



☀️ Life Skills – Welcome to 2025! ☀️

We are excited for another fantastic year at **Engedi Life Skills**, filled with fun, learning, and connection! Check out what's happening each week and join in the activities that interest you.

📅 Weekly Schedule:

🍳 Monday – Cooking Group (9 AM – 12 PM)

Learn to prepare a variety of healthy meals while gaining kitchen skills, meal prep knowledge, and hygiene awareness. Enjoy the delicious meal you've made together! **\$10 per session.**

🎭 Monday – Drama & Discovery Group (12.30 PM – 2 PM)

An action-packed afternoon exploring reading, writing, puzzles, memory games, scrapbooking, dancing, ball games, and communication skills. **\$10 per session.**

🎳 Tuesday – Social Group (9.30- 2.30pm)

Join us out in the community for ten-pin bowling, cinema trips, swimming, fishing, kite flying, ball games in the park, and occasional adventures to Seaforth or the Valley. **Cost varies per activity.**

🏊 Wednesday – Pool Session (11 AM – 12 PM)

Light exercises, ball games, music, and social activities in our heated, wheelchair-accessible pool. **\$10 per session.**

☕ Thursday – Billy Tea Café (10 AM – 12 PM)

Enjoy hot coffee, hot chocolate with marshmallows, and a variety of teas. Cake and coffee deal for **\$6**, plus other delicious food options—sausage rolls are a favourite! Our participants love taking orders and serving tables.

🎵 Thursday – Music Therapy & Tai Chi (1 PM – 2 PM)

Rob brings music and movement together, teaching different singing notes and incorporating Tai Chi for a fun and relaxing experience. Look out for special visits from **Sisters in Song!** **\$10 per session.**

🎨 Friday – Arts, Crafts & Baking (9 AM – 12 PM)

Enjoy beading, card making, and themed crafts. We also love baking healthy treats from the pantry. **\$10 per session – booking required if not regularly attending.**

📞 Bookings & More Info:

Call Leysa on **0448 180 234** or email lifeskills@engedi.org.au

A big **thank you** to all our clients, staff, and supporters—we can't wait to share an amazing 2025 with you! ❤️



2025 Raffles

All proceeds go towards our Accessible Garden project.

All donations appreciated

🐰 **Easter Raffle** – 1st March – drawn 17 April

🌸 **Mother's Day Raffle** – 21st April – drawn 11th May

🎄 **Christmas Raffle** – 1st November – drawn 18th December

Upcoming Events

❤️ Valentine's Dance Friday 14th Feb 5.30pm Life Skills - \$10 pp \$5 staff / non eaters

👯 Friday night dance (theme to be confirmed) 21st March 5.30pm - \$10 pp \$5 staff / non eaters

👯 Friday night dance (theme to be confirmed) 9th May 5.30pm - \$10 pp \$5 staff / non eaters

🐻 Black Friday PJ Party 13th June 5.30pm - \$10 pp \$5 staff / non eaters

🎤 Engedi's Got Talent Date to be confirmed

🌻 Mother's Day High Tea Sunday 11th May 10am \$30 per person \$20 Staff / Non eaters

Bookings Leysa Lifeskills@engedi.org.au

Life Skills Wish List

Outdoor Area for Garden Club and Eating area for Social Interaction. Concrete /Paving, Greenhouse, Outdoor table and chairs and Garden beds etc.

Nintendo Switch for Physical and Social skills.

Looking for Sponsorship and donations

Engedi is a Not-for-profit organization est. in 1985. We built on the philosophy that each person is a valued member of society, who has the right to lead a fulfilling and valued life. Engedi respects the diversity of all people and places high value on individual worth and dignity.

Thank You again to everyone for your support.

Leysa Lifeskills@engedi.org.au

