inclusee

Community Newsletter



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Welcome to Inclusee's Digital Newsletter!

Block 4 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. With a blend of learning, creativity, conversations, and community connection, there's something to inspire every interest.

Daylight Savings Reminder! ⏰

Daylight saving begins on 4 October in some states and territories. As Inclusee is based in Queensland, all session times in this newsletter are listed in AEST (Queensland time), so please check your local time zone and adjust the times if needed.

How does this impact the app timetable? 📱

Good news! The Inclusee App automatically displays club and event times based on the time settings on your device. To ensure your timetable shows the correct local time, please check that your device is set to the correct time zone for your state.

IN THIS EDITION:

- Travel Club & Virtual Field Trips
- Discovery & Gardening Club
- Singing & Music Appreciation
- Writing, Poetry & Book Clubs
- Golf, Screen Time & Mens Club
- Photography & Art Clubs
- Recipe Club & A Bonus Recipe!
- Sewing, Craft & Carers Club
- Games, Trivia & Birthday Club!
- Happy Hour & US News Club
- Guest Speakers & Webinars
- Say G'Day Day In-Person Event
- Inclusee Mini Series Sessions
- Celebrating Inclusion! 🦋
- Volunteer Spotlight!
- 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.

Travel Club

Tues 9:30 AM, Wed 11 AM & Thurs 2:30 PM QLD Time (AEST)









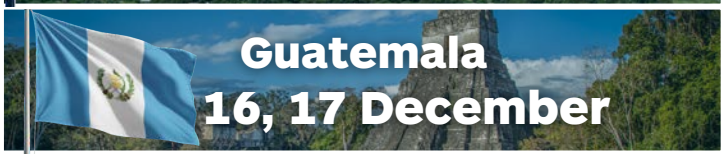














Are you ready for a digital adventure? Join our Travel club to uncover interesting history, breathtaking landscapes, and diverse cultures.

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!

October

- 5th: Closed - King's Birthday Public Holiday
- 12th: The Silk Road - A Force of Progress
- 19th: Monty Don Discovers Greece's Gardens
- 26th: Petra - Lost City of Stone

November

- 2nd: Managing Europa Theme Park
- 9th: David Attenborough - Tasmania
- 16th: Dubai - Strip the Desert City
- 23rd: World's Greatest Concert Hall
- 30th: Michel Chasseuil - $100M Wine Cellar

December

- 7th: Unique Gardens - Gardens by the Bay
- 14th: How People Live in the Netherlands

Reduced Timetable Sessions

- 21st Dec: Inside China's Secret Jungle



Discovery Hub

Every Thursday at 12 PM AEST (QLD)

Unlock a world of fascinating discoveries in our **Discovery Hub**!

This block, we're exploring how everyday things work, uncovering the secrets of the human body, and journeying through the stories of lost and ancient civilisations.

Join us every Thursday at 12 PM AEST (QLD) and discover something new!



How Does It Work Series:

- Oct 8th - Inside Japan's Waste Recycling Centre
- Oct 15th - Hidden Engineering / Machines
- Oct 22nd- Inside an ATM 💵
- Oct 29th- 3D Printers



How Does Your Body Work Series:

- Nov 5th - Your Brain 🧠
- Nov 12th- Your Body Clock
- Nov 19th- Your Muscles 💪
- Nov 26th- Your Memory

Exploring Lost & Ancient Civilisations Series:

- **Dec 3rd - Closed (Staff Training)**
- Dec 10th - Saving Ancient Temples on the Nile
- Dec 17th - The Rise and Fall of the Maya



Gardening Club

Wednesdays: 1:00 PM QLD



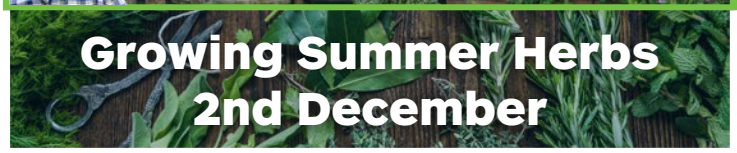




















🌿 Explore the world of plants and gardening in this engaging Gardening Club block. Discover composting, worm farms, Australian desert plants, edible crops for hot climates, and inspiring botanical gardens. Plus, enjoy fascinating plant stories, creative garden ideas, and a special guest presentation from Jerry Coleby-Williams. Join in, cultivate your skills and grow new friendships! 🌱

Singing Club

Tuesdays 3 PM QLD (AEST)

Acapella Voices
6th October

Left-Handed Guitarists
13th October

Group vs Solo
20th October

Voices that Defined the 60's
27th October

Voices that Defined the 70's
3rd November

Voices that Defined the 80's
10th November

Voices that Defined the 90's
17th November

Songs About Mary or Maria
24th November

Songs About John or Johnny
1st December

Famous 20th Century Singers
8th December

Best Relationship Songs
15th December

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

Christmas Songs: 22nd Dec

Peoples Choice: 29th Dec

Music Appreciation Club

Thursdays at 11 AM QLD (AEST)

Love learning about music? Music Appreciation Club is a welcoming space to explore music from around the world and deepen your understanding of how music influences culture, history, and everyday life. 🎶

Discover different musical traditions, instruments, and iconic soundtracks while listening, learning, and sharing with fellow music lovers. 🎷



October Topics

- 8th: Music From Around the world
- 15th: Music From Around the world
- 22nd: Music From Around the world
- 29th: Famous Soundtracks in Movies & TV

November Topics

- 5th: Famous Soundtracks in Movies & TV
- 12th: Instruments & Sound (Piano & Trumpet)
- 19th: Instruments & Sound (Piano & Trumpet)
- 26th: Listening Party 🥳

December Topics

- 3rd: CLOSED (Staff Training)
- 10th: Songs of Celebration & Festive Music
- 17th: Songs of Celebration & Festive Music

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.

