

Lockdown Social

Lockdown Social Calendar					
Month	Day	Date	Activity	Things to bring / to remember	Cost
July 2021	Monday	19/07/21	<b>Lockdown MMA &amp; Cooking in the Hub</b> <i>Time: 9.00am-3.00pm</i>	<b>Description of activity:</b> An opportunity to get fit in Booralee Park with an online MMA class. followed by cooking and a healthy lunch in the Hub - Morning tea and snacks - Hat and water bottle - \$10.00 for lunch	<b>Total Estimated Cost:</b> \$10.00 for lunch
July 2021	Tuesday	20/07/2021	<b>Skill Building &amp; Cooking in the Hub</b> <i>Time: 9.00am-3.00pm</i>	<b>Description activity:</b> Varied activities to build skills and confidence whilst having fun with friends through the lockdown.Activities such as: Cooking, budgeting and gardening - Morning tea and snacks - Hat and water bottle - \$10.00 for lunch	<b>Total Estimated Cost:</b> \$10.00 for lunch
July 2021	Wednesday	21/07/2021	<b>Yoga &amp; Cooking in the Hub</b> <i>Time: 9.00am-3.00pm</i>	<b>Description of activity:</b> A gentle Yoga class led by Kiara who is one of our support workers. Later in the day participants will have a chance to join Avenue Connect our popular online workshops that run daily .Followed by cooking a healthy lunch together in the Hub -Morning tea and snacks -Hat and water bottle -\$10.00 for lunch	<b>Total Estimated Cost:</b> \$10.00 for lunch
July 2021	Thursday	22/07/2021	<b>Zumba &amp; Cooking in the Hub</b> <i>Time: 9.00am-3.00pm</i>	<b>Description of activity:</b> Come and enjoy a fun packed day and join an online Zumba class followed by arts and crafts and cooking in the Hub - Morning tea and snacks - Hat and water bottle -\$10.00 for lunch	<b>Total Estimated Cost:</b> \$10.00 for lunch
July 2021	Friday	23/07/2021	<b>Gardening &amp; Cooking in the Hub</b> <i>Time: 9.00am-3.00pm</i>	<b>Description of activity:</b> Help build a herb and veggie garden ! join in the fun of using those herbs when we cook in the Hub. -Morning tea and snacks -Hat and water bottle -\$15.00 includes contribution towards gardening supplies and money for lunch	<b>Total Estimated Cost:</b> \$15.00 for the activity and lunch

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July 2021	Tuesday	20/07/2021	<b>Skill Building &amp; Cooking in the Hub</b> <i>Time: 9.00am-3.00pm</i>	<b>Description activity:</b> Varied activities to build skills and confidence whilst having fun with friends through the lockdown.Activities such as: Cooking, budgeting and gardening - Morning tea and snacks - Hat and water bottle - \$10.00 for lunch	<b>Total Estimated Cost:</b> \$10.00 for lunch
July 2021	Wednesday	21/07/2021	<b>Yoga &amp; Cooking in the Hub</b> <i>Time: 9.00am-3.00pm</i>	<b>Description of activity:</b> A gentle Yoga class led by Kiara who is one of our support workers. Later in the day participants will have a chance to join Avenue Connect our popular online workshops that run daily .Followed by cooking a healthy lunch together in the Hub -Morning tea and snacks -Hat and water bottle -\$10.00 for lunch	<b>Total Estimated Cost:</b> \$10.00 for lunch
July 2021	Thursday	22/07/2021	<b>Zumba &amp; Cooking in the Hub</b> <i>Time: 9.00am-3.00pm</i>	<b>Description of activity:</b> Come and enjoy a fun packed day and join an online Zumba class followed by arts and crafts and cooking in the Hub - Morning tea and snacks - Hat and water bottle -\$10.00 for lunch	<b>Total Estimated Cost:</b> \$10.00 for lunch
July 2021	Friday	30/07/2021	<b>Virtual Art Tour at The Louvre Followed by Art in the Park &amp; Cooking in the Hub</b> <i>Time: 9.00am-3.00pm</i>	<b>Description of Activity:</b> Be utterly transfixed as we virtually go on a journey to the world famous Louvre in Paris France.Be inspired and create your own masterpiece to take home,followed by cooking lunch in the Hub - Morning tea and snacks -Hat and water bottle -\$15.00 for contribution towards arts supplies and lunch	<b>Total Estimated Cost:</b> \$15.00 for the activity and money for lunch
August 2021	Monday	02/08/21	<b>Lockdown MMA &amp; Cooking in the Hub</b> <i>Time: 9.00am-3.00pm</i>	<b>Description of activity:</b> An opportunity to get fit in Booralee Park with an online MMA class, followed by cooking and a healthy lunch in the Hub - Morning tea and snacks - Hat and water bottle - \$10.00 for lunch	<b>Total Estimated Cost:</b> \$10.00 for lunch

