

# LifeSkills

Spring  
November 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 <b>11.30 - 1pm</b> Melbourne Cup Lunch <b>1 - 3pm</b> Art @ Vancouver with Helen Marshall</p>	<p>2 <b>9.30am- 12.30pm</b> Let's Grow! @ the Community Garden <b>10 -11.30am</b> Social Sports @ ALAC</p>	<p>3 <b>2 - 3.30pm</b> Bingo @56 <b>6 - 8pm</b> Ten Pin Bowling</p>	<p>4 <b>9 -11.30am</b> Fishability @ Emu Point</p>	<p>5 <b>11am - 12 noon</b> Ten Pin Bowling</p>
<p>7 <b>10 - 11am</b> Best Buddies Group <b>1.30-3pm</b> SingAbility</p>	<p>8 <b>1 - 3pm</b> Art @ Vancouver with Helen Marshall</p>	<p>9 <b>9.30am- 12.30pm</b> Let's Grow! @ the Community Garden <b>10 -11.30am</b> Social Sports @ ALAC</p>	<p>10 <b>2 - 3.30pm</b> Bingo @56 <b>6 - 8pm</b> Ten Pin Bowling</p>	<p>11 Remembrance Day <b>9 -11.30am</b> Fishability @ Emu Point</p>	<p>12 <b>11am - 12 noon</b> Ten Pin Bowling</p> 
<p>14 <b>10 - 11am</b> Best Buddies Group <b>1.30-3pm</b> SingAbility</p>	<p>15 <b>1 - 3pm</b> Art @ Vancouver with Helen Marshall</p>	<p>16 <b>9.30am- 12.30pm</b> Let's Grow! @ the Community Garden <b>10 -11.30am</b> Social Sports @ ALAC</p>	<p>17 <b>2 - 3.30pm</b> Bingo @56 <b>6 - 8pm</b> Ten Pin Bowling</p> 	<p>18 <b>9 -11.30am</b> Fishability @ Emu Point</p>	<p>19 <b>11am - 12 noon</b> Ten Pin Bowling</p>
<p>21 <b>10 - 11am</b> Best Buddies Group <b>1.30-3pm</b> SingAbility</p>	<p>22 <b>1 - 3pm</b> Art @ Vancouver with Helen Marshall</p>	<p>23 <b>9.30am- 12.30pm</b> Let's Grow! @ the Community Garden <b>10 -11.30am</b> Social Sports @ ALAC</p>	<p>24 <b>10am - 2pm</b> Albany Ability Festival <b>2 - 3.30pm</b> Bingo @56 <b>6 - 8pm</b> Ten Pin Bowling</p>	<p>25 <b>9 -11.30am</b> Fishability @ Emu Point</p>	<p>26 <b>11am - 12noon</b> Ten Pin Bowling</p>
<p>28 <b>10 - 11am</b> Best Buddies Group <b>1.30-3pm</b> SingAbility</p>	<p>29 <b>10.30 -12.30 SDA</b> Housing Forum @ 56 <b>1 - 3pm</b> Art @ Vancouver with Helen Marshall</p>	<p>30 <b>9.30am- 12.30pm</b> Let's Grow! @ the Community Garden <b>10 -11.30am</b> Social Sports @ ALAC</p>	<p>27 <b>2 - 3.30pm</b> Bingo @56 <b>6 - 8pm</b> Ten Pin Bowling</p>	<p>28 <b>9 -11.30am</b> Fishability @ Emu Point</p>	

# Community

November 2022

Day	Weekly Inclusive Activities
CLA Community Programs	<p><b>Bingo @56</b> Join in on Thursday afternoons and enjoy a few fun rounds of bingo with like minded people. \$2 gold coin entry, weekly prize to be won. This activity is for CLA participants only.</p> <p>Thanks to generous donations and support from the Albany Shantymen <b>SingAbility</b> continues throughout November. Mondays 1.30-3pm, new participants always welcome.</p> <p><b>Albany Ability Festival - Celebrating abilities and talent.</b> Thursday 24 November 10am - 2pm. Entertainment, arts &amp; crafts, activities, markets, sausage sizzle and more!</p>
Mondays	<b>10 - 11am Best Buddies Social Group</b> check Facebook group for details.
Wednesdays	<p><b>9.30 am - 12.30pm Let's Grow! at the Rainbow Coast Community Garden</b> Humphreys St, Lockyer. Follow @RCNCAlbany Facebook page for updates or changes to this session.</p> <p><b>3 - 4.30pm Community Soup Kitchen @</b> St John Anglican Parish on York St. Information phone 9841 5015.</p>
Thursdays	<p><b>1 - 3pm Bingo @</b> Senior Citizens Centre, 122 Grey St W, Albany Information phone 9841 2168.</p> <p><b>6 - 8pm Albany Ten Pin Bowling.</b> Information phone 9841 1330.</p>
Fridays	<b>4 - 6pm Barefoot Bowls @</b> Emu Point Sporting Club. Information phone Tim Fairley - 0448 423 096.
Saturdays	<b>11am - 12pm Albany Ten Pin Bowling.</b> Information phone 9841 1330.

To find other social groups in Albany visit: [www.findalbany.com.au](http://www.findalbany.com.au)

## Don't forget to RSVP to our upcoming events

- **Thursday 8 December - AGM** 11am - 12.30pm
- **Wednesday 14 December - CLA Christmas Party** 12 - 2.30pm