OCTOBER TOPICS:

- 5th: CLOSED (King's Birthday)
- 12th: Second Chances 🎲
- 19th: Paths
- 26th: Secrets 🤫



NOVEMBER TOPICS:

- 2nd: Threshhold
- 9th: Release 🔗
- 16th: Enough
- 23rd: Shift
- 30th: Realisation 💡

DECEMBER TOPICS:

- 7th: Happiness 😄
- 14th: Beliefs 💭

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. 📜

OCTOBER TOPICS:

- 8th: Poet Focus - William Blake
- 15th: Free Writing - Image Prompts
- 22nd: Exploring Poetry - Haiku
- 29th: Poet Focus - Sappho

NOVEMBER TOPICS:

- 5th: Guest Speaker - Tina Bramley ⭐
- 12th: Free Writing - BYO Treasured Object
- 19th: Exploring Poetry - Breccbairdne
- 26th: Poet Focus - Emily Dickenson

DECEMBER TOPICS:

- 3rd: Free Writing - Song Prompts
- 10th: Exploring Poetry - Acrostic
- 17th: Poet Focus - Rumi



Listening Library

Join us Wednesdays at 12 PM

- 7/10 - Appalachian Myseries 👽
- 14/10 - Riddle of 5.25 | Thomas W Hanshew
- 21/10 - The Night Train to Edinburgh 🚂
- 28/10 - The House at World End
- 4/11 - The Star | H.G. Wells 🌠
- 11/11 - Night Watches | Hammocks & Storms
- 18/11 - The Lady's Maid Bell 🔔
- 25/11 - The Borrowed Books
- 2/12 - The Lamplighters Mile 🌙
- 9/12 - Voyager: A Journey Beyond the Planets
- 16/12 - Jessie and the Vanishing Foot

Book Club 📚

Wed 10 AM & Thurs 4:00 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 reccomendations, explore new genres, and gain exclusive insights from famous local guest authors.

Come along and join the conversation! 📖

Talking Golf

Fridays 12 PM AEST (QLD)

Enjoy a weekly chat about the game you love!

Each session explores a different golf topic, with stories, insights, and plenty of opportunities to share your own golfing experiences.

OCTOBER TOPICS:

- 9th: Golf Then vs Golf Now
- 16th: Memorable Golf Shots
- 23rd: Golf Etiquette
- 30th: Putt Putt



NOVEMBER TOPICS:

- 6th: Golf & Health
- 13th: Bucket List
- 20th: Life Lessons
- 27th: CLOSED

DECEMBER TOPICS:

- 4th: Shenanigans
- 11th: Equipment
- 18th: Golf Christmas

Join 'Talking Golf' and connect with fellow golf enthusiasts in a relaxed and welcoming environment. Whether you're a lifelong golfer or simply enjoy the game, everyone is welcome.

Screen Time

Mondays 12 PM AEST (QLD)

Lights, Camera, Action! 🎬

From timeless classics to binge-worthy new releases, ScreenTime is the perfect place to share opinions, swap recommendations, and chat about the movies and TV shows that keep us entertained.

Reminisce about old favourites, discover hidden gems, and enjoy lively discussions with others who share your love of great screen entertainment. 📺🍿



Men's Hour 💬

Now on Mondays at 2:00 PM!

Looking for a space to hang out and chat?

Join **Men's Hour**, a friendly and welcoming club where men in the community can share stories, explore hobbies, and enjoy a few laughs.

We're kicking off Block 4 with a special five-week mini-series discussing **'What Makes a Good Man?'** (Visit page 16 for more info).

Bible Studies ✝️

Every Tuesday at 2:30 PM

Join our Bible Study group as we explore the **Gospel of Mark** in September and October.

Later in the year, we will prepare for Christmas by studying the **Gospel of Luke** and the story of Jesus' birth, complemented by a Nativity documentary and, if time allows, a viewing of The film **'Nativity Story'**.

All are welcome to attend, learn, share, and grow in faith together.

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. ✏️💬

Working with Charcoals	Sketching with Pencils	Perspective Drawings
- 8/10: Basic Shapes - 15/10: Charcoal Textures - 22/10: Ocean Themes - 29/10: Cottage	- 5/11: Tweety Bird - 12/11: Bear Drawings - 19/11: Girl from Behind - 26/11: Multiple Drawings	- 3/12: Castles - 10/12: Tunnels - 17/12: Classrooms

Photography Club

Tuesdays 2 PM (QLD) AEST 📸

Curious about photography? Join our friendly club to share photos, find inspiration, learn new tips, and connect with others in a fun and supportive environment. Whether you're a beginner or hobby photographer, everyone is welcome. 🌟

- 6/10 - Sunsets
- 13/10 - Looking Down
- 20/10 - Everyday Life
- 29/10 - Landscapes
- 5/11 - Macro (Extreme Close-up)
- 12/11 - The Night
- 19/11 - Street
- 26/11 - Reflections
- 3/12 - Holiday Traditions
- 10/12 - Symmetry
- 17/12 - Favourite Photos



Painting Club

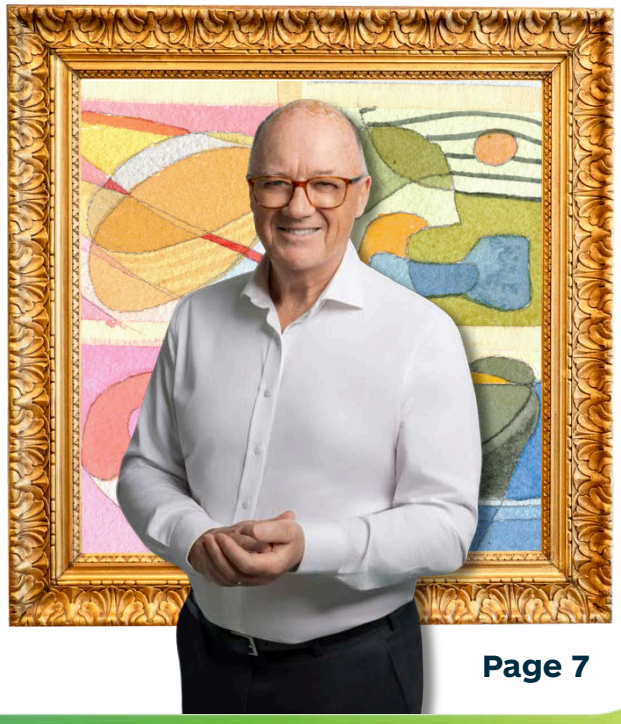
Join in Mondays at 10:30 AM

Our Painting Club with Sean welcomes painters of all experience levels, from complete beginners to experienced artists. Explore new techniques, build confidence, and enjoy painting at your own pace.

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.

