

ACTIVITIES, LEARNING & LIFE SKILLS PROGRAM



JUNIOR MEGASPORTS

8:00am - 10:00am | Saturdays

Junior Megasports aims to promote health, fitness and group interaction for children from **10 years to 17 years old**. There are a range of different sporting activities on offer. Junior Megasports finishes with a healthy morning team.

Costs are as per the individual's service agreement and an out-of-pocket expense of **\$5.00** per session.

FEBRUARY

Water Bombing
Sat, 2 February



APRIL

Golf - Driving range
& putt putt
Sat, 6 April



JUNE

Fitness in the Park
Sat, 8 June



AUGUST

River Walk
Sat, 3 August



OCTOBER

Fitness in the Park
Sat, 5 October



MARCH

Yoga
Sat, 2 March



MAY

Line Dancing
Sat, 4 May



JULY

Bats & Balls
Sat, 6 July



SEPTEMBER

Hip Hop
Sat, 7 September



NOVEMBER

Zumba
Sat, 2 November



MEGASPORTS

10:30am - 12:30pm | Saturdays

Megasports aims to promote health, fitness and group interaction for **adults 18 years and older**. There is a range of different sporting activities on offer. Megasports finishes with a sausage sizzle. Costs are as per the individual's service agreement and an out-of-pocket expense of **\$5.00** per session.

FEBRUARY

Water Bombing
Sat, 2 February



APRIL

Golf - Driving range
& putt putt
Sat, 6 April



JUNE

Fitness in the Park
Sat, 8 June



AUGUST

River Walk
Sat, 3 August



OCTOBER

Fitness in the Park
Sat, 5 October



MARCH

Yoga
Sat, 2 March



MAY

Line Dancing
Sat, 4 May



JULY

Bats & Balls
Sat, 6 July



SEPTEMBER

Hip Hop
Sat, 7 September



NOVEMBER

Zumba
Sat, 2 November



SOCIALS

Socials are designed to assist **adults 18 years and older** to access interesting activities and events in the community. There is a mixture of day and evening activities depending on the event.

Costs are as per the individual's service agreement. Some events will require out-of-pocket expenses if an activity fee is applicable. **Times and venue to be advised closer to the time.**

FEBRUARY

Tivoli Drive-in
& Markets
Sat, 16 February



MARCH

Urbane Markets
Sat, 16 March



APRIL

Supa Nova
@ Gold Coast
Sat, 13 April



MAY

Ipswich Show
Sat, 18 May



JUNE

Dreamworld
Sat, 15 June



JUNE

High Tea
Sat, 22 June



JULY

Lone Pine
Koala Sanctuary
Sat, 20 July



AUGUST

Train to Southbank
Sat, 17 August



SEPTEMBER

Lunch & Movies
Sat, 21 September



OCTOBER

Fish & Chips
@ the Beach
Sat, 19 October



NOVEMBER

Bowling
Sat, 16 November



DECEMBER

Christmas Shenanigans
Sat, 7 December



KLUB ALARA

6:00pm - 9:00pm | Fridays

Klub ALARA evenings are designed to encourage **adults 18 years and older** to engage in conversations, develop and foster friendships and above all else, have fun. For those wishing to have a dance, there is background music. There is generally a theme for the evening and participants are welcome and encouraged to dress accordingly. Don't forget to bring a plate along to share. Costs are as per the individual's service agreement.

FEBRUARY

Colour Red (Romance)
Fri, 22 February



APRIL

The Letter 'P'
(pirates, pj's, prince
& princess to name a few)
Fri, 26 April



JUNE

Colour Blue (Winter)
Fri, 28 June



AUGUST

Karaoke Night
Fri, 30 August



OCTOBER

Halloween
Fri, 25 October



MARCH

Bingo
Fri, 29 March



MAY

Country & Western
Fri, 31 May



JULY

Red Carpet Night
Fri, 26 July



SEPTEMBER

Hawaiian Night
Fri, 27 September



NOVEMBER

Mexican Night
Fri, 29 November



PARTY KLUB ALARA

6:00pm - 9:00pm | Fridays

Party Klub ALARA is an evening for **adults 18 years and older** who wish to dance the night away with like-minded friends.

Party Klub ALARA is a true party atmosphere with lots of new music, fun and games.

Make sure you bring along a plate of food to share.

Costs are as per the individual's service agreement.

FEBRUARY

Colour Red (Romance)

Fri, 8 February



MARCH

Bingo

Fri, 8 March



APRIL

The Letter 'P'

(pirates, pj's, prince
& princess to name a few)

Fri, 12 April



MAY

Country & Western

Fri, 10 May



JUNE

Colour Blue (Winter)

Fri, 14 June



JULY

Red Carpet Night

Fri, 12 July



AUGUST

Karaoke Night

Fri, 9 August



SEPTEMBER

Hawaiian Night

Fri, 13 September



OCTOBER

Halloween

Fri, 11 October



NOVEMBER

Mexican Night

Fri, 8 November



JUNIOR KLUB ALARA

5:30pm - 7:30pm | Fridays

Junior Klub ALARA is a social evening of music, dance, games and conversations for **10 to 17 year olds**. This is a great opportunity for young people to foster and form new friendships in this fun and social environment.

