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## Welcome to Inclusee's Digital Newsletter!

Block 3 is here, and it's packed with opportunities to connect, celebrate, and discover something new.

Alongside your favourite clubs, you'll find guest speakers, brand-new mini-series, and special events celebrating NAIDOC Week, Landcare Week and Loneliness Awareness Week.

With a blend of learning, creativity, conversations, and community connection, there's something to inspire every interest.

Check out our Volunteer Spotlight (Page 2) and Community Corner (Page 19) to meet some of the incredible people helping our community thrive.

**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.**

## In this edition:

- Celebrating Volunteer Vrushali
- Volunteer News & Events
- Travel Club & Virtual Field Trips
- Discovery & Gardening Club
- Singing & Music Appreciation
- Poetry, Writing & Book Clubs
- Photography & Art Clubs
- Recipe Club & A Bonus Recipe!
- Sewing, Games & Generations
- Community Birthday Club!
- Happy Hour & Event Teasers
- Guest Speakers & Webinars
- Inclusee Mini Series Sessions
- NAIDOC Week Events
- Inclusee Community Corner
- Help Solve Dolly's Riddles! 🧩
- 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.

## Help Dolly Find the Treasure!

Dolly needs your help! Solve all three ancient riddles to uncover the hidden treasure and earn your place as a Knights of Dolly. (See page 21)



# CELEBRATING VRUSHALI

A heartfelt thank you from everyone in the Inlusee Community! ★



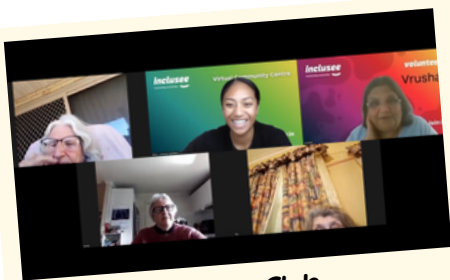
After nearly six incredible years of volunteering with Inlusee, we are preparing to farewell one of our most dedicated and valued community members, Vrushali.

Throughout her time with us, Vrushali has generously contributed almost 4,500 hours of connection, making an extraordinary impact on both our participants and our wider community. Her commitment has been nothing short of inspiring. From the very beginning, she embraced a wide variety of volunteer roles, bringing warmth, enthusiasm and adaptability to everything she did.

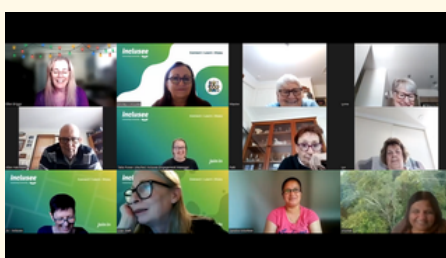
Vrushali has been a consistent source of joy, friendship and meaningful connection for so many of our participants. Her ability to create welcoming and engaging spaces has helped countless individuals feel seen, heard and valued. Whether leading sessions, supporting others, or simply sharing a conversation, Vrushali's presence has made a genuine difference.

Beyond her direct support, Vrushali has also played an important role in shaping Inlusee's programs. Her insightful and honest feedback has helped us grow and improve, ensuring we continue to provide the best possible experience for everyone involved. Her reliability, positivity and thoughtful contributions have made her an integral part of our community.

While we are incredibly grateful for all that Vrushali has given, she will be greatly missed by participants, volunteers and staff alike. Her impact will be felt long after her final session.



Games Club  
Seniors Month 2023



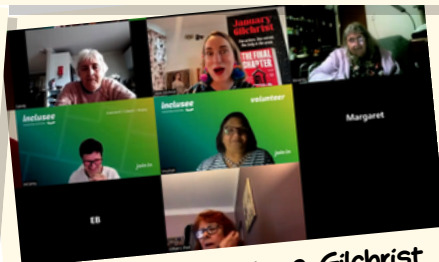
Trivia With Ellen Briggs  
Virtual Open Week 2023



Laughter Yoga With Merv  
Virtual Open Week 2023



Painting With Aunty Hazel  
Art Week 2023



Guest Author Jaye Gilchrist  
Book Club Event 2023



Games With Rob Feldman  
Virtual Open Week 2023



# VOLUNTEER SPOTLIGHT

## BIBLE STUDIES CLUB FACILITATOR: NICOLE

Nicole has been part of our volunteer community for over 3.5 years, bringing warmth, insight, and meaningful conversation each week to our online Bible Studies.

With experience at her Anglican Church and previously at Bible Society Australia, Nicole offers an inclusive perspective across denominations. She lives in Sydney with her husband and university-aged son, and volunteers as a Pastoral Practitioner in aged care.

Nicole holds a Diploma of Chaplaincy and a Certificate IV in Christian Ministry and Theology through The Salvation Army, and is currently studying a Diploma of Dementia Care with the University of Tasmania.

