

July Activity Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Welcome to the CAC July Activity Calendar!</p> <p>There is so much happening in the month of July! NAIDOC Week is on from 3-10 July, and we will be making Kangaroo Stew and heading to the NAIDOC Week Family Fun Day being held at the Lions Park. We'll also be cooking up a storm for National Diabetes Week, rocking our PJs at the Hub for Pyjama Day and celebrating Crazy Hair Day! This month we're going bowling, making bees wax wraps, checking out some new fishing spots, sewing, visiting the lavender farm, and so much more! If you haven't had a chance to see our new hub at 89 Bargara Road come along during July and check out one of our activities!</p>				<p>1</p> <p>Diabetic Baking Ricotta Hot Cakes & Berries Paint Pour Canvas</p>
<p>4</p> <p>Fishing: Riverview Sewing & Craft</p> <p>NAIDOC WEEK</p>	<p>5</p> <p>Shopping & Cooking Kangaroo Stew & Damper</p>	<p>6</p> <p>Woodworking with Pete Social BBQ @ Bargara</p> <p>Ladies Group: Library/BRAG</p>	<p>7</p> <p>Music Bingo @ The Railway Sewing & Craft</p>	<p>8</p> <p>NAIDOC WEEK ACTIVITY Family Fun Day @ Lions Park</p>
<p>11</p> <p>Fishing: Burnett Heads Sewing & Craft</p> <p>NATIONAL DIABETES WEEK</p>	<p>12</p> <p>Shopping & Cooking Honey Soy Chicken & Salad</p>	<p>13</p> <p>Woodworking with Pete Social BBQ @ Lions Park</p> <p>Ladies Group: Bargara</p>	<p>14</p> <p>Bowling Sewing & Craft</p>	<p>15</p> <p>Diabetic Baking Curried Eggs Bees Wax Wraps</p>
<p>18</p> <p>Fishing: Riverside Parklands Sewing & Craft</p>	<p>19</p> <p>Shopping & Cooking Potato and Bacon Frittata</p>	<p>20</p> <p>Woodworking with Pete Social BBQ @ Burnett Heads</p> <p>Ladies Group: Lavender Farm</p>	<p>21</p> <p>Music Bingo @ The Railway Sewing & Craft</p>	<p>22</p> <p>Diabetic Baking Strawberry Tartlets Mosaics</p> <p>Pyjama Day: Wear your PJS!</p>
<p>25</p> <p>Fishing: Burnett Heads Sewing & Craft</p>	<p>26</p> <p>Shopping & Cooking Chicken & Pesto Penne</p>	<p>27</p> <p>Woodworking with Pete Social BBQ @ Queens Park</p> <p>Ladies Group: Botanic Garden</p>	<p>28</p> <p>Bowling Sewing & Craft</p>	<p>29</p> <p>Diabetic Baking Bacon & Cheese Scones Woven Mats</p> <p>Crazy Hair Day!</p>

To join in any of our July activities give our friendly team a call today on 1300 522 104 or email achilds@communityaccesscare.com.au

PROGRAMS

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

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



ASSISTING INDEPENDENCE
trusted care in your home and community

JULY 2022

<p>Monday Fishing 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 Tuesday & Thursday 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>Tuesday Cooking 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>Wednesday Woodworking Keen to build your own projects and learn about woodworking? Come along on a Wednesday morning and see what projects Pete has on the go. He is super handy with a hammer and has all the tools and skills you need to learn to build your own awesome projects!</p> 
<p>Social BBQ Our Men's group is out and about this month with BBQs at the Lions Park, Burnett Heads, Queens Park, and Bargara. Come along, make new friends, and have a chat with your mates. Fire up the BBQ and stick around for one of our famous chicken burgers.</p> 	<p>Thursday Music Bingo/Bowling 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. Or if hitting the lanes and knocking down pins is more up your alley join us for Bowling.</p>  	<p>Friday Baking & Craft Our weekly baking program explores diabetic friendly recipes so that you can enjoy a treat for morning tea while still looking after your health. We also like to get crafty in the Hub with a range of projects for you to create. Check out this month's projects in the calendar.</p> 	<p>NAIDOC Week Family Fun Day Friday 8th July at the Lions Park Celebrate NAIDOC week with a smoking ceremony and performances of Indigenous culture through artwork and stalls.</p> 

Let us know what activities you would like to be a part of in July...

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

<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"/> Social BBQ or <input type="checkbox"/> Ladies Group 	<p>Woodworking</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wednesday Woodworking with Pete
<p>Thursday</p> <ul style="list-style-type: none"> <input type="checkbox"/> Music Bingo/Bowling or <input type="checkbox"/> Sewing 	<p>Friday</p> <ul style="list-style-type: none"> <input type="checkbox"/> Diabetic Baking and <input type="checkbox"/> Craft Projects 	<p>NAIDOC Week</p> <ul style="list-style-type: none"> <input type="checkbox"/> Family Fun Day at the Lions Park 	<p>Remember...</p> <p>Pyjama Day Friday 22nd July Crazy Hair Day Friday 29th July</p>

Participant Name _____ Contact number _____

Please email me the monthly newsletter _____