Materials list available on request.



Craft Club

Fridays at 2 PM

October Projects:
9th & 16th - Knit & Create for Beginners
23rd & 30th - Creative Critters: Yarn Hedgehog

November Projects:
6th & 13th - Chunky Creations: Finger Knit Bag
20th - Holiday Crafts to Make & Share
27th - CLOSED

December Projects:
4th - Heavenly Creations: Recycled Angels
11th - Festive Stitches: Easy Crochet Decoration
18th - Festive Creations: Christmas Crafts

Carer's Haven

Wednesdays at 2 PM

Every Wednesday at 2:00 PM QLD (AEST), Carer's Haven brings carers together to connect, share experiences, and support one another.

Enjoy friendly conversation, encouragement, and a welcoming community that understands the caring journey.

Monthly info sessions with practical resources and guest speakers will be held on 28/10, 25/11, and 16/12. 💙

Connect, share, and feel supported.

GENERATIONAL CLUB

Tuesdays at 12:30 PM (Starting: 13/10)

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

- **13/10 – Riddles**: Solve brain teasers together.
- **20/10 – Making or Mending**: Share your tips and stories.
- **27/10 – Charades**: Try to communicate without talking.
- **3/11 – Truth or Lie**: Guess fact from fiction.
- **10/11 – Karaoke Session**: Sing along to favourite songs.



SEWING CLUB: SUFFOLK PUFFS

Join us every Monday at 2 PM 🪡

Discover the charm of Suffolk Puffs in this festive Sewing Club block with Robyn. Using colourful fabric scraps and simple sewing techniques, you'll create unique Christmas decorations that make wonderful keepsakes or heartfelt handmade gifts.

Suitable for all experience levels, this club offers a friendly space to learn, create, and connect with fellow sewists. 🎄🎁



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 recipes, and enjoy the social side of cooking.

Cooking Schedule:

16/10: Poffertjes (Dutch Pancakes) with Willem

Additional topics and recipes will be announced closer to each session.

Whether you're a confident cook or just enjoy trying something new, come along as we cook, share, and connect. 🍳



FOOD HACK: CHOCOLATE MOUSSE!

Enjoy a rich chocolate dessert with this simple and decadent mousse recipe. 🍫

Ingredients: 6 Servings

- 300g dark baking chocolate (chopped)
- 3 eggs (room temperature)
- ¼ cup (55g) caster sugar
- 1 tbsp cocoa powder (sifted)
- 300ml thickened cream
- Optional: whipped cream & grated choc

Instructions:

1. Place the chopped baking chocolate into a microwave-safe glass or ceramic bowl.
2. Microwave for 30 seconds, then stir well. Repeat until melted and smooth and then set aside to cool.
3. Add the eggs and caster sugar to a large bowl. Beat for 5 mins, or until it is pale, thick and doubled in volume.
4. Fold in the cocoa powder and cooled chocolate until combined.
5. In a separate bowl, whip the thickened cream until thick and fluffy, before carefully folding into the chocolate mixture.
6. Spoon into serving glasses or a container and chill in the fridge for 1 hour.
7. Remove from the fridge 15 mins before serving. Top with whipped cream and grated chocolate if desired and enjoy! 💖

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



Games Club

Wednesdays at 3 PM



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

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

Don't miss out and let the games begin!

Trivia Club

Thursdays at 1 PM



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

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

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

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! 🎂🥳

October Birthdays - Friday 16th at 11 AM				
Sheron Y	Robyn M	Lee S	Spencer G	Helen C
Susan A	Sukhi A	Elmer M	Venus M	David C

November Birthdays - Friday 20th at 11 AM				
Bernadette D	Annette C	Wendy L	Diana M	Judy J
John C	Doug H	Ron M	Sophie T	Beryl C
Janice J	Rod	Jason D	-	-

December Birthdays - Friday 18th at 11 AM				
Pauline M	Meg O	Sonia L	Heidi G	Robyn M
Angela S	Ronald L	Helen McC	Reena L	Panayiota G
Noel B	Barbara N	Carolyn C	-	-

HAPPY HOUR

MONDAYS: 4 - 5 PM
FRIDAYS: 3 - 5 PM



Step into the fun with our Happy Hour Club, a welcoming hour of conversation, laughter, games and great company. Across our Monday and Friday sessions, enjoy a rotating mix of activities including famous quotes, friendly debates, conversational language, flash talks, pub trivia, song requests, puzzles and more.

Whether you're keen to chat, test your knowledge, or simply enjoy the company of others, Happy Hour Club is a wonderful way to relax, stay connected, and feel part of the community.

Mondays at 4 PM with Elana

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

- Language - 12/10; 9/11; 7/12; 4/01
- Flash Talks - 19/10; 16/11; 14/12
- Aussie Quotes/Trivia - 26/10; 23/11; 21/12
- Debates - 2/11; 30/11; 28/12

Fridays at 3 PM with Marcy

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

- Song Requests - 9/10; 6/11; 4/12;
- Pub Trivia - 16/10; 13/11; 11/12
- Rebus Puzzles - 23/10; 20/11; 18/12
- Who Am I? - 30/10; 8/01



US NEWS CLUB: THE MID TERMS

JOIN JAMES EVERY MONDAY AT 10 AM

Follow the key issues, candidates, and stories shaping the current US Mid-Term Elections.

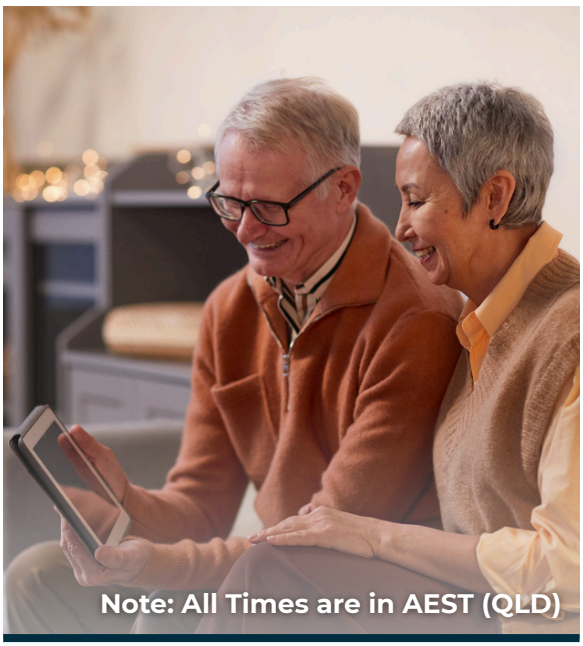
Join a friendly group discussion where you can stay informed, share perspectives, and make sense of the latest developments in US politics. 🇺🇸

SUSTAINABILITY TALK - WITH PETER 🌿

Join us **each month** as we explore practical and thought-provoking topics about sustainability in Australia. From environmental challenges and conservation efforts to innovative solutions and community action, each session offers engaging discussion and opportunities to learn together.

