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Welcome to Inclusee's digital newsletter!

As we head into the final block of the year, there's plenty to be excited about!

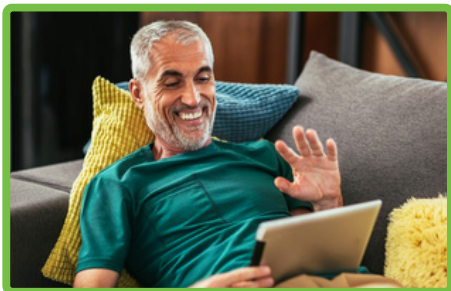
From our dynamic clubs to inspiring special events, Block 4 is packed with opportunities to connect, learn, and discover something new.

Whether you're looking to dive deeper into a current interest or explore a fresh hobby, this block is designed to spark your curiosity and keep your calendar full.

🌟 Big News! The launch of the brand-new Inclusee app is almost here!

This exciting new platform will make it easier than ever to stay connected, manage your club activities and explore upcoming sessions! (See page 9 for more details)

So, keep your devices charged and your curiosity piqued, there's a world of inspiration waiting for you in the Inclusee Community!



In this edition:

- Drop-In Chat Volunteers & Roster
- Travel Club & Virtual Field Trips
- Discovery Hub & Gardening Club
- Singing & Music Appreciation
- Photography, Writing & Poetry
- Drawing, Painting & Craft Clubs
- Recipes & Inclusee App Launch
- Movies, Games & Good News
- Birthday Club & Feedback Group
- Mens Hour, eSafety, Upskill Hour
- New Clubs & Club Spotlight
- Inclusee Mini Series Sessions
- Upcoming Events
- Reduced Timetable & Closures
- The Inclusee Timetable

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

MEET YOUR DROP-IN CHAT VOLUNTEERS

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

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



Vrushali

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

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



Sharon

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

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



Laura

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

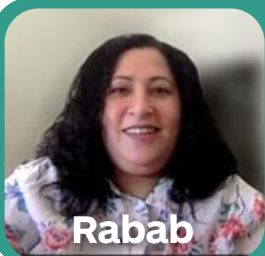
- I am currently studying a Master's Degree in Counselling.
- I enjoy music, movies, collecting knick-knacks and trying new food.
- I love resin craft and photography and used to play the drums when I was younger.



Robyn

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

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



Rabab

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

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



Sarah

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

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



MEET YOUR DROP-IN CHAT VOLUNTEERS



Carolyn

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

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



Afsah

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

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

Whether you share a hobby, an interest, or just want to connect with someone new, now's the perfect time to meet the incredible volunteers behind our Drop-In Chat. Check out the current roster below and join in welcoming and engaging conversations with some of our incredible hosts. We're so grateful for the time they give and the community they help build!

DROP-IN CHAT - VOLUNTEER ROSTER

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

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



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!

October

- 6th: CLOSED
- 13th: Freight Trains - The Great Work Horses
- 20th: Space Revolution - AI Exploration Robots
- 27th: Inside the London Fire Brigade

November

- 3rd: Borneo - The Oldest Tropical Rainforest
- 10th: WW2 Collection Converted into Museum
- 17th: Inside London's Mandarin Oriental Hotel
- 24th: Dinosaurs - The Real Jurassic Americas

December

- 1st: Big Blue - Ocean Stories from Down Under
- 8th: Wind Turbine Construction
- 15th: Dior - Exploring the Luxury Fashion House

Reduced Timetable Sessions

- 22nd December: The Blue Mountains
- 29th December: Britain's Incredible Castles
- 5th January: Birds of the Earth



Discovery Hub

Mondays & Thursdays
12 PM QLD Time AEST

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

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

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

October - Behind the Music Series:

- 9th - Olivia Newton-John
- 13th & 16th - John Farnham: Celebrating 60 Years
- 20th & 23rd - Making Qantas' 1998 ad "I Still Call Australia Home"
- 27th & 30th - The Mamas & The Papas

November - Culture Immersion Week Series:

- 3rd & 6th - India's Diwali & Japan's Bunka No Hi Festivals

November - Discovering Brisbane's History Series

- 10th & 13th - Part 1: Was Fortitude Valley Built on a Lie?
- 17th & 20th - Part 2: Why did Fortitude Valley Die?
- 24th & 27th - The Violent Origin of Kangaroo Point & The History Behind Brisbane's Southbank.

