








Community Living Association

LifeSkills

August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 2 - 3.30pm Bingo @56 	2 12 - 2.30pm Hang out Space @56 for CLA participants
5 10 - 11am Best Buddies Group 1.30-3pm SingAbility	6 1 - 3pm Art Circle @56 	7 10 - 11.30am Social Sports @ ALAC 11.30 am - 2pm Hang out Space @56 for CLA participants	8 2 - 3.30pm Bingo @56	9 12 - 2.30pm Hang out Space @56 for CLA participants
12 10 - 11am Best Buddies Group 1.30-3pm SingAbility	13 1 - 3pm Term 3 start Art Circle @56 	14 10 - 11.30am Social Sports @ ALAC Term 3 11.30 am - 2pm Hang out Space @56 for CLA participants	15 2 - 3.30pm Bingo @56	16 12 - 2.30pm Hang out Space @56 for CLA participants
19 10 - 11am Best Buddies Group 1.30-3pm SingAbility	20 1 - 3pm Art Circle @56 	21 10 - 11.30am Social Sports @ ALAC 11.30 am - 2pm Hang out Space @56 for CLA participants	22 2 - 3.30pm Bingo @56	23 12 - 2.30pm Hang out Space @56 for CLA participants
26 10 - 11am Best Buddies Group 1.30-3pm SingAbility	27 1 - 3pm Art Circle @56 	28 10 - 11.30am Social Sports @ ALAC 11.30 am - 2pm Hang out Space @56 for CLA participants	29 2 - 3.30pm Bingo @56	30 12 - 2.30pm Hang out Space @56 for CLA participants



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Community

August 2024

Day	Weekly Inclusive Activities
CLA Activities	<p>Our CLA activities are all back, join in the fun:</p> <ul style="list-style-type: none"> • Mondays - SingAbility at 56 Term 3 starts Mon 15 July • Tuesdays - Art Circle at 56 Term 3 starts Tue 16 July • Wednesdays - Social Sports at ALAC Term 3 starts Wed 16 July • Thursdays - Bingo at 56 (CLA participants only) <p>Registration forms are available from reception, new registrations welcome.</p>
Mondays	10 - 11am Best Buddies Social Group check Facebook group for details.
Wednesdays	<p>9.30 am - 12.30pm Let's Grow! at the Rainbow Coast Community Garden Humphreys St, Lockyer. Follow @RCNCAlbany Facebook page for updates or changes to this session.</p> <p>3 - 4.30pm Community Soup Kitchen @ St John Anglican Parish on York St. Information phone 9841 5015.</p>
Thursdays	<p>1 - 3pm Bingo @ Senior Citizens Centre, 122 Grey St W, Albany Information phone 9841 2168.</p> <p>Albany Ten Pin Bowling. Temporary closure from 8/10/2023. Information phone 9841 1330.</p>
Fridays	4 - 6pm Barefoot Bowls @ Emu Point Sporting Club. Information phone Tim Fairley - 0448 423 096.

Warm up your winter thanks to Albany Regional Volunteer Service:



Tuesdays 7-8.30am Breakfast in the park
Free @ Mokare Park, Albany



Wednesdays 2-3pm Tummy Warmers Soup Kitchen
Free @ St John's Church Hall, Albany

For info call 9841 3588