Looking for a welcoming weekly group? Nicole's Bible Studies are a wonderful place to start, everyone is invited.



"I'm passionate about creating a welcoming, reflective space where people can ask questions, explore faith and connect meaningfully with others."

- Nicole (Bible Studies Facilitator)

## WELCOME OUR NEW VOLUNTEERS!



We're so excited to welcome some wonderful new faces to the Inlusee community! Thank you for bringing your time, energy, and passion to Inlusee, we're so grateful to have you on board.

- Content Creators: Mark & Tongtong
- Paint Club Facilitator: Connie
- Discovery Hub Facilitator: Jaguar
- Men's Hour Facilitator: Willem

We'd also like to say a big thank you to all of our volunteers. Your time, energy, and care make a meaningful difference in the lives of our participants every day, we truly appreciate everything you do ❤️

## Laughter Yoga Event

Wednesday 15/7 at 11 AM

Enjoy a fun, uplifting session with one of Australia's leading Laughter Yoga experts, HeatherJoy. Reduce stress, boost wellbeing, and leave feeling energised.

 **Wednesday 15th July** |  **11:00 AM**

Seen another club or event that's piqued your interest? Don't worry, volunteers have full access to all our clubs, events, and mini-series in the Inlusee community!

👉 Check out pages 12-17 of the newsletter for full details on upcoming events and mini-series.

Page 3



# Travel Club

Tues 9:30 AM, Wed 11 AM &  
Thurs 2:30 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

- 6th: Ocean Watch - Deep Sea Exploration
- 13th: Cyclone Tracy - Force of Nature
- 20th: Dubbo Zoo Presentation - With Shirley
- 27th: Singapore - City of the future

### August

- 3rd: Megastructures - World's Biggest Tent
- 10th: How The Universe Works - Endless Mystery
- 17th: Floating City - How to Run a Cruise Ship
- 24th: Chateau Chunder - Australian Wine
- 31st: Beautiful Traditions - Spring & Summer

### September

- 7th: Woodstock - 3 Days That Changed Everything
- 14th: The World's Most Famous Luxury Train

### Reduced Timetable Sessions

- 21st Sept: Cape Town - Table Mountain
- 28th Sept: Mediterranean - Wildlife



# Discovery Hub

Mondays & Thursdays  
12 PM QLD Time AEST

Embark on an adventure of a lifetime in our **Discovery Club!**

This block, we're uncovering mysteries, exploring hidden landscapes, and venturing into space. Each session is packed with fascinating topics guaranteed to spark your curiosity.

Join us on Mondays and Thursdays at 12 PM AEST (QLD) and discover something new!



## Folklore & Mythical Creatures Series:

- July 6<sup>th</sup> & 9<sup>th</sup> - The Loch Ness Monster
- July 13<sup>th</sup> & 16<sup>th</sup> - Yeti
- July 20<sup>th</sup> & 23<sup>rd</sup> - Big Foot
- July 27<sup>th</sup> & 30<sup>th</sup> - Unicorn



## Wonderous Australia Series:

- August 3<sup>rd</sup> & 6<sup>th</sup> - Hidden worlds & Wildlife
- August 10<sup>th</sup> & 13<sup>th</sup> - Exploring Paradise on Earth
- August 17<sup>th</sup> & 20<sup>th</sup> - Hidden Riches in the Outback
- August 24<sup>th</sup> & 27<sup>th</sup> - Jurassic Jungle: Ancient Beasts



## How The Universe Works - Science Series:

- August 31<sup>st</sup> & September 3<sup>rd</sup> - Planets
- September 7<sup>th</sup> & 10<sup>th</sup> - Black Holes & Killer Stars
- September 14<sup>th</sup> & 17<sup>th</sup> - Ice Giants, Comets & Pluto



## Gardening Club

Wednesdays: 1:00 PM QLD

Winter Solstice Herbs  
8th July

Jerry Coleby-Williams  
15th July

How Plants Communicate  
22nd July

Bonsai  
29th July

Plant Research  
5th August

Closure Day: Ekka Showday  
12th August

Cuttings and Grafting  
19th August

Advanced Landscape Design  
26th August

Espalier & Plant Training  
2nd September

Interesting Aussie Gardens  
9th September

Growing Rare Plants  
16th September

Join us every Wednesday at 1 PM (QLD time) for engaging sessions exploring everything from seasonal gardening and plant science to hands-on techniques like bonsai, grafting, and design. Enjoy expert insights, special guest speakers, and discover unique plants and inspiring Aussie gardens, all in a friendly, beginner-friendly space.

