Illawarra Clubhouse
34 Auburn Street Wollongong Ph: 0408964468 Email: Illawarra.clubhouse@onedoor.org.au



Monday	Tuesday	Wednesday	Thursday	Friday
				1 09:00 Check in and Cuppa 09:30 Creative Space (Music/Art) 11:30 Group Lunch Cooking 12:00 Chicken Pot Pie 12:30 Project Corner 12:30 Games / Pool Group
4 09:00 Check in and Cuppa or 09:00 Golf Group 09:30 Mindfulness/Mental Health Chat 10:30 Drama 101 11:30 Group Lunch Cooking 12:00 Chilli Con Carne 13:00 Art Group	5 09:00 Check in and Cuppa 09:30 Walk & Talk or 09:30 Mindfulness 10:30 Craft Corner 11:30 Group Lunch Cooking 12:00 Beef Stir Fry 13:00 'Lindy's Listening' (Members Meeting) 14:00 Games	6 10:00-2:00 Woman's and Men's Groups	7 09:00 Check in and Cuppa 09:30 Members Meeting 10:30 Baking Group 11:30 Group Lunch Cooking 12:00 Tacos 13:00 Art Group 15:00 Chill Out Group	8 09:00 Check in and Cuppa 09:30 Creative Space (Music/Art) 11:30 Group Lunch Cooking 12:00 Spaghetti Bolognese 12:30 Project Corner 12:30 Games / Pool Group
11 09:00 Check in and Cuppa or 09:00 Golf Group 09:30 Mindfulness/Mental Health Chat 10:30 Drama 101 11:30 Group Lunch Cooking 12:00 Tacos 13:00 Art Group	12 OUTING DAY TEN PIN BOWLING (\$5) & LUNCH (\$10-\$20)	13 10:00-2:00 Woman's and Men's Groups	14 09:00 Check in and Cuppa 09:30 Members Meeting 10:30 Baking Group 11:30 Group Lunch Cooking 12:00 Hamburgers 13:00 Art Group 15:00 Chill Out Group	15 09:00 Check in and Cuppa 09:30 Creative Space (Music/Art) 11:30 Group Lunch Cooking 12:00 Butter Chicken 12:30 Project Corner 12:30 Games / Pool Group 17:00 Clubhouse Connect (18-25)
18 09:00 Check in and Cuppa or 09:00 Golf Group 09:30 Mindfulness/Mental Health Chat 10:30 Drama 101 11:30 Group Lunch Cooking 12:00 Mini Pizzas 13:00 Art Group	19 09.00 Check in and Cuppa 09:30 Walk & Talk or 09:30 Mindfulness 10:30 Craft Corner 11:30 Group Lunch Cooking 12.00 Pesto Pasta 13:00 'Lindy's Listening' ((Members Meeting) 14:00 Games	20 10:00-2:00 Woman's and Men's Groups	21 09:00 Check in and Cuppa 09:30 Members Meeting 10:30 Baking Group 11:30 Group Lunch Cooking 12:00 Sausages and Mash 13:00 Art Group	09:00 Check in and Cuppa 09:30 Creative Space (Music/Art) 11:30 Group Lunch Cooking 12:00 Chicken Stir Fry 12:30 Project Corner 12:30 Games / Pool Group
25 09:00 Check in and Cuppa or 09:00 Golf Group 09:30 Mindfulness/Mental Health Chat 10:30 Drama 101 11:30 Group Lunch Cooking 12:00 Butter Chicken 13:00 Art Group	26 09.00 Check in and Cuppa 09:30 Walk & Talk or 09:30 Mindfulness 10:30 Craft Corner 11:30 Group Lunch Cooking 12.00 Hamburgers 13:00 'Lindy's Listening' (Members Meeting) 14:00 Games	Combined Women and Men's Group PUTT PUTT (\$5) & LUNCH (\$10-\$20)	28 09:00 Check in and Cuppa 09:30 Members Meeting 10:30 Baking Group 11:30 Group Lunch Cooking 12:00 Beef Stir Fry 13:00 Art Group 15.00 Chill Out Group	29 09:00 Check in and Cuppa 09:30 Creative Space (Music/Art) 11:30 Group Lunch Cooking 12:00 Tacos 12:30 Project Corner 12:30 Games / Pool Group 17:00 Clubhouse Connect (18-25)