- **Thursday 29 October**: Australian Coastal & Marine 🪸
- **Thursday 26 November:** Waste & Circular Economy in Australia ♻️
- **Thursday 17 December:** Wildlife & Biodiversity 🐝

GUEST SPEAKERS & WEBINARS



Be Connected
Every Australian online.

Australian Government

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.

October Topics:
Tues 6th 9 AM: Staying safe on Facebook
Thurs 15th 2 PM: Protecting your personal info online
Thurs 22nd 2 PM: Can you spot a scam?

November Topics:
Thurs 12th 2 PM: Managing emails safely
Tues 17th 2 PM: Protect yourself against scams
Tues 24th 9 AM: Safer online shopping (Festive Season)

December Topics:
Thurs 3rd 2 PM: Apps for smarter travel
Mon 8th 2 PM: How to use Government Websites
Thurs 10th 9 AM: Technology and your health

REAL CONVERSATIONS
WITH SALT DIRECTORY

Join us **every Tuesday at 10 AM AEST** 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.

October:

- **6th - Lisa K (Founder): The Carers Project |** The Role of a Dementia Doula
- **13th - Henry W (Lead Agent): RE/MAX |** Understanding Property Auctions
- **20th - Jess W (Exercise Physiologist): Senior Fitness |** Strong Bones

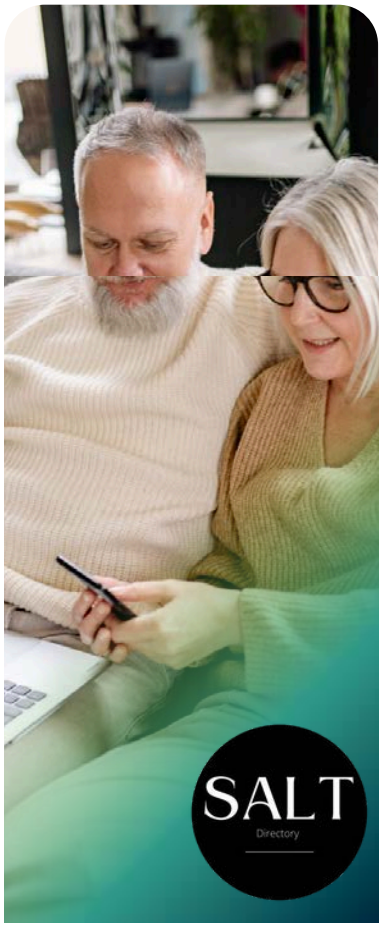
November:

- **3rd - Daniel (Director): Bridge To Best |** How Occupational Therapists Help
- **10th - Jody-Ann (FA): MIQ Private Wealth |** Aged Care Planning
- **24th - Danielle: Sage Executor Solutions |** Navigate Deceased Estate Admin

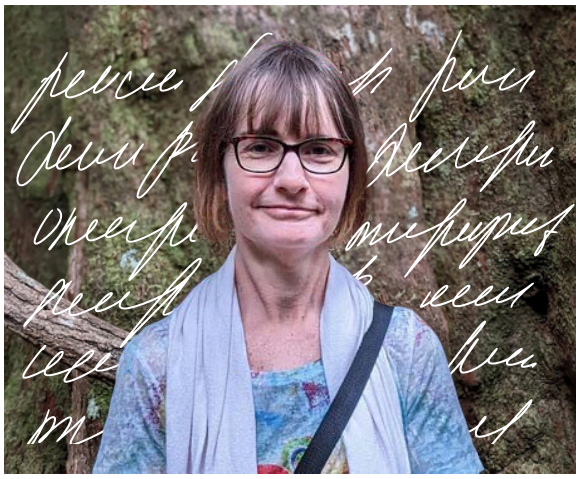
December:

- **8th - Sarah C (Centrelink Specialist): CennoAssist |** Age Pension

Watch this space, we'll be adding more sessions and guest speakers soon!



Special Club Sessions



POETRY CLUB: GUEST SPEAKER

Nature Poetry for Wellbeing with Tina Bramley

Take time to slow down and reconnect with nature in this special Poetry Club workshop with Tina Bramley, author, poet, eco-therapist and psychotherapist. Through poetry, reflection, and mindfulness, you'll explore creativity, wellbeing, and self-expression in a warm and welcoming space.

Date: Thursday 5th November at 3:00 PM



GARDENING CLUB: GUEST SPEAKER

Gardening Tips with Jerry Coleby-Williams

Join us for a special Gardening Club session with returning guest Jerry Coleby-Williams, renowned horticulturalist and longtime Gardening Australia presenter. Discover practical gardening tips, seasonal advice, and sustainable living insights, and bring along your gardening questions.

Date: Wednesday 25th November at 1:00 PM

CREATING MOOD & ATMOSPHERE IN WATERCOLOUR

Thursday 8th October at 2 PM

Join us for a special guest speaker event with watercolour artist Julie Clark. Explore how colour, light, tone, and technique can be used to create mood and atmosphere in a painting.

Through a selection of her artworks and photographs, Julie will share creative insights, practical tips, and inspiration drawn from her years of experience working with watercolour.

Come along to learn, ask questions, and discover new ways to bring mood, feeling, and life to your own artwork.