Page 5



# Singing Club

Tuesdays 3 PM QLD (AEST)



**NAIDOC WEEK**  
7th July



**Low Vocal Range Women**  
18th August

**Song Titles with Numbers**  
14th July

**Celebrating Songs: 1976**  
25th August

**Songs about Transport**  
21st July

**Heaven & Hell**  
1st September

**Rhythm & Blues**  
28th July

**Songs About Colours**  
8th September

**Honorary Aussies**  
4th August

**Greatest Drummers**  
15th September

**John Farnham**  
11th August



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**

**CLOSURE DAY - 22<sup>nd</sup> Sept**

**Peoples Choice - 29<sup>th</sup> Sept**

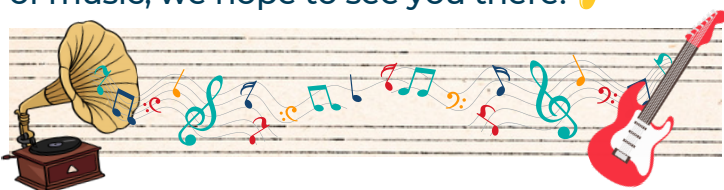
## Music Appreciation Club

Thursdays at 11 AM QLD (AEST)

Love discovering new music? Music Appreciation Club is a space to listen, explore, and share.

🎵 Every Thursday at 11 AM, enjoy a mix of genres and themes, from rock, jazz, and classical to global sounds, film music, and more, plus fun listening sessions along the way.

Come along, listen, learn, and share in the joy of music, we hope to see you there! 🎸



### July Topics: Music Through The Decades

- 9<sup>th</sup> July: Pop and Rock n Roll
- 16<sup>th</sup> July: Disco and Punk
- 23<sup>rd</sup> July: Jazz and Blues
- 30<sup>th</sup> July: Classical Music

### August Topics:

- 6<sup>th</sup> August: **Listening Party** 🎉
- 13<sup>th</sup> August: One Hit Wonders
- 20<sup>th</sup> August: Music and Emotions
- 27<sup>th</sup> August: Music Around the World

### September Topics:

- 3<sup>rd</sup> September: Music in Movies and TV
- 10<sup>th</sup> September: Instruments and Sounds
- 17<sup>th</sup> September: **Listening Party** 🎉

Page 6



# Writing Club

Mondays 1 PM AEST (QLD)

Enjoy a weekly dose of inspiration!

Each session, you'll receive a fresh prompt to inspire a short story. No experience is needed, just a curious mind and a love for storytelling.

## JULY TOPICS:

- 6th: Adventure 🎒
- 13th: Outer Space 🪐
- 20th: An Unsent Letter ✉️
- 27th: Total Silence 🤫

## AUGUST TOPICS:

- 3rd: The Best Gift 🎁
- 10th: Something Borrowed 📖
- 17th: Groundhog Day 🐉
- 24th: Re-gifting 📦
- 31st: A Real Mystery 🕵️

## SEPTEMBER TOPICS:

- 7th: Neighbours 🏠
- 14th: Surprise Party! 🎉

Don't miss out, join our Writing Club and explore your creativity in a welcoming space for both seasoned writers and those just starting their journey.



# 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. 📖

## JULY TOPICS:

- 9th: Ethereal Poetry (United States)
- 16th: Minute Poetry (United States)
- 23rd: Question Poetry (Spain)
- 30th: List Poetry (Ancient Greece)

## AUGUST TOPICS:

- 6th: Haibun Poetry (Japan)
- 13th: Clerihew Poetry (England)
- 20th: Ae Freislighe Poetry (Ireland)
- 27th: Cascade Poetry (India/England)

## SEPTEMBER TOPICS:

- 3rd: Hir a Thoddaid Poetry (Wales)
- 10th: Ottava Rima (Italy)
- 17th: I Remember Poetry (United States)



# Listening Library

Join us on Fridays at 11:30 AM

- 10/07 King Macbeth & Ancient Prophecies
- 17/7 The Knight of the Riddles
- 24/7 The Maiden's Castle
- 31/7 Mythical Origins of King Arthur
- 7/8 Peter Rabbit & Benjamin Bunny
- 14/8 Mythical Heritage of Germanic People
- 21/8 Agatha Christie: The Underdog
- 28/8 Agatha Christie: The Third Girl
- 4/9 Magician Part 1
- 11/9 Magician Part 2
- 18/9 Magician Part 3

# Book Club



Wed 10 AM & Thurs 4:30 PM

Discover new books, share your favourites, and be part of the conversation in our Book Club.

Whether you're a casual reader or a genuine bookworm, these sessions offer a relaxed space for you to connect, share recommendations, explore new genres, and gain exclusive insights from famous local guest authors.