December - Christmas Around the World

- 1st & 4th - Cultural Celebration & X-Mas Around the World Part: 1
- 8th & 11th - The Victorian Origins of Modern Christmas
- 15th & 18th - Enchanting Christmas Tour in Oslo, Norway



Gardening Club

Wednesdays: 1:00 PM QLD

Gardening for Wellness
8th October

Hydroponics at Home
15th October

Home Garden Permaculture
22nd October

Seed Saving
29th October

Japanese Zen Gardens
5th November - Culture Week

Garden of Remembrance - VIC
12th November


Climate Resistance Gardening
19th November

Christmas Gifts from the Garden
26th November

Summer Gardening
3rd December

Greenhouse Gardening
10th December

Creating a Habitat Garden
17th December

 Discover the joy of gardening every **Wednesday at 1 PM (QLD time)**! Join our vibrant **Gardening Club** for weekly sessions packed with fresh tips, clever tricks, and inspiring ideas to help your garden thrive. Don't miss our special Culture Immersion Week club session on the 5th November, as we dive into the tranquil world of Japanese Zen Gardens.

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Singing Club

Tuesdays 3 PM QLD (AEST)

The 27 Club
7th October

Songs with Flowers in Lyrics
18th November

Songs that Changed History
14th October

Greatest Voices of All Time
25th November

Rock Operas
21st October

Country One Hit Wonders
2nd December

Hit Songs Through the Ages
28th October

Soul Music Through the Ages
9th December

Best Ever Harmonies
4th November

Great Bands
16th December

Top 30 Love Songs
11th November

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

Christmas Songs
23rd December

Peoples Choice!
30th December

Country Rock
6th January

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.

- 9/10 - Music Theory and Appreciation
- 16/10 - Iconic Albums (Metallica, Korn, The Clash)
- 23/10 - Iconic Classical Albums
- 30/10 - Music Genre - Jazz
- 6/11 - Music through the decades (Renaissance)
- 13/11 - Music through the decades (Classical)
- 20/11 - Music through the decades (Romantic)
- 27/11 - Famous Australian Artists
- 4/12 - Famous Festivals
- 11/12 - Music Technology
- 18/12 - Recap

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

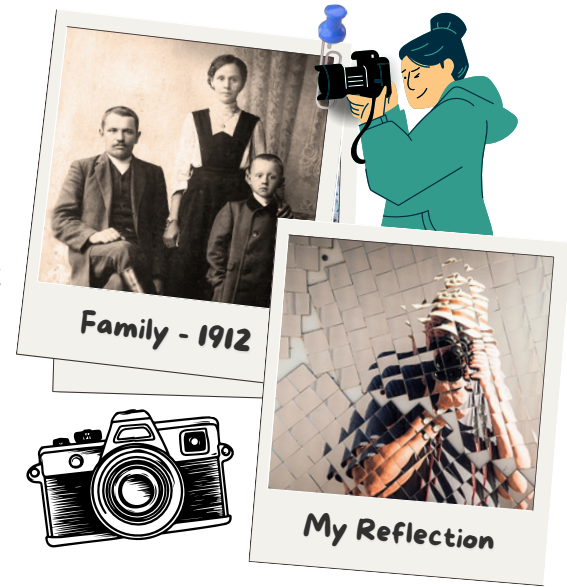


Photography Club

Tuesdays 2 PM (QLD) AEST

Get creative with fresh photography themes each week! From landscapes and seascapes to shadows, shapes, food, family, and more. There's something to spark every shutterbug's creativity. Just bring your camera and curiosity! ✨

- 7/10 - Transport
- 14/10 - Landscapes
- 21/10 - Reflections
- 28/10 - Seascapes
- 4/11 - Family & Ancestry
- 11/11 - Shapes & Patterns
- 18/11 - Shadows
- 25/11 - Black & White
- 2/12 - Food
- 9/12 - Daily Life & Hobbies
- 16/12 - Favourite Photos



Writing Club

Mondays 1 PM (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.