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August 2021	Tuesday	03/08/2021	<p style="text-align: center;"><b>Skill Building &amp; Cooking in the Hub</b> <i>Time: 9.00am-3.00pm</i></p>	<p><b>Description activity:</b> Varied activities to build skills and confidence whilst having fun with friends through the lockdown. Activities such as: Cooking, budgeting and gardening</p> <ul style="list-style-type: none"> <li>- Morning tea and snacks</li> <li>- Hat and water bottle</li> <li>- \$10.00 for lunch</li> </ul>	<p><b>Total Estimated Cost:</b> \$10.00 for lunch</p>
August 2021	Wednesday	04/08/2021	<p style="text-align: center;"><b>Yoga &amp; Cooking in the Hub</b> <i>Time: 9.00am-3.00pm</i></p>	<p><b>Description of activity:</b> A gentle Yoga class led by Kiara who is one of our support workers. Later in the day participants will have a chance to join Avenue Connect our popular online workshops that run daily. Followed by cooking a healthy lunch together in the Hub</p> <ul style="list-style-type: none"> <li>-Morning tea and snacks</li> <li>-Hat and water bottle</li> <li>-\$10.00 for lunch</li> </ul>	<p><b>Total Estimated Cost:</b> \$10.00 for lunch</p>
August 2021	Thursday	05/08/2021	<p style="text-align: center;"><b>Zumba &amp; Cooking in the Hub</b> <i>Time: 9.00am-3.00pm</i></p>	<p><b>Description of activity:</b> Come and enjoy a fun packed day and join an online Zumba class followed by arts and crafts and cooking in the Hub</p> <ul style="list-style-type: none"> <li>- Morning tea and snacks</li> <li>- Hat and water bottle</li> <li>-\$10.00 for lunch</li> </ul>	<p><b>Total Estimated Cost:</b> \$10.00 for lunch</p>
August 2021	Friday	06/08/2021	<p style="text-align: center;"><b>Cake decorating &amp; Cooking in the Hub</b> <i>Time: 9.00am-3.00pm</i></p>	<p><b>Description of Activity:</b> Get creative and decorate cupcakes for morning tea followed by a healthy lunch in the Hub</p> <ul style="list-style-type: none"> <li>- Morning tea and snacks</li> <li>-Hat and water bottle</li> <li>-\$15.00 for contribution towards activity and lunch</li> </ul>	<p><b>Total Estimated Cost:</b> \$15.00 for the activity and lunch</p>
August 2021	Monday	09/08/21	<p style="text-align: center;"><b>Lockdown MMA &amp; Cooking in the Hub</b> <i>Time: 9.00am-3.00pm</i></p>	<p><b>Description of activity:</b> An opportunity to get fit in Booralee Park with an online MMA class. followed by cooking and a healthy lunch in the Hub</p> <ul style="list-style-type: none"> <li>- Morning tea and snacks</li> <li>- Hat and water bottle</li> <li>- \$10.00 for lunch</li> </ul>	<p><b>Total Estimated Cost:</b> \$10.00 for lunch</p>
August 2021	Tuesday	10/08/2021	<p style="text-align: center;"><b>Skill Building &amp; Cooking in the Hub</b> <i>Time: 9.00am-3.00pm</i></p>	<p><b>Description activity:</b> Varied activities to build skills and confidence whilst having fun with friends through the lockdown. Activities such as: Cooking, budgeting and gardening</p> <ul style="list-style-type: none"> <li>- Morning tea and snacks</li> <li>- Hat and water bottle</li> <li>- \$10.00 for lunch</li> </ul>	<p><b>Total Estimated Cost:</b> \$10.00 for lunch</p>