Come along and join the conversation! 📖

Page 7



# 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	Optical Illusions & Perspective
<ul style="list-style-type: none"> <li>• 9/7: Roses</li> <li>• 16/7: Abstract Eyes</li> <li>• 23/7: Bird Drawings</li> <li>• 30/7: Tree Drawings</li> </ul>	<ul style="list-style-type: none"> <li>• 6/8: Flowers</li> <li>• 13/8: Scenery</li> <li>• 20/8: Illusions</li> </ul>	<ul style="list-style-type: none"> <li>• 27/8: Little Man</li> <li>• 3/9: Squares</li> <li>• 10/9: Flowers</li> <li>• 17/9: Floating Buildings</li> </ul>

# Photography Club

Tuesdays 2 PM (QLD) AEST 📷

Explore photography through light, colour, and movement, with weekly themes like sunsets, night skies, seascapes, reflections, and more. Capture the world your way, just bring your camera or phone and your curiosity! ✨

- 7/7 - Sunrise & Sunsets
- 14/7 - Night (Stars, fireworks, etc)
- 21/7 - Seascapes
- 28/7 - Reflections
- 4/8 - People's Choice
- 11/8 - Shadow & Silhouettes
- 18/8 - Colours
- 25/8 - Photos in Motion
- 1/9 - Flora & Fauna
- 8/9 - Texture & Patterns
- 15/9 - Your Favourite Photos



# Painting Club

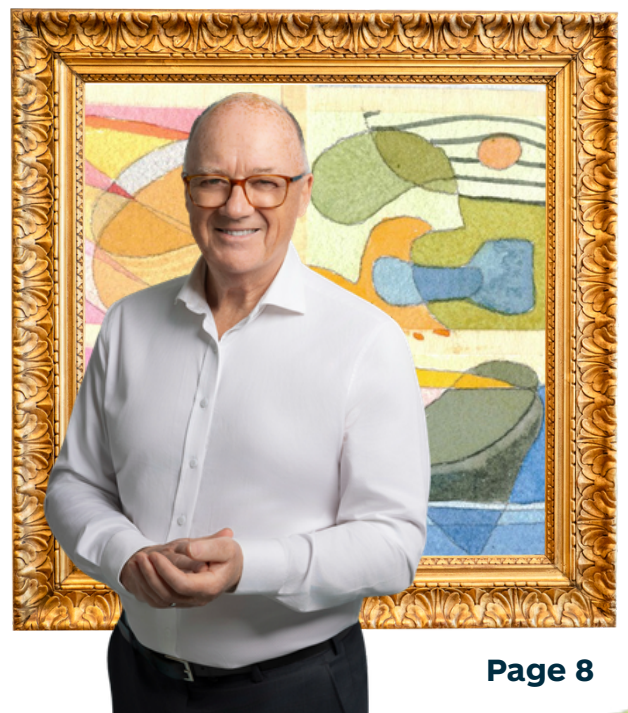
Join in Mondays at 10:30 AM

Sean is back with a creative block focused on building confidence and supporting your artistic journey.

In this series, you'll:

- Explore intuitive approaches to watercolour
- Experiment and develop your artistic style
- Create a series of frame-worthy artworks
- Paint confidently at your own pace.

Perfect for both new and experienced painters looking to relax, learn and experiment in a welcoming, supportive space.



# RECIPES & FOOD HACKS



## 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.

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



## FOOD HACK: PSYLLIUM HUSK JAM!

Never struggle fitting fibre into your diet again, with this simple and delicious, Low FODMAP, psyllium jam recipe.

### Ingredients: 1 Serving

- A sealable jar or a plastic container
- 1 heaped tablespoon of psyllium husk
- 75ml of unsweetened cranberry juice
- Juice from ¼ of a lime (~ ½ Tablespoon)

### Instructions:

1. Add the psyllium husk, cranberry juice and lime juice to your container.
2. Quickly close the lid of your container/jar and shake to combine (or stir with spoon) before placing it aside for 5 minutes.
3. Shake/Stir it again before placing it in the fridge for 30 minutes.
4. Enjoy your jam on toast, granola, yoghurt, in a smoothie or even on icecream!

### Other Flavours and Ideas!

- Add more psyllium husk for a thicker jam
- Try adding a different type of juice
- Swap lime juice for honey or maple syrup
- Add crushed fruits for a chunky jam

### Serving Recommendation:

To not overwhelm your gut, limit portion to 1-2 Tbsp for children and 2-3 Tbsp for adults and serve with a glass of water.

Email your recipe or a photo of your delicious creations to [connect@inclusee.org.au](mailto: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!

# GENERATIONAL CLUB

Tuesdays at 12:30 PM

Connect across generations, share experiences, and enjoy meaningful conversations in a warm and welcoming space. 😊

- 28/7 - Introduction Session: Meet the group!
- 4/8 - Style Showcase: Share your favourite clothing and its story.
- 11/8 - Friendship Matters: Share advice on building connections.
- 18/8 - Gardening Tips: Swap ideas, tricks, and plant stories.
- 25/8 - Letter Writing: Tips, memories, and pen pal inspiration.
- 1/9 - Good News Stories: Uplifting stories and positive moments.
- 8/9 - Karaoke Session: Sing along and enjoy some music together.



