I?", Musical Bingo, Pub Trivia, or Song Requests!



**Digital Help Desk: Mondays at 2 PM and Fridays at 10 AM**

Need help navigating your device or the Inclusive app? Drop into our Digital Help Desk Sessions with Maui for friendly, one-on-one support on topics like online safety, shopping, email, and more — no booking required!

Mark your calendar and join in these open and supportive help desk sessions!

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

## CLUB & EVENT UPDATES

### WHAT HAS CHANGED BLOCK 2 2025?

**📺 Theatre Club/Writers Club: Mondays 1 PM**

Through the feedback from our Participant Advocacy Group (PAG), the Theatre Club has been renamed to Writer's Club. The club will continue to feature fantastic creative writing sessions for both new and seasoned writers.

**📖 Poetry Club: Now on Thursdays at 3 PM!**

To help avoid conflicting club times, Poetry Club has now been moved to Thursdays at 3 PM. 📖

**🎬 Movie Club - 2nd Tues Each Month 12 PM**

Our Movies club will now be bringing you a fantastic lineup of movies and documentaries on the 2nd Tuesday each month.

**📖 Listening Library - Fridays 11:30 AM**

Join in as the captivating works of J.R.R Tolkien are read out loud for all to enjoy. Whether you're an audio book lover or just looking for a cozy community moment, this is your invitation to relax, listen, and connect.



# UPCOMING EVENTS!

## JULY EVENTS

**NAIDOC WEEK: 7<sup>th</sup> - 11<sup>th</sup> July**

**The Equality Network Sessions with Bronte**

- From Labels to Liberation: Wed 16<sup>th</sup> at 11 AM
- Glitter & Gays - Pride Bingo: Thurs 31<sup>st</sup> at 2 PM

**OPAN Webinar - Supported Decision Making: Wed July 23<sup>rd</sup> at 11 AM**

**ADA Australia - Advocacy Education Session: 24<sup>th</sup> July 2 PM**

## AUGUST EVENTS

**Art History Appreciation Mini Series:**

- The Renaissance and the Rebirth of Classical Ideas: Fri 1<sup>st</sup> at 1 PM
- Baroque & Rococo Art - Drama & Decoration: Fri 8<sup>th</sup> at 1 PM
- Neoclassicism, Romanticism & Realism: Fri 15<sup>th</sup> 1 PM
- Modern Art - Impressionism & Surrealism: Fri 22<sup>nd</sup> 1 PM
- Contemporary Art: Fri 29<sup>th</sup> at 1 PM

**Environment Week: 4<sup>th</sup> - 8<sup>th</sup> August**

**Sensual Potential - Sex, Intimacy & Ageing Series:**

Explore the role of sexual intimacy in healthy ageing with sexologist Richelle Menzies in two open and stigma-free seminars.

- Sexual Function & Ageing: Wed 6<sup>th</sup> at 11 AM
- Remaining Sexually Intimate As You Age: Wed 20<sup>th</sup> at 11 AM

**Guest Author January Gilchrist Book Q & A: Thurs 28<sup>th</sup> at 4:30 PM**

Join renowned author January Gilchrist as she delves into her thrilling new book: 'The Final Chapter'.

**OPAN Webinar - The Changing Aged Care Act Q&A: Thurs Aug 28<sup>th</sup> at 2 PM**

## SEPTEMBER EVENTS

**Guest Presenter - Aged Care Info Series: Wed 3<sup>rd</sup> Sept 11 AM**

Join Katie from Sage Care Advice, as she breaks down key updates to the Aged Care Act and what they mean for Residential Aged Care.

**Guest Presenter - Planning for Prosperity: Thurs 11<sup>th</sup> Sept 2 PM**

Delve into financial planning tips with Christopher and Mark from Best Life Financial Planning, in this informative session.

