

March Activity Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Shopping & Cooking Curried Sausages</p>	<p>2</p> <p>Men's BBQ at Bargara Basin Craft in the Park</p>	<p>3</p> <p>Music Bingo at The Railway Sewing</p>	<p>4</p> <p>Diabetic Baking Picnic in the Park Craft & Games</p>
<p>7</p> <p>Fishing & Sausage Sizzle Sewing</p>	<p>8</p> <p>Shopping & Cooking Buddha Bowls</p>	<p>9</p> <p>Men's BBQ at Botanic Gardens Craft in the Park</p>	<p>10</p> <p>Music Bingo at The Railway Sewing</p>	<p>11</p> <p>Diabetic Baking Picnic in the Park Craft & Games</p>
<p>14</p> <p>Fishing & Sausage Sizzle Sewing</p>	<p>15</p> <p>Shopping & Cooking Roast Chicken Salad</p>	<p>16</p> <p>Men's BBQ at Elliott Heads Craft in the Park</p>	<p>17</p> <p><i>St Patrick's Day at the Hub</i> Don't forget to dress up!</p> <p>Music Bingo Sewing</p>	<p>18</p> <p>Diabetic Baking Picnic in the Park Craft & Games</p>
<p>21</p> <p>Fishing & Sausage Sizzle Sewing</p>	<p>22</p> <p>Shopping & Cooking Shepherd's Pie</p>	<p>23</p> <p>Men's BBQ at Alexander Park Craft in the Park</p>	<p>24</p> <p>Music Bingo at The Railway Sewing</p>	<p>25</p> <p>Diabetic Baking Picnic in the Park Craft & Games</p>
<p>28</p> <p>Fishing & Sausage Sizzle Sewing</p>	<p>29</p> <p>Shopping & Cooking Chicken & Salad Wraps</p>	<p>30</p> <p>Men's BBQ at Moore Park Craft in the Park</p>	<p>31</p> <p>Music Bingo at The Railway Sewing</p>	<p>Dates to Remember</p> <p>World Down Syndrome Day Monday, 21 March, 2022</p> <p>World Autism Awareness Week is from March 30 to April 5, 2022</p>

To join in any of our activities please call Angela at Community Access Care on 0499 175 963 or email achilds@communityaccesscare.com.au

PROGRAMS

MARCH 2022

See an Activity that you would like to do? Let us know!

We have loads of fun activities and outings on offer for March. If you would like to join in, please let us know so we can include you.



<p>Fishing</p> <p>Our weekly fishing group is a great chance to get out and about and enjoy a spot of fishing. We have all the gear and provide a sausage sizzle for lunch too! All you need to do is drop us a line so we can pick you up! Please bring a hat and water bottle and wear sun safe clothing.</p> 	<p>Sewing</p> <p>Our sewing group is on twice a week and is perfect for anyone from experienced sewers to absolute beginners who would like to learn. Tass, our superstar seamstress, is there to teach you everything you need to know to stitch your own beautiful creations to take home.</p> 	<p>Cooking</p> <p>Our weekly cooking group caters to a range of dietary requirements and teaches how to cook simple, healthy meals that are budget friendly. The recipes are chosen by you while our friendly team help you build your skills and create your own recipe book to take home.</p> 	<p>Men's BBQ</p> <p>Our Men's group is out and about this month with BBQs at the Botanic Gardens, Bargara Basin, Moore Park, Alexander Park and Elliott Heads. Come along, have a chat with your mates, and stick around for one of our famous chicken burgers.</p> 
<p>Craft in the Park</p> <p>While our Men's Group are out at some of our local parks the Ladies' group can enjoy a stroll around the park, feed the ducks and get creative in the shade with our Craft in the Park program. We offer a range of crafts with a different activity to help you get creative each week.</p> 	<p>Music Bingo</p> <p>Love a good tune and think you know all the golden oldies? Join us for Music Bingo at The Spotted Dog at the Railway Hotel every Thursday. It's fun, free to play and you can win some fantastic prizes! Please remember to bring money if you would like to purchase morning tea.</p> 	<p>Diabetic Baking</p> <p>Our weekly baking program explores diabetic friendly recipes so that you can enjoy a treat for morning tea while still looking after your health. Our friendly team work to your dietary requirements to help you build a recipe book of baked treats you can enjoy guilt free.</p> 	<p>St Patrick's Day Thursday 17th March</p> <p>Get dressed in your best St Patrick's Day green and pop into the Hub to Celebrate! Join us for a fun filled day with food, games, craft and activities on the day.</p> 
<p>Let us know what activities you would like to be a part of in March...</p>			
<p>Please complete your information below and hand it in to us at the office we can add you to our groups and arrange for our support workers to pick you up.</p>			
<p>Monday</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fishing or <input type="checkbox"/> Sewing 	<p>Tuesday</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cooking 	<p>Wednesday</p> <ul style="list-style-type: none"> <input type="checkbox"/> Men's BBQ or <input type="checkbox"/> Craft in the Park 	<p>Thursday</p> <ul style="list-style-type: none"> <input type="checkbox"/> Music Bingo or <input type="checkbox"/> Sewing
<p>Friday</p> <ul style="list-style-type: none"> <input type="checkbox"/> Diabetic Baking and <input type="checkbox"/> Picnic in the Park 	<p>St Patrick's Day 17th March</p> <ul style="list-style-type: none"> <input type="checkbox"/> St Patrick's Day at the Hub (Thursday) 	<p>Want to keep up to date on all the latest activities we have on offer? Sign up to our monthly newsletter by providing your email address:</p>	

Participant Name _____ Contact Number _____

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