FIRST AID AWARENESS EVENT

Wednesday 21st October at 11 AM

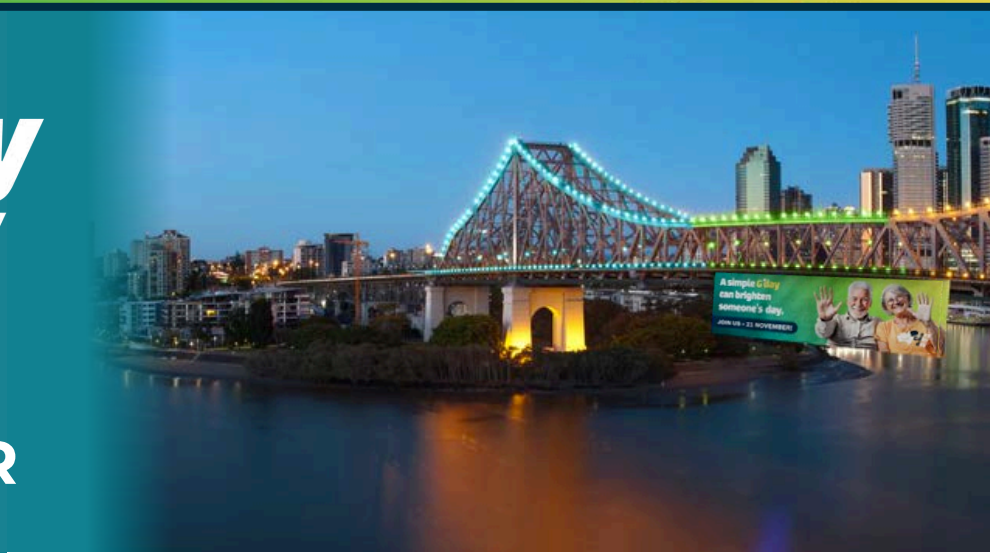
Join us for a special First Aid Awareness session with Aidan Moran, Operations Supervisor at the Queensland Ambulance Service.

Learn how simple actions taken in the first few minutes of an emergency can make a significant difference before professional help arrives.

Come along to gain practical knowledge, build confidence, and learn skills that could help save a life.

say G'day day

21ST NOVEMBER



EVENT DETAILS

Celebrate Say G'Day Day with the Inclusee community at this special in-person event.

Bring your friends and family, enjoy great company, make new connections, and watch the Story Bridge light up in the Say G'Day Day colours.

Date: 21st November

Time: 4:30 PM

Where: Captain Burke Park
117 Holman Street
Kangaroo Point, QLD

CELEBRATE SAY G'DAY DAY WITH US 👋

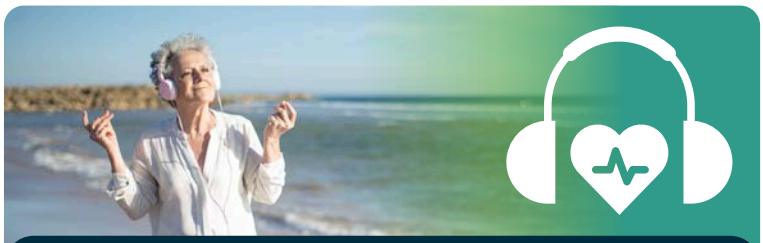
On the 21st November, people across Australia are invited to take part in Say G'Day Day, a yearly day of celebration that provides a simple but powerful reminder that connection simply starts with a hello.

Created by Inclusee in coordination with 'World Hello Day', Say G'Day Day encourages us to reach out, start a conversation, and strengthen the social connections that help people feel seen, valued, and included.

Join Inclusee staff, community members, partners, and supporters as we celebrate the power of connection beside Brisbane's iconic Story Bridge. Together, we'll watch the Story Bridge light up in the Say G'Day Day colours and celebrate the difference a simple hello can make.

Whether you say G'day, Hello, Kia ora, Ni hao, Namaste, Salam, Kamusta, Xin chào, Bonjour, Ciao, Merhaba, or Hola, everyone is welcome. Come along, meet new people, and celebrate connection with us. 👋

UPCOMING MINI-SERIES!



POWER OF MUSIC SERIES
EVERY WEDNESDAYS IN OCTOBER AT 3PM

Power of Music: Connection & Wellbeing

Join us for a 5-part miniseries exploring how music can support wellbeing, spark memories, strengthen connections, and influence emotions. Discover the science behind music and practical ways to use it in everyday life.

Topics explored include the science of music, mindfulness, sound, emotions, and interactive activities.

Session Dates: 7/10, 14/10, 21/10 & 28/10.

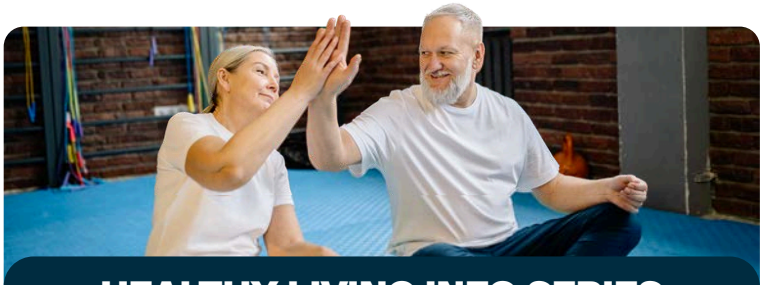


INTIMACY & AGEING SERIES
12TH AND 19TH NOVEMBER AT 11 AM

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

Ageing & Sexual Function: Thurs 12/11 11am
Discover how ageing can affect sexual function for both men and women, and explore ways to support your sexual wellbeing.

Remaining Sexual Active: Thurs 19/11 11am
Learn practical tips to help maintain intimacy, confidence, and an active sex life as you age.



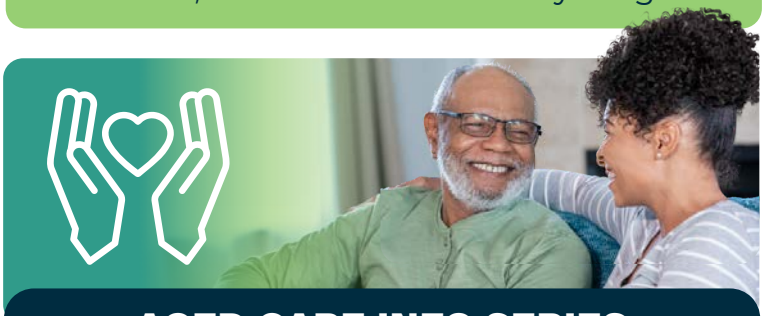
HEALTHY LIVING INFO SERIES
2ND TUESDAY EACH MONTH 1:30 PM

Join our Healthly Living 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.

