

LifeSkills

Spring
November 2021



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>10 - 11am Best Buddies Group @ Handasyde</p> <p>11am - 1pm Simply Food @56 Group 2</p> 	<p>2 11am-1pm Melbourne Cup BBQ Lunch</p> <p>11.30am - 1pm Hydrotherapy</p> <p>1 - 3pm</p>	<p>3</p> <p>9.30am- 12.30pm Let's Grow! @ the Community Garden</p> <p>10 -11.30am Adaptive Sports @ ALAC Basketball</p> 	<p>4</p> <p>3 - 4.30pm Singability group</p> <p>6 - 8pm Ten Pin Bowling</p> 	<p>5 9 - 11.30am Fishability @ Emu Point</p> <p>1 - 3pm Hydrotherapy</p> <p>6 - 9pm Chill Out Weekends @56</p> 	<p>6</p> <p>11am - 12noon Ten Pin Bowling</p> <p>6 - 9pm Chill Out Weekends @56</p>
<p>8</p> <p>10 - 11am Best Buddies Group @ Handasyde</p> <p>11am - 1pm Simply Food @56 Group 2</p>	<p>9</p> <p>11.30am - 1pm Hydrotherapy</p> <p>1 - 3pm Art @ Vancouver</p> 	<p>10</p> <p>9.30am- 12.30pm Let's Grow! @ the Community Garden</p> <p>10 -11.30am Adaptive Sports @ ALAC Basketball</p> 	<p>11</p> <p>3 - 4.30pm Singability group</p> <p>6 - 8pm Ten Pin Bowling</p>	<p>12 9 - 11.30am Fishability @ Emu Point</p> <p>1 - 3pm Hydrotherapy</p> <p>6 - 9pm Chill Out Weekends @56</p>	<p>13</p> <p>11am - 12noon Ten Pin Bowling</p> <p>6 - 9pm Chill Out Weekends @56</p>
<p>15</p> <p>10 - 11am Best Buddies Group @ Handasyde</p> <p>11am - 1pm Simply Food @56 Group 2</p>	<p>16</p> <p>11.30am - 1pm Hydrotherapy</p> <p>1 - 3pm Art @ Vancouver</p>	<p>17</p> <p>9.30am- 12.30pm Let's Grow! @ the Community Garden</p> <p>10 -11.30am Adaptive Sports @ ALAC Basketball</p>	<p>18</p> <p>3 - 4.30pm Singability group</p> <p>6 - 8pm Ten Pin Bowling</p>	<p>19 9 - 11.30am Fishability @ Emu Point</p> <p>1 - 3pm Hydrotherapy</p> <p>6 - 9pm Chill Out Weekends @56</p>	<p>20</p> <p>11am - 12noon Ten Pin Bowling</p> <p>6 - 9pm Chill Out Weekends @56</p>
<p>22</p> <p>10 - 11am Best Buddies Group @ Handasyde</p> <p>11am - 1pm Simply Food @56 Group 2</p>	<p>23</p> <p>11.30am - 1pm Hydrotherapy</p> <p>1 - 3pm Art @ Vancouver</p>	<p>24</p> <p>9.30am- 12.30pm Let's Grow! @ the Community Garden</p> <p>10 -11.30am Adaptive Sports @ ALAC Basketball</p>	<p>25</p> <p>3 - 4.30pm Singability group</p> <p>6 - 8pm Ten Pin Bowling</p>	<p>26 9 - 11.30am Fishability @ Emu Point</p> <p>1 - 3pm Hydrotherapy</p> <p>6 - 9pm Chill Out Weekends @56</p>	<p>27</p> <p>11am - 12noon Ten Pin Bowling</p> <p>6 - 9pm Chill Out Weekends @56</p>
<p>29</p> <p>10 - 11am Best Buddies Group @ Handasyde</p> <p>11am - 1pm Simply Food @56 Group 2</p>	<p>30</p> <p>11.30am - 1pm Hydrotherapy</p> <p>1 - 3pm Art @ Vancouver</p>				

To stay up to date like our Facebook page
@MyCommunityLivingAssociation
 or visit our website **mycla.org.au**



Community

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Day	Weekly Inclusive Activities
CLA Events 	<p>11am -1pm Simply Food - Cooking and Nutrition @56 Group 2 -18 October to 6 December *This course is only for CLA participants who registered and have been confirmed.*</p> <p>2 November 11am to 1pm - Melbourne Cup BBQ Lunch Best dressed competition and gold coin Melbourne Cup Sweep.</p>
Community Programs	<p>SingAbility - singing and music program Thursdays 3 - 4.30pm. 7 October to 23 December @56.</p> <p>NEW - Chill Out Weekends @56  Fridays and Saturdays 6 - 9pm. 5 November to 24 December for approved unsupported participants 16+.</p>
Mondays	10 - 11am Best Buddies Social Group at Handasyde Strawberry Farm Café, 382 Chester Pass Rd, Walmsley.
Wednesdays	9.30 am - 12.30pm Let's Grow! at the Rainbow Coast Community Garden Humphreys St, Lockyer. Check out rcnc.org.au website for details. 3 - 4.30pm Community Soup Kitchen @ St John Anglican Parish on York St. Information phone 9841 5015.
Thursdays	1 - 3pm Bingo @ Senior Citizens Centre, 122 Grey St W, Albany Information phone 9841 2168. 6 - 8pm Albany Ten Pin Bowling. Information phone 9841 1330.
Fridays	4 - 6pm Barefoot Bowls @ Emu Point Sporting Club. Information phone Tim Fairley - 0448 423 096.
Saturdays	11am - 12pm Albany Ten Pin Bowling. Information phone 9841 1330.



To find other social groups in Albany visit: www.findalbany.com.au

Upcoming Events:

3 December - International Day of People with Disability Karaoke and afternoon tea

9 December - AGM BBQ

15 December CLA Christmas Party!

