

# LifeSkills

# Autumn

May 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>31 10 - 11.30am</b> Let's Grow! @ the Community Garden <b>10 - 11am</b> Best Buddies Group @ Handasyde					<b>1 11am - 12noon</b> Ten Pin Bowling <b>10am - 2.30pm</b> Cinefest Oz Free Screening
<b>3 10 - 11.30am</b> Let's Grow! @ the Community Garden <b>10 - 11am</b> Best Buddies Group @ Handasyde	<b>4 11.30am - 1pm</b> Hydrotherapy <b>1 - 3pm</b>  Art @ Vancouver	<b>5 10 - 11.30am</b> Adaptive Sports @ ALAC	<b>6 6 - 8pm</b> Ten Pin Bowling	<b>7 9 - 11.30am</b> Fishability @ Emu Point <b>1 - 3pm</b>  Hydrotherapy	<b>8 11am - 12noon</b> Ten Pin Bowling 
<b>10 10 - 11.30am</b>  Let's Grow! @ the Community Garden <b>10 - 11am</b> Best Buddies Group @ Handasyde	<b>11 11.30am - 1pm</b> Hydrotherapy <b>1 - 3pm</b> Art @ Vancouver	<b>12 10 - 11.30am</b> Adaptive Sports @ ALAC	<b>13 6 - 8pm</b> Ten Pin Bowling	<b>14 9 - 11.30am</b> Fishability @ Emu Point <b>1 - 3pm</b> Hydrotherapy	<b>15 11am - 12noon</b> Ten Pin Bowling
<b>17 10 - 11.30am</b> Let's Grow! @ the Community Garden <b>10 - 11am</b> Best Buddies Group @ Handasyde	<b>18 11.30am - 1pm</b> Hydrotherapy <b>1 - 3pm</b> Art @ Vancouver	<b>19 10 - 11.30am</b> Adaptive Sports @ ALAC	<b>20 6 - 8pm</b> Ten Pin Bowling	<b>21 9 - 11.30am</b> Fishability @ Emu Point <b>1 - 3pm</b> Hydrotherapy	<b>22 11am - 12noon</b> Ten Pin Bowling
<b>24 10 - 11.30am</b> Let's Grow! @ the Community Garden <b>10 - 11am</b> Best Buddies Group @ Handasyde	<b>25 11.30am - 1pm</b> Hydrotherapy <b>1 - 3pm</b> Art @ Vancouver	<b>26 10 - 11.30am</b> Adaptive Sports @ ALAC	<b>27 6 - 8pm</b> Ten Pin Bowling	<b>28 9 - 11.30am</b> Fishability @ Emu Point <b>1 - 3pm</b> Hydrotherapy	<b>29 11am - 12noon</b> Ten Pin Bowling

# Community *Autumn*

May 2021

Day	Weekly Community Inclusive Activities
<b>Mondays</b>	<p><b>10 - 11.30 am Let's Grow! at the Community Garden</b> Humphreys St, Lockyer.</p> <p><b>10 - 11am Best Buddies Group</b> at Handasyde Strawberry Farm Café, 382 Chester Pass Rd, Walmsley</p> <p><b>12 - 1pm Soup Kitchen @</b> St John Anglican Parish on York St. Information phone 9841 5015.</p> <p><b>1.30 - 2.30pm Aqua Aerobics @</b> ALAC. Information phone Bec Dixon 0421 483 561.</p>
<b>Wednesdays</b>	<p><b>1 - 4pm Card Making Craft @</b> Salvation Army, 160 North Road, Albany. Information phone Liz Barber 0438 953 625.</p>
<b>Thursdays</b>	<p><b>10.30 - 11:30am Ladies Friendship Group.</b> Information phone Liz Barber 0438 953 625.</p> <p><b>1-3pm Bingo @</b> Senior Citizens Centre, 122 Grey St W, Albany Information phone 9841 2168.</p> <p><b>6-8 pm Albany Ten Pin Bowling.</b> Information phone 9841 1330</p>
<b>Fridays</b>	<p><b>10am - 2pm Ladies Sewing Group @</b> the Salvation Army, 160 North Road, Albany. Information phone Liz Barber - 0438 953 625</p> <p><b>4-6pm Barefoot Bowls @</b> Emu Point Sporting Club. Information phone Tim Fairley - 0448 423 096</p> <p><b>6-7pm Worship Café @</b> Scots Uniting Church hall Information phone 9841 1145.</p>
<b>Saturdays</b>	<p><b>11am - 12pm Albany Ten Pin Bowling.</b> Information phone 9841 1330</p> <p><b>Saturday 1 May 10am – 2.30pm Cinefest Oz</b> Free Community Screening at the Town Hall. For program info visit <a href="http://cinefestoz.com">cinefestoz.com</a></p>