# SEWING CLUB: PIN CUSHIONS

Join us every Monday at 2 PM ✂️

Slow down, stitch, and connect in our relaxed Sewing Club, where creativity and conversation come together. This block, join Robyn as she guides you through a slow sewing project, creating pin cushions using simple scrap materials. You're also welcome to bring along your own projects and enjoy working at your own pace in a friendly, social space.

Don't forget to check out Robyn's beautiful quilt, Helen's Hexies, featured on page 19 of this newsletter. 🧵



Page 10



# 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! 🎂🎉

## July Birthdays - Friday 17th at 11 AM

Jackie W	Gail L	Loraine S	Ann W	Lyn L
Mary S	Cate H	Lorraine P	Barbara G	Pam H
Adrian C	Carole C	Charles K	Marianthi S	Nick L
Kit-Ken L	Neville	-	-	-

## August Birthdays - Friday 21st at 11 AM

Londa O'B	Peter C	Phil L	Jennifer V	Lyn H
Steve C	Graeme W	Bill S	Betty G	Effie P
Anastasia P	Jan C	-	-	-

## September Birthdays - Friday 18th at 11 AM

John G	Steve C	Judy W	Kathryn H	Doreen S
Krista G	Sky P	Ken F	Bob C	Inge K
Dianne K	Carmen G	Michele U	Hazel E	Morilyn C
Mea L	Marjorie B	Colin C	Bev P	Steve J
Roy Mck	-	-	-	-



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



## Mondays at 4 PM with Elana

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

- Debates: Share your thoughts.
- Language: Learn a new language together.
- Flash Talks: Put your persuasive skills to the test.
- True Blue Aussie Quotes & Tricky Quizzes! 🐕

## Fridays at 3 PM with Marcy

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

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

## LONELINESS AWARENESS WEEK AUGUST 3<sup>RD</sup> TO 19<sup>TH</sup>

Loneliness Awareness Week Australia is just around the corner!

This year's theme, Make Room for Connection, reminds us that connection grows when we intentionally create opportunities for people to come together. Whether it's making time for a conversation, welcoming someone new, or joining a workplace activity, small actions can make a big difference.

**Together, we can help build a more connected and inclusive workplace.**

Watch this space for details of events and activities planned throughout the week.

## AUSTRALIAN LANDCARE WEEK AUGUST 3<sup>RD</sup> TO 19<sup>TH</sup>

Australian Landcare Week, recognises people across Australia who help restore, protect and enhance our natural environment.

Across the country, volunteers, farmers, students, Indigenous leaders and community groups are working together to care for landscapes, waterways and biodiversity.

To celebrate Australian Landcare Week, we'll be announcing club themes and events that highlight the benefits of environmental stewardship and community action.

Keep an eye out for event announcements.

Page 12



# GUEST SPEAKERS & WEBINARS



## Navigating the Digital World: eSafety Commissioner's Webinar Series

Join in and get the eSafety Commissioner for clear, practical presentations that unpack modern tech and support safer, smarter online experiences.

### July Topics:

Tues 21<sup>st</sup> 10 AM: Safer online shopping and banking

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

Thurs 30<sup>th</sup> 3 PM: Technology and your health

### August Topics:

Thurs 13<sup>th</sup> 3 PM: Useful tips for using your Android phone

Thurs 20<sup>th</sup> 10 AM: How to use government websites

Tues 25<sup>th</sup> 10 AM: Can you spot a scam?

### September Topics:

Thurs 15<sup>th</sup> 3 PM: Helpful apps for your smart device

Tues 22<sup>nd</sup> 10 AM: Protect yourself against scams

Thurs 24<sup>th</sup> 3 PM: Learn about data and public Wi-Fi

**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.




Danielle Phillips From  
Sage Executor Solutions.  
Tuesday 7th July



Stay Independent: CEO  
Matt Neville | NevMed  
Tuesday 14th July



Fall Prevention: Jess Wray  
From Seniors Fitness  
Tuesday 11th August



Watch this space for  
future sessions!

## SUSTAINABILITY CLUB IS BACK! 🌱

Join us each **month** to explore practical and thought-provoking topics around living more sustainably, from everyday habits to big-picture environmental challenges.

- Thursday 30 July: Indigenous Knowledge & Community Futures
- Thursday 27 August: Climate Extremes & Adaptation
- Thursday 17 September: Farming the Dry Continent

Page 13





## LAUGHTER YOGA: HEATHERJOY

WEDNESDAY 15<sup>TH</sup> JULY AT 11 AM

Experience the joy of laughter with HeatherJoy, one of Australia's leading Laughter Yoga experts. This uplifting introductory session will help you reduce stress, boost wellbeing, and reconnect with positivity. Come along, share a laugh, and leave feeling lighter and energised.



## SELF EMPATHY & PURPOSE

WEDNESDAY 26<sup>TH</sup> AUGUST AT 12 PM

Join global empathy advocate and bestselling author Mimi Nicklin for a session on self-empathy and maintaining purpose as we age. Discover ways to stay connected, resilient, and grounded in what matters most. An empowering session to help you navigate life with clarity and meaning.