**OPAN Webinar - Aged Care Act Statement of Rights: Wed Sept 17<sup>th</sup> 11 AM**

## REDUCED TIMETABLE EVENTS

**Musical Bingo: Mon 22<sup>nd</sup> & 29<sup>th</sup> Sept 10 AM**

**Cooking with Kat & Shirley:**

- Getting Started with Ordering Food Online: Thurs 25<sup>th</sup> Sept 10 AM
- Healthy, Tasty & Budget Friendly Meals: Thurs 2<sup>nd</sup> Oct at 10 AM



# ART WEEK CELEBRATION RECAP

## Overview

From art exhibitions to photo gallery, live paintings, performances, and open mic readings, Art Week was a celebration of art you would not want to miss. It was a powerful showcase of expression, connection, and the incredible work emerging from our creative clubs and it's here to stay.



## Aboriginal Paint Workshop With Aunty Hazel

This was truly a workshop you had to experience to truly feel its impact. In this workshop renowned Aboriginal artist Aunty Hazel shared her powerful artwork and led a heartfelt paint-along session, inviting participants to explore and express their own life stories through art.

Should we bring back Art Week next year?

Yes

No

Your Canva profile name won't be shared

## Inclusee's Virtual Art Gallery

Explore 40 paintings, 22 photos, and 7 poems/plays by our talented participants in Inclusee's first Virtual Art Gallery!

The gallery is still open, take a moment to enjoy it.

🔗 Tap to view: [Virtual Art Gallery](#)



# REDUCED TIMETABLE - SEPT 22ND TO OCT 3RD (QLD TIME)

<b>MON</b>	Morning Meditation 9:00 AM	Coffee Catchup 9:30 AM	Special Event 10:00 AM	App Session 1:00 PM	Virtual Field Trip 3:00 PM	Happy Hour 4:00 PM	App Session 4:00 PM		
<b>TUES</b>	Morning Meditation 9:00 AM	App Session 9:00 AM	Coffee Catchup 9:30 AM	Travel Club 9:30 AM	App Session 1:00 PM	Singing Club 3:00 PM	Happy Hour 4:00 PM	App Session 4:00 PM	
<b>WED</b>	Morning Meditation 9:00 AM	Coffee Catchup 9:30 AM	App Session 10:00 AM	Travel Club 11:00 AM	App Session 2:00 PM	Games Club 3:00 PM	Happy Hour 4:00 PM	App Session 4:00 PM	
<b>THURS</b>	Morning Meditation 9:00 AM	App Session 9:00 AM	Coffee Catchup 9:30 AM	Special Event 10:00 AM	App Session 11:00 AM	Trivia Club 1:00 PM	Travel Club 2:00 PM	App Session 3:00 PM	Happy Hour 4:00 PM
<b>FRI</b>	Morning Meditation 9:00 AM	Coffee Catchup 9:30 AM	Good News Club 9:30 AM	App Session 11:00 AM	Brain Teasers 1:00 PM	App Session 2:00 PM	Happy Hour 3:00 PM		

## Inclusee Closure Dates: Block 3

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

- Wednesday 13<sup>th</sup> August - Ekka Showday (Brisbane)
- Tuesday 16<sup>th</sup> September - Inclusee Staff Training Day



MON								
	Paint Club 10:30 - 11:30	Discovery Hub 12:00 - 1:00	Writer's Club 1:00 - 2:00	Sewing Club 2:00 - 3:00	Digital Help Desk 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	Generational Club 12:30 - 1:30	Photography Club 2:00 - 3:00	Singing Club 3:00 - 4:30			
WED								
	Art Therapy 10:00 - 11:00	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	Bible Studies 3:30 - 4:30	

**ADDITIONAL CLUBS**

**Daily Clubs:**

- Morning Meditation: 9 AM
- Happy Hour: 4 PM Mon - Thurs and 3 PM on Fridays.

**Monthly/Fortnightly Clubs:**

- Birthday Club: 3rd Friday each month 11 AM
- Feedback Session: Last Tuesday each month at 11 AM
- Movie Club: 2nd Tuesday each month at 12 PM
- Upskill Hour: Fortnightly on Tuesdays (Starting: 8<sup>th</sup> July 1 PM)

**Community Feedback Group Meeting:**

- Tuesday 23<sup>rd</sup> September at 2 PM