

Friday



9.30am – 11am

Jamhaven

Come along and rock the HUB!

No experience needed.
Sing, dance & enjoy being
with friends.

Members \$20.00

Non-Members \$25.00

Catch public
transport to a
different place each
week and go for a
scenic group walk.

11am – 3pm

**Going
Places**



11am – 12.30pm

**Client Market
Stall**

**Create to Sell
Conditions apply**

16 August 2025
26 September 2025
Future Dates TBA

Monday



9.30am – 10.30am

**Djembe
Drumming
Circle**

Join us for
drumming, singing
and dancing!
Members \$10.00
Non-Members \$15.00

Make something
different every week!
Meet new people.
Make new friends.
See our Workshop
program for details.

11am – 12.30pm

**Workshop
of the
Week**



1pm – 3pm

**Gardening
Club**

Garden maintenance
Planting
Potting
Propagation



Thursday



9.30am – 10.30am

Literacy Skills Group

Improve your skills

Content includes:

Vocabulary

Comprehension

Grammar basics

Reading Writing Typing

Meal Prep & Cooking

Content includes:

Following a recipe

Shopping lists Budgeting

Hygiene Freezing

Cooking and Baking

11am – 2.00pm

Cooking Club



2pm – 3pm

World & Environment

Our World

Content includes:

Natural & Manmade
wonders Countries

Other cultures

Weather Space

Tuesday



9.30am – 10.30am

Numeracy Skills Group

All about Numbers

Content includes:

Counting Addition
Subtraction Money skills
Time skills
Measurement

Make Video Content

Content examples:

Role play Tell a story
Make an advertisement
Create a news report or
weather report Sing a
song

11am – 2.00pm

I'm On Camera



2pm – 3pm

Body Works

Learn about the Human Body. Content includes

Basic anatomy and
physiology

Hygiene Sun safety

Healthy eating

Sleep Exercise

Wednesday



9.30am – 10.30am

Social Skills Group

Make new friends

Content includes:

Conversation skills

Manners How to ask

How to complain

Feelings and emotions

Personal boundaries

Art and Craft Activities

11am – 2.00pm

Painting

Scrapbooking

Sculpture Sewing
and more

Craft Club



2pm – 3pm

All About Australia

Learn about Australia

Content includes:

Dreamtime Colonisation

Convicts Bushrangers

Explorers Leaders

Environment Animals

Culture