## COMMUNITY FEEDBACK CHAT

TUESDAY 28/7 & 25/8 AT 2 PM

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

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

## GARDENING CLUB: SPECIAL EVENT

Guest Jerry Coleby-Williams: 15/7 at 1 PM

We're delighted to welcome Jerry Coleby-Williams, long-time presenter of ABC's Gardening Australia and internationally renowned horticulturist, for a special Gardening Club session. Gain expert advice on sustainable living, seasonal planting, and practical tips to help your garden thrive all year round.

Come along, get inspired, and walk away with fresh ideas to take your gardening skills to the next level.



# CLUB SPOTLIGHT

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



**Lunch Club: Wednesday 12 PM**  
Lunch Club is back! 🍴 Take a break, connect, and enjoy great conversations during your lunch hour. Bring your food and meet new people!



**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. 📖



**US News Club: Mondays at 10:00 AM** 🇺🇸

Join our brand-new US News Club and connect with others to explore the stories shaping the United States today.

Meet with James every Monday at 10am for engaging, easy-to-follow conversations on current events, from the mid-term elections to culture, sport, and beyond, in a friendly and welcoming space.

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

## UPCOMING MINI-SERIES



**SCENTED STORIES MINISERIES**  
FRIDAY 17/7, 24/7, 31/7 & 7/8 AT 1 PM

**Scented Stories: Fragrance & Wellbeing After 65**

Join aromatherapist Layla Sainsbury and perfume specialist Gary Fredericks for a 4-part miniseries exploring how fragrance can spark memories, lift your mood, and support wellbeing.

17/7: The Power of Scent - Memory & Meaning

24/7: Aromatherapy - Wellness & Daily Rituals

31/7: Finding Your Signature Perfume Scent

7/8: Inside the World of Perfumery



**INTIMACY & AGEING SERIES**  
13TH AND 20TH AUGUST AT 11 AM

Explore connection, relationships, and wellbeing in our next Intimacy & Ageing sessions with sexologist Richelle Menzies.

**Pleasure and Intimacy: Thurs 13/8 11am**

A gentle look at how pleasure and intimacy show up in everyday life, and what feels meaningful and comfortable for you.

**Dating Today: Thurs 20/8 11am**

Learn how dating has evolved, with practical tips for building connections with confidence.



# UPCOMING MINI-SERIES!



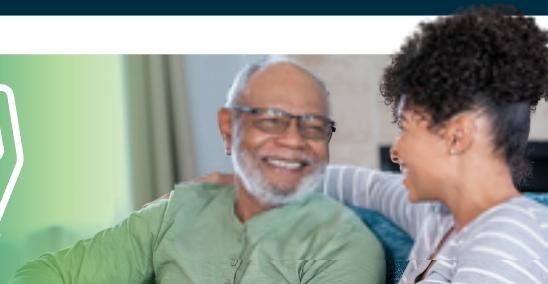
## HEALTHY LIVING INFO SERIES 2ND TUESDAY EACH MONTH 1:30 PM

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: 14/7, 11/8 & 8/9.** 🍎



## 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: 21/7, 18/8 & 15/9.**

## HOME HACKS



## HOME LIFE HACKS SERIES LAST TUESDAY EACH MONTH 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: 28/7, 25/8 & 29/9.**



## LAUGHTER YOGA SERIES WED 10:30AM - 22 JULY TO 30 SEPT

Get ready for our Laughter Yoga mini series!

Join HeatherJoy, Global Ambassador for Laughter Yoga International and founder of The Happydemic, for a series of fun, energising sessions designed to boost wellbeing through breathwork, play, and intentional laughter.

**Session Dates: 22/7, 29/7; 5/8, 19/8, 26/8; 2/9, 9/9, 16/9, 23/9 & 30/9.**





### CARER'S HAVEN INFO SERIES

WED 29/7, 26/8, 16/9 2:00 AM

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

With guest speakers and expert insights, these sessions are carefully designed to support your wellbeing and strengthen confidence throughout your caring journey.

**Session Dates: 29/7, 26/8, 16/9**



### LANGUAGE & CULTURE SERIES

SESSION DATES: TO BE CONFIRMED

Get ready for the return of our much-loved Language & Cultural Connections Series, a vibrant space where cultures and languages from around the world come to life.

Through shared conversations on food, customs and traditions, this series celebrates diversity and community. Stay tuned and watch this space for updates.

**Session Dates: Watch this space!**

# YARNING CIRCLE

## WITH DANI & UNCLE GORDON

### NAIDOC WEEK

Thursday 30/7 at 2 PM

Join us this **NAIDOC Week** to reflect on this year's theme, "50 Years of Deadly", marking five decades of strength, resilience and community.

