

LifeSkills

August
2025

Monday	Tuesday	Wednesday	Thursday	Friday
				1 12 - 2.30pm Hang out Space @56 for CLA participants
4 10 - 11am Best Buddies Group 1.30-3pm SingAbility	5 10 - 12 Noon Art Circle @56 1 - 3pm Art Circle @56	6 10 - 11.30am Social Sports @ ALAC 1030-12:30 Speaking Up in the Bush (Focus Group)	7 2 - 3.30pm Bingo @56 1030-12:30 Speaking Up in the Bush (Focus Group)	8 12 - 2.30pm Hang out Space @56 for CLA participants
11 10 - 11am Best Buddies Group 1.30-3pm SingAbility	12 10 - 12 Noon Art Circle @56 1 - 3pm Art Circle @56	13 10 - 11.30am Social Sports @ ALAC 11.30 am – 2pm Hang out Space @56 for CLA participants	14 2 - 3pm Bingo @56	15 12 - 2.30pm Hang out Space @56 for CLA participants
18 10 - 11am Best Buddies Group 1.30-3pm SingAbility	19 10 - 12 Noon Art Circle @56 1 - 3pm Art Circle @56	20 Term 3 Starts 10 - 11.30am Social Sports @ ALAC 11.30 am – 2pm Hang out Space @56 for CLA participants	21 2 - 3.30pm Bingo @56	22 12 - 2.30pm Hang out Space @56 for CLA participants
25 10 - 11am Best Buddies Group 1.30-3pm SingAbility	26 10 - 12 Noon Art Circle @56 1 - 3pm Art Circle @56	27 10 - 11.30am Social Sports @ ALAC 11.30 am – 2pm Hang out Space @56 for CLA participants	28 2 - 3.30pm Bingo @56	

Community

August
2025

Day	Weekly Inclusive Activities
CLA Activities	Our CLA activities are all back, join in the fun, registrations essential: Mondays - SingAbility at 56. Tuesdays - Art Circle at 56 . 10 am - 12 Noon & 1 - 3pm Wednesdays - Social Sports at ALAC. Thursdays - Bingo at 56 (CLA participants only)
Mondays	10 - 11am Best Buddies Social Group check Facebook group for details.
Wednesdays	9.30 am - 12.30pm Let's Grow! at the Rainbow Coast Community Garden Humphreys St, Lockyer. Follow @RCNCAlbany Facebook page for up- dates or changes to this session. 3 - 4.30pm Community Soup Kitchen @ St John Anglican Parish on York St. Information phone 9841 5015.
Thursdays	7- 8.30am Breakfast in the square. Free! For info call Albany Regional Volunteer Service on 9841 3588.
Fridays	4 - 6pm Barefoot Bowls @ Emu Point Sporting Club. Information phone Tim Fairley - 0448 423 096.
External Events	NeuroKids: Information Session 7 13/08/2025 0 10:00-12:00 @ Vancouver Art Centre SportsforAll: Open day 30/01/2025 Q) 01:00-0900 @ Retravision Stadium

Want to use our Driving Simulator?



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