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August 2021	Wednesday	11/08/2021	<p><b>Yoga &amp; Cooking in the Hub</b>  <i>Time: 9.00am-3.00pm</i></p>	<p><b>Description of activity:</b> A gentle Yoga class led by Kiara who is one of our support workers. Later in the day participants will have a chance to join Avenue Connect our popular online workshops that run daily .Followed by cooking a healthy lunch together in the Hub                      -Morning tea and snacks                      -Hat and water bottle                      -\$10.00 for lunch</p>	<p><b>Total Estimated Cost:</b> \$10.00 for lunch</p>
August 2021	Thursday	12/08/2021	<p><b>Zumba &amp; Cooking in the Hub</b>  <i>Time: 9.00am-3.00pm</i></p>	<p><b>Description of activity:</b> Come and enjoy a fun packed day and join an online Zumba class followed by arts and crafts and cooking in the Hub                      - Morning tea and snacks                      - Hat and water bottle                      -\$10.00 for lunch</p>	<p><b>Total Estimated Cost:</b> \$10.00 for lunch</p>
August 2021	Friday	13/08/2021	<p><b>Karaoke &amp; Just Dance &amp; Cooking in the Hub</b></p>	<p><b>Description of Activity:</b> Have a laugh with your friends in the Social Room as we sing and dance our Friday away.Followed by a healthy lunch in the Hub                      -Morning tea and snacks                      -Hat and water bottle                      -\$10.00 for lunch</p>	<p><b>Total Estimated Cost:</b> \$10.00 for lunch</p>
August 2021	Monday	16/08/21	<p><b>Lockdown MMA &amp; Cooking in the Hub</b>  <i>Time: 9.00am-3.00pm</i></p>	<p><b>Description of activity:</b> An opportunity to get fit in Booralee Park with an online MMA class. followed by cooking and a healthy lunch in the Hub                      - Morning tea and snacks                      - Hat and water bottle                      - \$10.00 for lunch</p>	<p><b>Total Estimated Cost:</b> \$10.00 for lunch</p>
August 2021	Tuesday	17/08/2021	<p><b>Skill Building &amp; Cooking in the Hub</b>  <i>Time: 9.00am-3.00pm</i></p>	<p><b>Description activity:</b> Varied activities to build skills and confidence whilst having fun with friends through the lockdown.Activities such as: Cooking, budgeting and gardening                      - Morning tea and snacks                      - Hat and water bottle                      - \$10.00 for lunch</p>	<p><b>Total Estimated Cost:</b> \$10.00 for lunch</p>

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August 2021	Wednesday	18/08/2021	<p><b>Yoga &amp; Cooking in the Hub</b> Time: 9.00am-3.00pm</p>	<p><b>Description of activity:</b> A gentle Yoga class led by Kiara who is one of our support workers. Later in the day participants will have a chance to join Avenue Connect our popular online workshops that run daily .Followed by cooking a healthy lunch together in the Hub</p> <ul style="list-style-type: none"> <li>-Morning tea and snacks</li> <li>-Hat and water bottle</li> <li>-\$10.00 for lunch</li> </ul>	<p><b>Total Estimated Cost:</b> \$10.00 for lunch</p>
August 2021	Thursday	19/08/2021	<p><b>Zumba &amp; Cooking in the Hub</b> Time: 9.00am-3.00pm</p>	<p><b>Description of activity:</b> Come and enjoy a fun packed day and join an online Zumba class followed by arts and crafts and cooking in the Hub</p> <ul style="list-style-type: none"> <li>- Morning tea and snacks</li> <li>- Hat and water bottle</li> <li>-\$10.00 for lunch</li> </ul>	<p><b>Total Estimated Cost:</b> \$10.00 for lunch</p>
August 2021	Friday	20/08/2021	<p><b>Creative Science &amp; Cooking in the Hub</b> Time: 9.00am-3.00pm</p>	<p><b>Description of activity:</b> Art and science collide as we make a kaleidoscope. Using everyday objects such as torches and paper rolls participants will make a constellation light show. Followed by a healthy lunch in the Hub</p> <ul style="list-style-type: none"> <li>-Morning tea and snacks</li> <li>-Hat and water bottle</li> <li>-\$15.00 for activity and lunch</li> </ul>	<p><b>Total Estimated Cost:</b> \$15.00 for activity and lunch</p>
August 2021	Monday	23/08/21	<p><b>Lockdown MMA &amp; Cooking in the Hub</b> Time: 9.00am-3.00pm</p>	<p><b>Description of activity:</b> An opportunity to get fit in Booralee Park with an online MMA class. followed by cooking and a healthy lunch in the Hub</p> <ul style="list-style-type: none"> <li>- Morning tea and snacks</li> <li>- Hat and water bottle</li> <li>- \$10.00 for lunch</li> </ul>	<p><b>Total Estimated Cost:</b> \$10.00 for lunch</p>
August 2021	Tuesday	24/08/2021	<p><b>Skill Building &amp; Cooking in the Hub</b> Time: 9.00am-3.00pm</p>	<p><b>Description activity:</b> Varied activities to build skills and confidence whilst having fun with friends through the lockdown.Activities such as: Cooking, budgeting and gardening</p> <ul style="list-style-type: none"> <li>- Morning tea and snacks</li> <li>- Hat and water bottle</li> <li>- \$10.00 for lunch</li> </ul>	<p><b>Total Estimated Cost:</b> \$10.00 for lunch</p>