OCTOBER TOPICS:

- 6th: CLOSED
- 13th: Hairdressing salon ✂️
- 20th: The best year of my life
- 27th: A long lost love child

NOVEMBER TOPICS:

- 3rd: What I invented
- 10th: Being in someone else's body for a day
- 17th: Magic lantern ✨
- 24th: If I was an animal

DECEMBER TOPICS:

- 1st: Haunted house 🏠
- 8th: If I was a wizard/witch/warlock 🧙♀️
- 15th: Daydreaming



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. 📖

OCTOBER TOPICS:

- 9th: Diminishing Verse
- 16th: Native American Poetry
- 23rd: Poems about Sounds
- 30th: African Poetry

NOVEMBER TOPICS:

- 6th: Tanka Poetry
- 13th: Poems about Colours & The Senses
- 20th: Jamaican Poetry
- 27th: Shanty Poetry

DECEMBER TOPICS:

- 4th: Sestina Poetry
- 11th: Poems about Love & Happiness
- 18th: Poems about Nature & The Seasons



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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 your creations. Join in and be part of something inspiring. 🎨💬

October Scenery: Charcoal Pencil	November Landscapes: Pastels	December Abstract: Pencils
<ul style="list-style-type: none"> • 9th - Night Beach Scene • 16th - Landscape Girl • 23rd - Landscape Couple • 30th - Landscape Cabin 	<ul style="list-style-type: none"> • 6th - Cherry Blossoms 🇯🇵 • 13th - Mountain Scene • 20th - Beautiful Sky • 27th - Outback Scene 	<ul style="list-style-type: none"> • 4th - Sunglasses • 11th - Couple • 18th - Two Faces

Painting 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 deep 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 4, 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.

OCTOBER TOPICS:

- 10th: Make your own stylish wall clock
- 17th: Indoor Halloween decorations 🦇
- 24th: Outdoor Halloween decorations
- 31st: Jute Wall - Hanging Craft Ideas

NOVEMBER TOPICS:

- 7th: Rangoli - Diwali Festival: Culture Week
- 14th: DIY Vase making
- 21st: Rustic driftwood decor ideas
- 28th: Outdoor Christmas Decorations

DECEMBER TOPICS:

- 5th: 5 Minute Christmas Crafts 🎄
- 12th: Christmas Crafts to do with Children
- 19th: DIY Christmas Ideas 🧑🏻‍🎄

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.

- 10/10: Recipes to Boost Mood & Mental Health
- 17/10: Easy Spring meals
- 24/10: Egg inspired meals
- 31/10: Easy reheatable meals
- 7/11: Indian & Japanese food: Culture Week
- 14/11: Meal ideas for diabetes care
- 21/11: Simple dishes for smaller appetites
- 28/11: Ideas for breakfast & brunch
- 5/12: Light and cooling meals for hot days
- 12/12: Christmas baking & treats
- 19/12: More Christmas food 🎄



Simple Holiday Mocktail Recipe

Kick back this holiday season and enjoy this delicious non-alcoholic mocktail recipe!

Ingredients:

- 6 mint leaves
- 1 tsp maple syrup
- 2 oz cranberry juice
- 1 oz apple juice
- ½ oz lime juice

If you have a cocktail shaker:

1. Clap the mint leaves in your hand and add to a shaker with some ice, maple syrup and the lime, cranberry and apple juice.
2. Shake Well before straining into a glass filled with ice. Garnish with lime, cranberry or mint.

If you don't have a cocktail shaker:

1. Clap the mint leaves in your hand and add to a mixing glass with some ice, maple syrup and the lime, cranberry and apple juice.
2. Stir Well before straining into a glass filled with ice. Garnish with lime, cranberry or mint.

Optional: Add a splash of ginger beer!

Countdown to the Inclusee App Launch!




The wait is almost over!

The brand-new Inclusee App is just around the corner, and we can't wait for you to experience everything it has to offer. This purpose-built platform is designed to make connecting with your community easier, safer, and more enjoyable than ever before.

Pre-Launch Discussion 🗣️

Join our CEO Rachael Cook for an informative discussion about the new app!

 Tuesday, 14th October!

Keep an eye out for your app launch pack we have sent out to you in the mail!

Connect | Learn | Enjoy



Movie Club

2ND TUESDAY EACH MONTH AT 12 PM QLD AEST



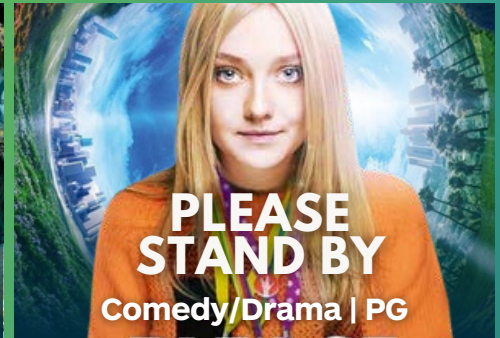
Tues 14th Oct 12 PM QLD

A modern mechanic from Connecticut is suddenly transported back in time to King Arthur's England, where his futuristic know-how upends the medieval world.