Dont miss out!

Session Dates: 13/10, 10/11 & 8/12. 🍎



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: 20/10, 17/11 & 15/12.

UPCOMING MINI-SERIES!



HOME LIFE HACKS SERIES
4TH 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: 27/10, 24/11 & 22/12.



FINDING YOUR VOICE SERIES
WEDNESDAY 11AM: 2/12, 9/12, 16/12 & 23/12

Join professional singer Layla Sainsbury for a fun and welcoming four-part series designed to build confidence, encourage self-expression, and help you connect with others through singing and a shared love of music.

2/12 - Confidence and how the voice works
9/12 - Breath control & singing expressively
16/12 - How singing brings people together
23/12 - Celebrate: Bring everything together



CARER'S HAVEN INFO SERIES
Wednesday 28/10, 25/11, 16/12 at 2:00 PM

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: 28/10, 25/11, 16/12

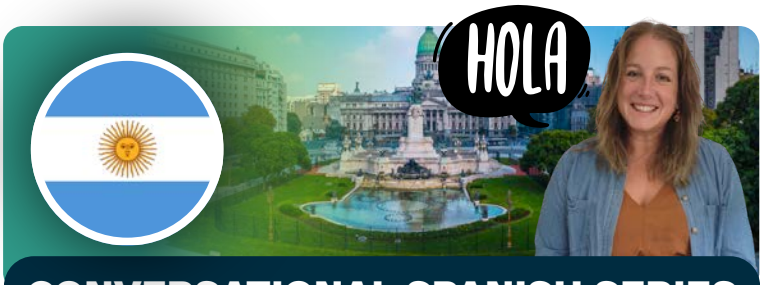


STYLING BY KATE SERIES
Monday 2/11, 9/11, 16/11, 23/11 at 9:30 AM

Join stylist, Kate, for a practical and empowering four-part series designed to help you simplify your wardrobe, rediscover your personal style, and dress with confidence every day. Take the first step towards feeling great in what you wear.

2/11 - Why does getting dressed feel hard?
9/11 - Dressing for fit, comfort and confidence.
16/11 - What stays, what goes, what is missing?
23/11 - Building your everyday formula.

UPCOMING MINI-SERIES!



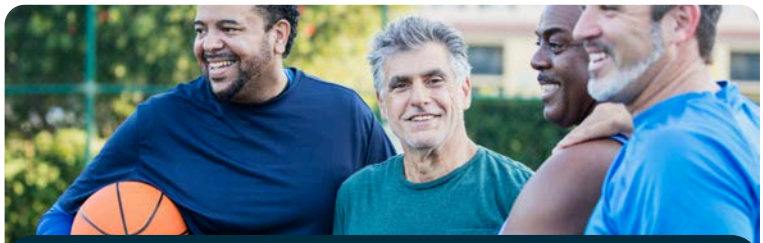
CONVERSATIONAL SPANISH SERIES

Tuesdays 6/10 - 8/12 at 11:00 AM

Join Argentinian Spanish teacher Rocio Tapie for 10 relaxed weekly sessions exploring the Spanish language and cultures. No prior Spanish required!

Learn everyday words and phrases at a gentle pace while discovering traditions and the way of life in the Spanish-speaking world.

Session Dates: 6/10, 13/10, 20/10, 27/10, 3/11, 10/11, 17/11, 24/11, 1/12, 8/12.



MEN'S HOUR SERIES

Mondays 12/10 - 9/11 at 2:00 PM

Join us for a relaxed weekly series where men can connect, share perspectives, and discuss "**What Makes A Good Man**".

Oct 12 - Intro: What Makes a Good Man?
Oct 19 - The Hero: The Man Who Steps Forward
Oct 26 - The Heart: The Man Who Cares
Nov 2 - Brotherhood: The Man Among Men
Nov 9 - King: The Man Who Takes Responsibility



DIGITAL FINANCIAL LITERACY SERIES

8-Part Series with Colonial First State

We're excited to partner with Colonial First State to deliver a new digital confidence series for the Inclusee community.

Led by CFS employee volunteers and supported by the Inclusee team, the sessions combine practical learning, discussion, and social connection in a welcoming environment.

Join us to build skills that make everyday life easier, safer, and more connected.

Session 1: Foundations
Wednesday 14th October at 10 am

Session 2: Passwords & Verifications
Tuesday 20th October at 9 am

Session 3: Everyday Online Money Tasks
Wednesday 28th October at 10 am

Session 4: Super and Retirement Online
Wednesday 4th November at 10 am

Session 5: Demystifying AI
Wednesday 11th November at 10 am

Session 6: Scam Spotting and Responses
Wednesday 18th November at 10 am

Session 7: Open Topic (Community Choice)
Wednesday 25th November at 10 am

Session 8: Open Topic (Key Learnings)
Wednesday 2nd December at 10 am

YARNING CIRCLE

WITH DANI & UNCLE GORDON

Join Dani & Uncle Gordon for three engaging Yarning Circles exploring unexplained mysteries, First Nations sporting heroes, and the stories behind iconic First Nations musicians. Come along to connect, listen, learn, and have a yarn together.

Unexplained Mysteries
Thursday 29/10 at 2 PM

Have you ever experienced something you just couldn't explain?

Join Dani & Uncle Gordon for a fascinating Yarning Circle exploring mysteries, unusual happenings and unexplained experiences.

Come along to listen, yarn and, if you'd like, share a mysterious story of your own.

First Nation Sport Heroes
Thursday 26/11 at 2 pm

Celebrate the First Nations athletes who have inspired generations through their talent, determination, and achievements.

Join Dani & Uncle Gordon for a yarn about Cathy Freeman and other sporting heroes as we reflect on their greatest moments and the lasting impact they've had both on and off the field.

First Nation Musicians
Thursday 17/12 at 2 PM

Music has a powerful way of connecting people, sharing culture, and telling stories.

Join Dani & Uncle Gordon for a yarn about First Nations singers, musicians, and storytellers, celebrating iconic artists and exploring the stories, messages, and cultural traditions woven through their music.

Ageing With Grace: Tech Buddy Program

Need a Hand with Technology?