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August 2021	Wednesday	25/08/2021	<p style="text-align: center;"><b>Yoga &amp; Cooking in the Hub</b> Time: 9.00am-3.00pm</p>	<p><b>Description of activity:</b> A gentle Yoga class led by Kiara who is one of our support workers. Later in the day participants will have a chance to join Avenue Connect our popular online workshops that run daily .Followed by cooking a healthy lunch together in the Hub</p> <ul style="list-style-type: none"> <li>-Morning tea and snacks</li> <li>-Hat and water bottle</li> <li>-\$10.00 for lunch</li> </ul>	<p><b>Total Estimated Cost:</b> \$10.00 for lunch</p>
August 2021	Thursday	26/08/2021	<p style="text-align: center;"><b>Zumba &amp; Cooking in the Hub</b> Time: 9.00am-3.00pm</p>	<p><b>Description of activity:</b> Come and enjoy a fun packed day and join an online Zumba class followed by arts and crafts and cooking in the Hub</p> <ul style="list-style-type: none"> <li>- Morning tea and snacks</li> <li>- Hat and water bottle</li> <li>-\$10.00 for lunch</li> </ul>	<p><b>Total Estimated Cost:</b> \$10.00 for lunch</p>
August 2021	Friday	27/08/2021	<p style="text-align: center;"><b>Studio Ghibli Day &amp; Cooking in the Hub</b> Time: 9.00am-3.00pm</p>	<p><b>Description of activity:</b> Studio Ghibli Inc. is a Japanese animation film studio headquartered in Koganei, Tokyo. The studio is best known for its animated feature films such as Spirited Away. Participants will be inspired to make their own unique characters like Studio Ghibli. Followed by having a go at making Japanese food together in the Hub</p> <ul style="list-style-type: none"> <li>-Morning tea and snacks</li> <li>-Hat and water bottle</li> <li>-\$10.00 for lunch and popcorn</li> </ul>	<p><b>Total Estimated Cost:</b> \$10.00 for lunch</p>
August 2021	Monday	30/08/21	<p style="text-align: center;"><b>Lockdown MMA &amp; Cooking in the Hub</b> Time: 9.00am-3.00pm</p>	<p><b>Description of activity:</b> An opportunity to get fit in Booralee Park with an online MMA class. followed by cooking and a healthy lunch in the Hub</p> <ul style="list-style-type: none"> <li>- Morning tea and snacks</li> <li>- Hat and water bottle</li> <li>- \$10.00 for lunch</li> </ul>	<p><b>Total Estimated Cost:</b> \$10.00 for lunch</p>
August 2021	Tuesday	31/08/2021	<p style="text-align: center;"><b>Skill Building &amp; Cooking in the Hub</b> Time: 9.00am-3.00pm</p>	<p><b>Description activity:</b> Varied activities to build skills and confidence whilst having fun with friends through the lockdown.Activities such as: Cooking, budgeting and gardening</p> <ul style="list-style-type: none"> <li>- Morning tea and snacks</li> <li>- Hat and water bottle</li> <li>- \$10.00 for lunch</li> </ul>	<p><b>Total Estimated Cost:</b> \$10.00 for lunch</p>