

JANUARY | 2022

Monday

January 10th

THE CULTURE EXCHANGE
10am-1pm

Welcome to 2022! Enjoy catching up with friends over a yummy lunch!

CREATIVE PROJECTS

1:30pm-3:30pm

Welcome to 2022! We'll play a game or two then chat about the year ahead!

Tuesday

January 11th

HEALTHY LIVING
9:30am-1:30pm

Today we'll explore the major vitamins which support our immune systems. We will gain a better understanding of how they assist us and which foods we find them in!

Wednesday

January 12th

SPICE OF LIFE 10am-2pm

Welcome to 2022! Lets celebrate the new year with some treats, trivia and tunes! We'll be looking at music through the ages, featuring some of our favourite artists and learning more about their songs and stories!

Friday

January 14th

MENS BUSINESS 10am-2pm

Join with friends as we plan for the year ahead over a special lunch! We'll be sharing about our Christmas break before getting stuck into our project plans!

January 17th

THE CULTURE EXCHANGE
10am-1pm

Join us for armchair travel! We'll be exploring a surprise destination with fascinating facts and flavoursome food!

CREATIVE PROJECTS

1:30pm-3:30pm

Time to mix it up with some fun and games before tea!

January 18th

HEALTHY LIVING
9:30am-1:30pm

We've done the vitamins, now lets look at minerals! We'll learn more about the minerals needed for a healthy immune system and where these are found in nature and food!



January 19th

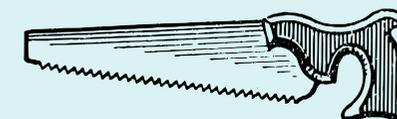
SPICE OF LIFE 10am-2pm

Join with friends as we get together for a games day! There'll be plenty of old classics as well as some new favourites, so join us for some friendly competition!

January 21st

MENS BUSINESS 10am-2pm

Today we'll be in the shed getting ready to start a new woodwork project!



Monday

January 24th

THE CULTURE EXCHANGE

10am-1pm

Today we'll be celebrating Australia! We'll look at Australia today and acknowledge our history before eating some yummy Aussie food and playing some fun Aussie games!

CREATIVE PROJECTS

1:30pm-3:30pm

Today we'll be looking at knitting and taperstry! Whether you're a beginner or a pro, the team will help you create your own piece!

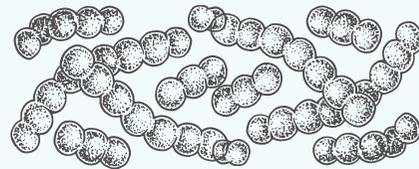
Tuesday

January 25th

HEALTHY LIVING

9:30am-1:30pm

Start your day right with chair yoga before sharing morning tea with friends! Afterwards, we'll be getting to know our guts! We'll be learning about the gut biome and how it works to keep us healthy!



Wednesday

January 26th

**NO PROGRAM
PUBLIC HOLIDAY**

Friday

January 28th

MENS BUSINESS 10am-2pm

Join with friends over a delicious lunch as we look at all things cars! We'll be chatting about our first cars, exploring newer models and looking at some amazing collections from around the world.