The **Ageing with Grace Tech Buddy Program** helps people aged 55+ build confidence with technology in a friendly and supportive environment. Learn at your own pace through one-on-one or group sessions, with practical help from volunteers who are there to answer questions and support your learning.

Supported by **Good Things Australia** through the **Be Connected** initiative, the program helps older Australians develop digital skills and stay connected in everyday life.

🔗 **Learn more or make an enquiry:**
www.ageingwithgrace.org.au/what-we-do

ageing with grace

CELEBRATING INCLUSION WITH INCLUSEE!

At Inclusee, inclusion is at the heart of everything we do. We are committed to creating a community where everyone feels welcomed, valued, and connected through every partnership, collaboration, and interaction.

This commitment extends across our team, our volunteers, and the broader community we support. Together, we strive to foster a culture of belonging where every person feels respected, heard, and empowered to be themselves.



As part of our celebrations, team members coloured and decorated butterflies representing the unique experiences, strengths, and perspectives that make our community special.

Together, they form a vibrant display of diversity, connection, and belonging, reflecting the inclusive community we strive to create at Inclusee.

Together, we can continue to foster a community where everyone feels valued, respected, and connected, not only within Inclusee, but in all aspects of life.



Celebrating Wear it Purple Day

This Wear it Purple Day, the Inclusee team came together to celebrate inclusion, belonging, and respect.

Wear it Purple Day encourages people to show support for LGBTQIA+ communities and create environments where everyone feels safe, valued, and accepted.

This year's theme, Colours of Courage, recognises the many ways courage is shown every day, from embracing authenticity and supporting others to helping create more inclusive communities.

As part of the celebration, team members shared personal pledges outlining one action they can take to promote inclusion in their everyday work and interactions, demonstrating how individual actions can make a meaningful difference.

View Our Team's Pledges

VOLUNTEER SPOTLIGHT

CELEBRATING HUGE MILESTONES!

Recognition of Serivce: Growing Together 🏆

Every volunteer journey begins with just a single connection.

As we reflect on another year at Inclusee, we'd like to thank and recognise the volunteers who have reached five or more years of service. We are incredibly lucky to have you as part of our community.

Your dedication has helped create meaningful connections and a stronger sense of belonging for so many people.

To celebrate the contributions of volunteers across our community, we'll be launching a new Volunteer Journey Recognition Program in 2027, with more details to come.

Thank you again for your generosity, compassion, and commitment. 💚

Nine-Year Milestone: Graeme Smith

Seven-Year Milestone: Julia Loginova

Six-Year Milestone:

- Liv Boyages
- Genna Spence
- Alanagh Hunt
- Danny Tan
- Toby Blyth
- Dan Child

Five-Year Milestone:

- Sean Spence
- Savina-Ipapanti Ellinia
- Mary Levenderis
- Julia Peacock
- Sue Barton
- Sandra Hasenauer
- Hector Beveridge

Welcome to Our New Volunteers in Training!

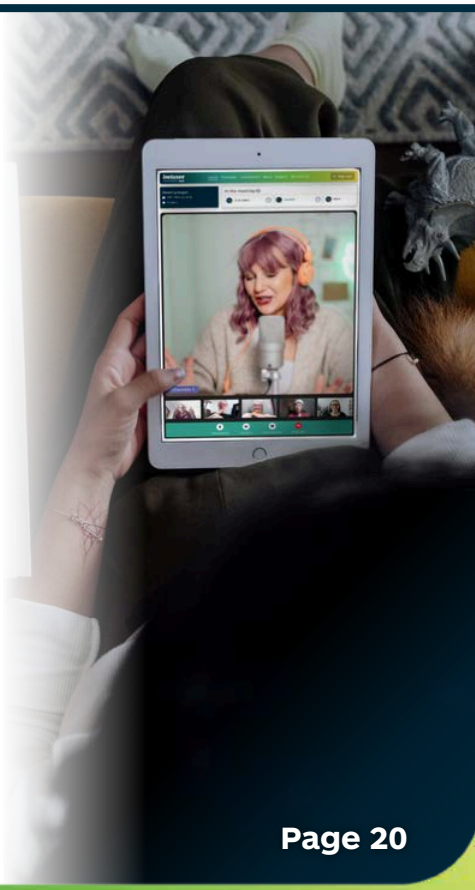
Every great journey begins with a single step. 🌱

We'd like to extend a warm welcome to our newest volunteers as you begin your journey with Inclusee.

We are incredibly grateful you've chosen to be part of our community. Through your generosity, kindness, and willingness to give your time, you'll help create the connections and sense of belonging that sit at the heart of everything we do.

As you complete your training and take your first steps as a volunteer, you'll be joining a community of people who make a genuine difference in the lives of others every day. We look forward to supporting you as you build confidence, develop new skills, and form meaningful connections along the way.

Thank you for joining us. We're excited to see the positive impact you'll make.



VOLUNTEER SPOTLIGHT

MEET VOLUNTEER WILLEM!

Hello Inclusee Community!

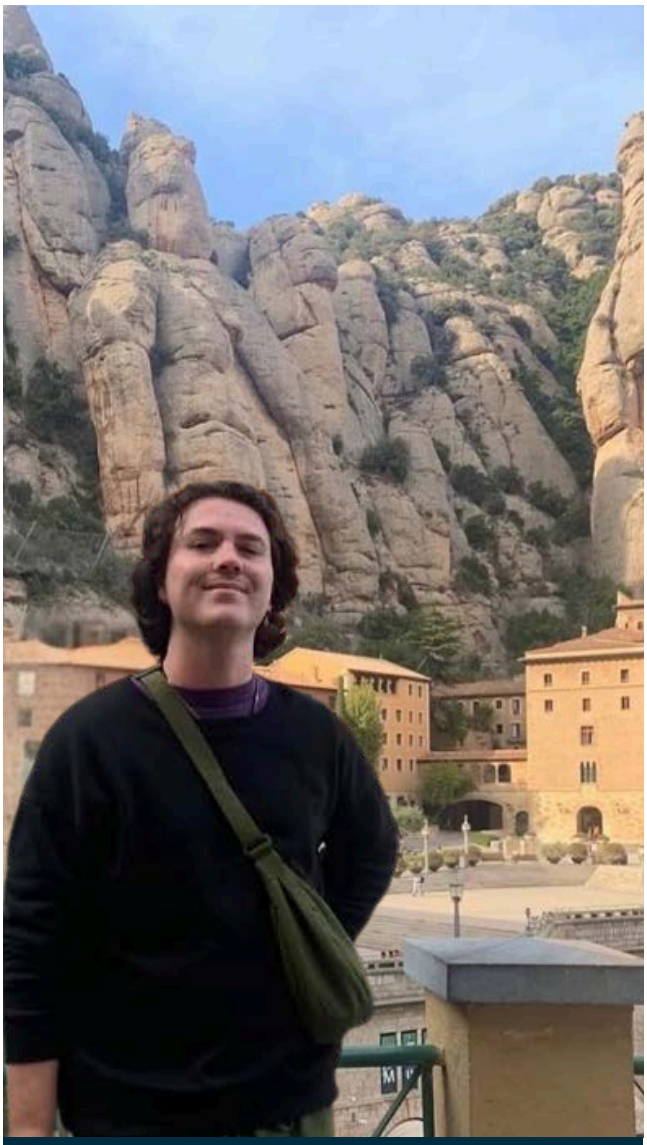
My name is Willem, and I have recently joined Inclusee as a volunteer, with great pleasure.