Help honour the legacy of Elders and celebrate the enduring power of culture, identity and connection in the face of ongoing injustice and adversity facing that faces our communities.

### Children's Day

Thursday 27/8 at 2 pm

Celebrate National Aboriginal and Torres Strait Islander Children's Day with special guest speaker **Aunty Sharron Mirii Bell!**

This inspiring event will explore the importance of cultural identity, community and family connection in shaping confident, thriving futures for First Nations youth.

### Indigenous Literacy Day

Thursday 24/9 at 2 PM

Join our Yarning Circle Club this **Indigenous Literacy Day** for a meaningful celebration of First Nations stories, languages and culture.

Gather with community to listen, connect and reflect as we honour the rich history and storytelling traditions of Aboriginal and Torres Strait Islander peoples.



# NAIDOC WEEK



## 50 YEARS OF DEADLY



Join us in celebrating the achievements, history and culture of Aboriginal and Torres Strait Islander peoples.

This year's theme, "Fifty Years of Deadly," marks 50 years of strong, proud voices, honouring Elders and communities, celebrating culture today, and looking to future generations.

Join us during the week for special events and a guest speaker as we connect, learn and celebrate.



### Special NAIDOC Club Sessions

Held Throughout NAIDOC Week

Join us this NAIDOC Week as we come together to learn, connect, and celebrate through special NAIDOC club sessions.

#### Travel Club: Northern Territory

- Tuesday 7/7 at 9:30 AM
- Wednesday 8/7 at 11:00 AM
- Thursday 9/7 at 2:00 PM.

#### Singing Club: Indigenous Artists

- Tuesday 7/7 at 3:00 PM

#### Recipe Club: Cooking with Dani

- Friday 10/7 at 10:30 AM

We hope to see you there!



### Didgeridoo with Uncle Bob

Wednesday 8<sup>th</sup> July at 11:00 AM

Join us for a special NAIDOC Week Cultural Experience featuring **Uncle Bob**, who will share his knowledge and talent through didgeridoo.

Enjoy a live performance, learn about the cultural significance of the instrument, and hear how didgeridoos are traditionally made



# COMMUNITY CORNER:

## Uplifting Stories from Our Community.

### 1000 HEARTS PROJECT

There is something special about small acts of kindness that bring people together.

One of our wonderful community members, Judy Jamieson, has made a thoughtful contribution to our Intergenerational Club by creating "Make Your Own Heart" kits for both students and adults. These kits are part of the 1000 Hearts initiative, bringing people together through simple yet meaningful gestures.

Thank you, Judy, for helping spread kindness across our community. Each handmade heart will become a symbol of compassion, connection, and community.



Feel inspired and want to take part?

Learn more by visiting their website at [1000hearts.com.au](http://1000hearts.com.au).

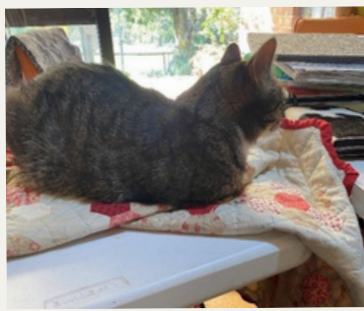
### HELEN'S HEXIES - QUILT PROJECT

We'd love you to take a moment to check out this incredible handcrafted quilt by a talented member of our community. It truly is something special.

'Helen's Hexies' was lovingly created over 14 months by Robyn, our fantastic Sewing Club Volunteer Facilitator. Made in honour of Helen and the other wonderful women in the group, it has grown into a vibrant piece that reflects the connection and care shared within our community.