Tues 11th Nov 12 PM QLD

Follow renowned Chinese-Australian artist Jiawei Shen's 7 year journey as he completes his magnum opus, The Tower of Babel, a sweeping visual history of Communism.



Tues 9th Dec 12 PM QLD

Wendy, a young autistic woman, sets out to submit her Star Trek script at a writing competition, facing obstacles and self-discovery along the way.

Games Club

Wednesdays at 3 PM QLD

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

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

Don't miss out and let the games begin!

Trivia Club

Thursdays at 1 PM QLD

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

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

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

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.

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Birthday Celebration Club

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

October Birthdays - Friday 17th at 11 AM QLD

Annette R	David C	Elmer C	Geoff C	Gloria C
Helen C	Helen J	John B	Lee S	Linda W
Spencer G	Steve R	Sukhi A	Trisha M	Vasilia K
Venus M				

November Birthdays - Friday 21st at 11 AM QLD

Andrew A	Annette C	Beryl C	Diana M	Greg C
Heather H	Janice J	Jason D	Jenny D	John C
Judy J	Rod C	Ron M		

December Birthdays - Friday 19th at 11 AM QLD

Angela S	Barbara N	Brian J	Carol M	Dianna W
Heidi G	Helen M	Jane D	Lia S	Maria V
Meg O	Noel B	Panyiota G	Reena L	Robyn D
Robyn M	Ronald L			

Community Feedback Group

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

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

 **1800 287 687**

 **pag@Inlusee.org.au**



Community Feedback Sessions:

- Tues 28th October at 11 AM
- Tues 25th November at 11 AM
- Tues 30th December at 11 AM



Men's Hour: Tuesdays 10 AM

Join us in the Men's Hour Club, a welcoming environment where men in the community can come together to share stories, explore hobbies, and build community. With a wide range of set topics and freeform discussion, there is something for everyone to enjoy.

International Men's Day: Guest Speaker Event

On Tuesday, November 18th at 10 AM, we're coming together for a special Men's Hour session to celebrate International Men's Day (officially observed on 19/11).

We're marking the occasion with guest speaker Lenny O'Brien, Head Brewer at Cannon Hill Brewery, who'll share his passion for brewing in a relaxed, interactive session.

- How to get started with home brewing.
- Common Mistakes to avoid.
- Essential equipment you will need.
- Tips for brewing success.

Whether you're a home brewer or are just curious, don't miss this informative deep-dive into brewing with Cannon Hill's Brew Master Lenny O'Brien.



Navigate the Digital World: eSafety Commissioner's Webinar Series



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

October:

- Thurs 16th 2 PM: Can you spot a scam?
- Tues 21st 2 PM: Protect your personal info online
- Thurs 23rd 10 AM: Managing email safety

November:

- Thurs 13th 2 PM: Protection against scams
- Tues 18th 2 PM: Helpful apps for smart device
- Tues 25th 9 AM: Safer online festive shopping

December:

- Thurs 4th 9 AM: Learn about data and public Wi-Fi
- Tues 9th 2 PM: Connecting to others
- Thurs 11th 2 PM: Apps for smarter travel



Australian Government

Be Connected
Every Australian online.

Upskill Hour

FORTNIGHTLY: TUES 1 PM QLD

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. 💡

7th October: Music, Podcasts & YouTube

21st October: Legacy & Memoir Apps

4th November: Create a Digital Cookbook

18th November: Travel & Navigation Apps

2nd December: Gmail - Intro & Benefits

16th December: Gmail - Creating & Using Gmail



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CLUB SPOTLIGHT

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



Listening Library: Fri 11:30 AM
Listen along every Monday at 11:30 AM as we dive into the incredible world of J.R.R Tolkien's Middle Earth. This truly is the one club to rule them all!



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



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



Art Therapy: Wednesday 10 AM
Join a gentle and welcoming space where art meets healing. These guided sessions are designed to help you reduce anxiety and boost well-being.



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: Mon - Fri 9 - 5 PM
Looking for a friendly space to connect, share, or simply chat? Pop into our Drop-In Chat anytime from Monday to Friday 9 AM and 5 PM.