I am 26 years old and have a Dutch-Australian background, and grew up in Canberra, where I studied Philosophy, English Literature, and Visual Art at the ANU. I work as a cinema projectionist, audio engineer and lighting technician. At the moment, I am completing my studies in Psychotherapy and Counselling.

I am an avid reader, with an interest in Fiction, Poetry, Psychology, Nature, Religion, Spirituality, Symbolism, Mythology, Fairy Tales, and Art. I also have a passion for music and cinema, and love exploring the sounds and sights of different times and places. I love nature and animals, and spend much time with my dog Lyon, who you might see sniffing around in the background.

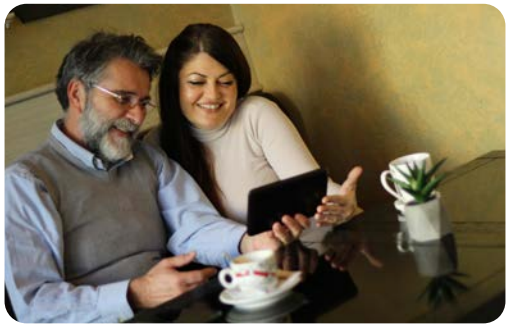
More than anything, I love meeting people, hearing stories, and chatting.

I joined Inclusee to help facilitate the Men's Hour, and enjoyed it so much I also joined the Poetry Club, Recipes Club, and Games Club, as well as hosting a weekly Drop-In Chat.



Pictured: Willem at Montserrat, Spain

It has been such a pleasure to be a part of the Inclusee Community, and I look forward to what is still to come. Join me sometime for a Drop In Chat, or in Poetry Club, Recipes Club, Games Club or the Mens Hour.



COMMUNITY FEEDBACK GROUP

LAST TUESDAY EACH MONTH AT 11 AM

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 Inclusee community.

REDUCED TIMETABLE: 21ST DECEMBER - 9TH JANUARY

MON	Morning Meditation 9:00 AM	US News Club 10:00 AM	Icons & Insights ⭐ 1:00 PM	Virtual Field Trip 3:00 PM	Happy Hour 4:00 PM
TUES	Morning Meditation 9:00 AM	Travel Club 9:30 AM	Home Hacks Series ⭐ 1:30 PM	Singing Club 3:00 PM	Happy Hour 4:00 PM
WED	Morning Meditation 9:00 AM	Travel Club 11:00 AM	Find Your Voice Series ⭐ 11:00 AM	Games Club 3:00 PM	Happy Hour 4:00 PM
THURS	Morning Meditation 9:00 AM	Aged Care Info ⭐ 10:00 AM	Trivia Club 1:00 PM	Travel Club 2:00 PM	Happy Hour 4:00 PM
FRI	Morning Meditation 9:00 AM	Good News Club 9:30 AM	Brain Teasers 1:00 PM	Happy Hour 3:00 PM - 5:00 PM	

Reminder: Times are listed in AEST / QLD Time

Inclusee Closure Dates: Block 4

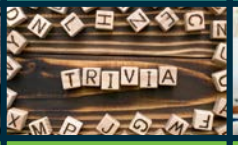
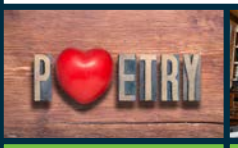
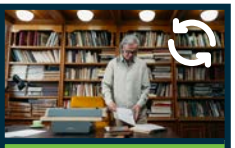
Please take note of the following closure dates and mark them in your calendar.

- Monday 5th October - Kings Birthday Public Holiday (QLD) 👑
- Friday 27th November (From 12 PM) - End of Year Staff Party 🥳
- Thursday 3rd December (9am to 1PM) - Inclusee Staff Training
- Friday 25th December - Christmas Day Public Holiday 🎅
- Monday 28th December - Boxing Day Public Holiday 🎁
- Friday 1st January - New Years Day Public Holiday 🎇



inclusee
Connecting Community

6th October - 18th December | AEST/QLD

MON								
	US News Club 10:00 - 11:00	**Paint Club** 10:30 - 11:30	**Screen Time** 12:00 - 1:00	**Writing Club** 1:00 - 2:00	**Digital Help Desk** 2:00 - 3:00	**Sewing Club** 2:00 - 3:00	**Men's Hour** 2:00 - 3:00	**Virtual Field Trips** 3:00 - 4:00
TUES								
	Travel Club 9:30 - 10:30	**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	**Listening Library** 12:00 - 1:00	**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** 4:00 - 5:00
FRI								
	Good News Club 9:30 - 10:30	**Digital Help Desk** 10:00 - 11:00	**Recipes Club** 10:30 - 11:30	**Talking Golf** 12:00 - 12:30	**Brain Teasers** 1:00 - 2:00	**Craft Club** 2:00 - 3:00		

BONUS CLUBS

Drop-in Chat: Mon - Fri 9AM - 5PM

Morning Meditation: Mon - Fri at 9AM

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

Feedback Chat: Last Tues each month at 11AM

Sustainability Club:
- Last Thurs each month at 9:30AM

Birthday Club: 3rd Friday each month at 11AM

Make sure to check out our Events & Miniseries!