Don't forget to bring along a plate of food to share.

Costs are as per the individual's service agreement.

FEBRUARY

Colour Red (Romance)
Fri, 15 February



MARCH

Bingo
Fri, 15 March



APRIL

No Junior Klub ALARA in April

MAY

Country & Western
Fri, 24 May



JUNE

Colour Blue (Winter)
Fri, 21 June



JULY

Red Carpet Night
Fri, 19 July



AUGUST

Karaoke Night
Fri, 16 August



SEPTEMBER

Hawaiian Night
Fri, 20 September



OCTOBER

Halloween
Fri, 18 October



NOVEMBER

Mexican Night
Fri, 15 November



SPECIAL EVENTS

Throughout the year we will offer one-off events as listed below.
Watch out for extra events that might be added through the year.

FEBRUARY

Screen Printing &
Card Making at
Dingley Dell Gallery
Sat, 9 February



MARCH

Clean Up Australia
Sun, 3 March



APRIL

Dinner & Theatre
"Alice in Wonderland"
Tues, 30 April



JUNE

State of Origin
Wed, 5 June



JUNE

State of Origin
Sun, 23 June



JULY

State of Origin
Wed, 10 July



JULY

Park 2 Park
Fun Run / Walk
Sun, 28 July



AUGUST

Ekka
Mon, 12 August and / or
Tues, 13 August



SEPTEMBER

Powercruise
(Date to be confirmed)



NOVEMBER

Melbourne Cup
Tues, 5 November



NOVEMBER

SupaNova in Brisbane
(Date to be confirmed)



DECEMBER

Christmas Light Tours
Thur, 19 December



JUNIOR ART

Dingley Dell Gallery | Mondays
9am - 3pm



- 8 April
- 1 July
- 23 September
- 16 December

SURFING

Sundays | 7:30am - 2:30pm



- 13 January
- 3 February
- October - Date to be confirmed
- November - Date to be confirmed
- December - Date to be confirmed

FISHING CLUB

Sundays | All Day



- 24 February
- 28 April
- 30 June
- 25 August
- 27 October

CARD MAKING

Thursdays | 10am - 2pm



- 28 February
- 28 March
- 2 May
- 30 May
- 27 June
- 25 July
- 29 August
- 26 September
- 31 October
- 28 November
- 12 December

CREATIVE EXPRESSION



Indulge your creative flair and express yourself through mixed media, drama, video and slideshows

Every Wednesday
(commencing 9 January)

3pm - 5:30pm

DANCE



Every Thursday
(commencing 10 January)

3pm - 5:30pm

TUESDAY ACTIVE



The day begins at Brassall Healthworks gym followed by morning tea in the park.

The session also includes public transport awareness and there is a reward at the end of each month.

Every Tuesday

8:45am - 2:30pm

FUN FIT



Come and join us for a hour of movement with a personal trainer on the lawns of Salisbury Road.

Every Thursday

8am - 9am

Activities, Learning and Life Skills enquiries:

Trish Gibson

p. (07) 3817 0600 | m. 0417 608 065

e: trish.gibson@alaraqld.org.au

Tania Moore

p. (07) 3817 0600 | m. 0419 042 799

e: tania.moore@alaraqld.org.au

★ IMPORTANT INFORMATION ★

2019 is looking to be an exciting year full of fun and exciting activities.

This activities brochure covers all of the activities part of the Activities, Learning & Life Skills Program planned for 2019.

As we continue to grow in numbers it is important to address some essential information in relation to the activities.

Please consider and remember the following:

- Places on our activities are becoming increasingly popular and to avoid disappointment, we **must** receive your Booking Form at least ***one (1) month prior*** to the activity.
- Please wait to receive a confirmation letter, email or SMS to confirm the activities that you have been allocated.
- ***Be patient***— sometimes you might miss out on an activity you have chosen, this is to give someone else an opportunity to attend.
- Bring your ***Companion Card*** if you have one, or an additional cost may apply to cover the cost of workers.
- ***CANCELLATIONS***—if you cannot attend the activity, please contact Trish or Tania as soon as possible. If you do not call, email or SMS to cancel will be charged as per your service agreement.
- Most importantly—***HAVE A GREAT TIME!***

Don't forget to completed your Booking Form and return to Trish or Tania - as soon as possible to secure your place!

A quote and current Service Agreement will need to be in place prior to you attending.