Generational Club: Tuesdays at 12:30 PM (14 Oct - 11 Nov)
Join us each week as we bridge generations through shared learning, storytelling, and connection. Our new sessions are designed to spark meaningful conversations, celebrate diverse life experiences, and build lasting relationships across age groups.

Let's learn from each other, laugh together, and grow side by side.

BRAND NEW CLUBS!

Sustainability Club - Thursdays at 10 AM

Join our Sustainability Club to learn how you can reduce waste, harness renewable energy and take easy actionable steps towards building a better future.

Real Conversations with SALT - Tuesdays at 10 AM

Join members of the Senior and Aged Care Living Transition (SALT) Directory each week for insightful talks designed to support, inform and empower older adults and carers. Hear personal stories, explore aged care options, and get expert advice in these welcoming and meaningful discussions.

Stand-Up Comedy Club - Mondays at 2 PM

Come and have a laugh and celebrate the world of stand-up comedy! Join in and enjoy hilarious sets from today's top comics and legendary performers, while exploring the rich history and cultural impact of comedy. Don't miss this chance to share a laugh and connect with fellow comedy fans!



BLOCK 4 MINI-SERIES



COOKING WITH KAT & SHIRLEY THURSDAY 2 PM 9/10 - 30/10

Join Kat and Shirley for a relaxed and practical cooking series. No fancy skills needed, just a love of good food!

9th Oct - Kat's Easy Meals Using Meal Kits
Turn simple meal kits into a delicious dish.

16th Oct - Shirley's Favourite Recipes
Enjoy delicious and budget friendly dishes.

23rd Oct - Kat's Meal Kits Made Better
Learn clever ways to improve your meal kits.

30th Oct - Shirley's Kitchen Favourites
Wrap up the series with Shirley's beloved recipes.



LANGUAGE & CULTURE CONNECTIONS WEDNESDAY 2 PM 5/11 - 26/11

Join us for a rich journey across four unique cultures in this interactive event series. Each week, we'll explore the languages, traditions, and stories of a different region, guided by Indigenous facilitators who share their lived experiences and deep cultural knowledge.

5th Nov - India: A Rich Tapestry of Culture

12th Nov - Russia: From Customs to Folklore

19th Nov - Myanmar: A Diverse Culture & Heritage

26th Nov - Fiji: The Warmth of Fijian Hospitality



FLORAL ARRANGEMENT SERIES TUESDAY 2 PM 18/11 - 9/12

Learn simple, creative floral arranging techniques using everyday materials. Just bring your curiosity and love of beauty!

18th Nov - Faux Flower Fun
Simple arrangements using artificial blooms.

25th Nov - Dried & Found
Beautiful nature inspired arrangements.

2nd Dec - Floral Simplicity
An introduction to Japanese Ikebana.

9th Dec - A Touch of Christmas
Learn how to create festive floral arrangements.



ART HISTORY SERIES FRIDAY 1 PM 28/11 - 19/12

Explore the history behind the world's oldest artistic traditions, the powerful stories of women in Australian art and a look at our unique art culture.

5th Dec - Foundations of Australian Art
From Indigenous traditions to colonial influence.

12th Dec - Modern & Contemporary Aus Art
Explore 20th & 21st Century Australian Artists.

19th Dec - Celebrating Women in Art
Celebrate the creative achievements of women artists across history, while uncovering the barriers they've faced and continue to challenge.



UPCOMING EVENTS!

OCTOBER EVENTS



Mental Health Week: 7th - 10th October

Clubs throughout the week will have special sessions highlighting the benefits of positive mental health and wellbeing practices.

Yarning Circle with Uncle Gordon - Wed 8th 11 AM

Join Uncle Gordon for a monthly Yarning Circle, where he recounts tales of his life in QLD as a proud Wakka Wakka Man in Gayndah QLD.

World Mental Health Day: Recipes Club - Fri 10th 10:30 AM

To celebrate World Mental Health Day, our Recipes Club will be diving into recipes designed to improve your mood and mental health.

New Inclusee App: Pre-Launch Discussion - Tues 14th 9 AM!

Join the Inclusee CEO, Rachael, in this special event Discussing the launch of the new Inclusee App.

OPAN Webinar - High Quality Care: Wed 15th at 11 AM

Watch a panel of experts discuss the new Aged Care Act's definition of high-quality care and how it can be achieved by service providers.



NEW APP
Discussion Event!
Tues 14th 9 AM!