Work in Progress



Project Supervisor

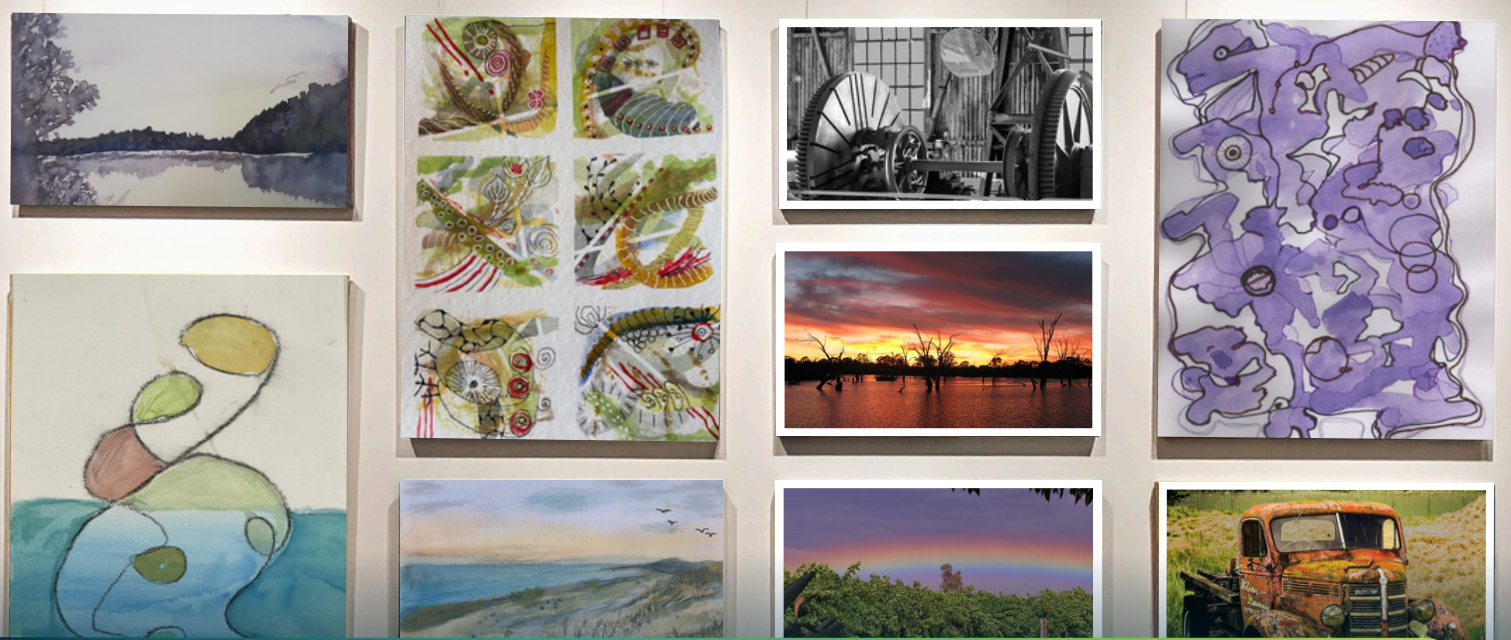


Helen's Hexies

Thank you, Robyn, for the time, creativity, and heart you've poured into the sewing club and into this beautiful work.

- Inclusive Team





# COMMUNITY ART GALLERY

## Art Appreciation Week 2026

Our Community Art Week was a joyful celebration of creativity, connection, and shared expression. From paintings and photographs to poetry and a beautifully crafted quilt, every contribution reflected the unique voices and stories within our community.

Please take a moment to browse the gallery, and experience the remarkable talent and creativity that highlights just how special our community is.

[VISIT THE GALLERY](#)

## Supporting Accessible Communication

We have a range of services that are available to support inclusive communication across our community and beyond.

**TIS National** provides access to interpreters in over 160 languages, helping connect with participants who do not speak English.

**National Relay Service (NRS)** supports people who are deaf or have hearing or speech difficulties.

**Deaf Connect** offers Auslan and sign language services.

 **Learn more:**

- <https://www.accesshub.gov.au/about-the-nrs>
- <https://deafconnect.org.au>
- <https://www.tisnational.gov.au>



An Australian Government Initiative



# HELP DOLLY FIND THE TREASURE!

Help Dolly solve the ancient riddles to uncover the secret treasure! Click on the Treasure chest below to uncover the answers and claim your reward!

## Riddle 1

I stand beside a gallant knight, yet never swing a sword in fight. I carry heroes near and far, Through forest deep and lands bizarre... What am I?

## Riddle 2

I have a mouth but never speak. I have a bed but never sleep. I run smoother than any rhyme. I love to fall but I cannot climb... What am I?

## Riddle 3

My spine is stiff and my body is pale, I am always ready to tell a tale. I can take you on adventures with a flip, turn and crack, before being forgotten with dust settling on my back... What am I?



ANSWERS



# REDUCED TIMETABLE: 21ST SEPTEMBER - 2ND OCTOBER

<b>MON</b>	Morning Meditation 9:00 AM	US News Club 10:00 AM	Lunch & Laugh 12:00 PM	Virtual Field Trip 3:00 PM	Happy Hour 4:00 PM
<b>TUES</b>	Morning Meditation 9:00 AM	Travel Club 9:30 AM	Special Event 1:30 PM	Singing Club 3:00 PM	Happy Hour 4:00 PM
<b>WED</b>	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
<b>THURS</b>	Morning Meditation 9:00 AM	Special Event 10:00 AM	Trivia Club 1:00 PM	Travel Club 2:00 PM	Happy Hour 4:00 PM
<b>FRI</b>	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 3

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

- Wednesday 12<sup>th</sup> August - Ekka Show Day
- Tuesday 22<sup>nd</sup> September - Inclusee Staff Training Day



Page 22



MON								
	US News Club 10:00 - 11:00	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	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	Lunch Club 12:00 - 12:30	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 4:00 - 5:00
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		

## BONUS CLUBS

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

**Morning Meditation:** Monday - Friday at 9AM

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

**Feedback Chat:** 17 Last Tues each month: 11AM

**Sustainability Club:** Last Thurs each month: 9:30 AM

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

