



Life Skills

September in Review

Monday Cooking group – Our Monday group cooked some delicious meals this month- Pork mince rissoles, Homemade Pasta Ravioli with Ricotta and Spinach (we learnt we need patience for pasta to be successful) we still could eat it. Shepherd's pie (extra portion may of been consumed by the sounds) Chicken Stroganoff and Curried Sausages and Rice. We also have included some chair exercises in the morning to help us get energized for the day.



Tuesday Social Group- Our Tuesday Social Group Glorious day at Seaforth Water Park and Yummy fish and chips from the local Takeaway shop. Bunnings craft decorating a box with paper cut outs. Fishing at Pioneer River Tait catching fish. An unsuccessful kite flying day but a very fun day of cricket and Frisby flying and BBQ at Illuka Park.



Wednesday – Pool Session 11am – 12pm Light exercises, ball games, music and great social activities. \$10 a session

Thursday A Billy Tea is held every Thursday from 10am till 12pm. Yummy hot coffee, hot chocolate with marshmallows and a variety of teas. Cake and coffee deal for \$5, we have lots more food on offer. Sausage Rolls have been the favorite this month. Our participants are doing a great job with taking orders and service to tables.

Music Therapy / Thai Chi Rob does such a great job with showing different singing notes and then he incorporates Tai Chi in the mix so much fun and relaxing at the same time. All welcome \$10 per session from 1pm till 2pm.

Friday Arts and Crafts – Our Arts and Crafts day on Friday. We also have been cooking – looking in the pantry to see what we can make as a healthy treat.

All Welcome \$10 a session.

Thank you again to all clients, staff, and customers for your support.



Upcoming Events

Saturday 2nd November **Engedi's Got Talent** is being held at Andergrove community hall. Our Participants will be showcasing their talents from singing dancing and amazing artwork.

Tickets and Entry Forms Entry Forms available at Life Skills

Tickets \$20 per person & \$15 for concession

Client Christmas Party – Friday 22nd November AGM 5.30pm, Party 6.30pm The Met

Life Skills Christmas Closing Times - Friday 20th December – Reopen on Monday 6th January 2025

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.

Bench Seat

Looking for Sponsorship and Donations.

Thank You again to everyone for your support.

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Tuesday Social Group