NOVEMBER EVENTS



Cultural Immersion Week: 3rd - 7th November

This is a weeklong celebration of all the incredible cultures around the world.

- Discovery Club: Diwali & Bunka No Hi Festivals - Mon 3rd & Thurs 6th 12 PM
- Travel Club: India - Tues 4th 9:30 AM, Wed 5th 11 AM and Thurs 6th 2 PM
- Gardening Club: Japanese Zen Gardens - Wed 5th 1 PM
- Recipe Club: Indian & Japanese Food - Fri 7th 10:30 AM
- Craft Club: Indian Diwali Rangoli - Fri 7th 2 PM

Yarning Circle with Uncle Gordon - Thurs 6th 2 PM

Uncle Gordon is back for his monthly Yarning Circle, where he recounts tales of his life in QLD as a proud Wakka Wakka Man in Gayndah QLD.

Remembrance Day Event: Tues 11th 10:30 AM (Stay Tuned for Info)

World Kindness Day Guest Speaker - Bob Pffifferling: Thurs 13th 2 PM

World Diabetes Day - Recipe Club: Fri 14th 10:30 AM

Join this Recipe Club event to learn about healthy diabetes conscious recipes.

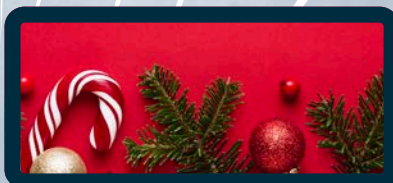
International Men's Day - Cannon Hill Brewery Guest: Tues 18th 10 AM

Learn home brewing tips from Lenny O'Brien in this Men's Hour Event.

OPAN Webinar - Topic to be Confirmed: Wed 19th at 11 AM



DECEMBER EVENTS



Yarning Circle with Uncle Gordon - Wed 3rd 11 AM

Uncle Gordon is back for his monthly Yarning Circle, where he recounts tales of his life in QLD as a proud Wakka Wakka Man in Gayndah QLD.

OPAN Webinar - Topic to be Confirmed: Wed 17th at 11 AM



REDUCED TIMETABLE: DEC 22ND - JAN 9TH (QLD TIME)

MON	Morning Meditation 9:00 AM	Icons & Insights 10:00 AM	Lunch & Laugh 12:00 PM	Virtual Field Trip 3:00 PM	Happy Hour 4:00 PM	
TUES	Morning Meditation 9:00 AM	Travel Club 9:30 AM	Laughter Yoga 12:00 PM	Movie Club 12:00 PM	Singing Club 3:00 PM	Happy Hour 4:00 PM
WED	Morning Meditation 9:00 AM	Travel Club 11:00 AM	Lunch & Laugh 12:00 PM	Games Club 3:00 PM	Happy Hour 4:00 PM	
THURS	Morning Meditation 9:00 AM	OPAN Webinar 10:00 AM	Laughter Yoga 12:00 PM	Trivia Club 1:00 PM	Travel Club 2:00 PM	Happy Hour 4:00 PM
FRI	Morning Meditation 9:00 AM	Coffee Catchup 9:30 AM	Lunch & Laugh 12:00 PM	Brain Teasers 1:00 PM	Happy Hour 3:00 PM	

Inclusee Closure Dates: Block 4

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

- Monday 6th October - King's Birthday Public Holiday (QLD)
- Friday 28th November - Inclusee EOY Function
- Thursday 25th December - Christmas Day Public Holiday
- Friday 26th December - Boxing Day Public Holiday



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 Convo W/Salt 10:00 - 11:00	 Generational Club 12:30 - 1:30	 Photography Club 2:00 - 3:00	 Singing Club 3:00 - 4:30	<div data-bbox="1547 480 2208 911"> <h3>ADDITIONAL CLUBS</h3> <p>Daily Clubs:</p> <ul style="list-style-type: none"> - Morning Meditation: 9 AM - Happy Hour: Mon - Thurs at 4 PM & Fri at 3 PM. - Drop In Chat: Mon - Fri 9 AM - 5 PM <p>Monthly/Fortnightly Clubs:</p> <ul style="list-style-type: none"> - Birthday Club: 3rd Friday each month: 11 AM - Feedback Session: Last Tues each month: 11 AM - Movie Club: 2nd Tues each month at 12 PM - Upskill Hour: Fortnightly on Tues at 1 PM </div>		
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	 Sustainability 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
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 2:30 - 3:30		