

## Activities Information

Weekly activities are held at the LANDS Community Services office at 2/1 Station Road, Woodridge. The cost of activities are \$8.00, with the exception of the day trip, which will be either \$10.00 or \$13.00 depending on the destination.

This cost includes transport and morning or afternoon tea. If you are participating in the craft group or the painting and art classes there may be an additional small contribution towards the cost of the materials used if you choose to keep your completed item. Unwanted completed items will be used for fundraising purposes.

Monthly calendars are posted to all clients of the Bridging program prior to the end of the previous month. These calendars will assist you to plan which of the activities, bus trips or social outings you would like to attend.

## Regular Group Social Functions

We hold special group social functions, usually every 2nd month, they are planned events. Examples are:

Easter picnic in the park, carnival event based around "EKKA", Melbourne cup party, lunch at the club, Christmas party.

The cost for these events is usually \$10.00 per person which includes transport, meals and entertainment. Invitations to these special events will be mailed out prior to each event.

## Volunteer visiting

Community Bridging program provides a visiting program. Consumers and volunteers are matched according to their interests, they will come to your home to visit once a week. Once you feel comfortable they may take you on outings in the local area, such as going to a coffee shop, library, movies or where-ever your interest lies

## Eligibility Criteria

LANDS is a Community organisation which is HACC funded. To be eligible for this service, you need to meet the following criteria:

- Be a person with a disability, frail aged, or a carer
- Be living independently at home in the Logan HACC funded area.
- Be at risk of premature entry to residential care
- Be socially isolated

For more information, please phone (07) 3387 5000



## COMMUNITY BRIDGING PROGRAM



2/1 Station Road  
Woodridge 4114

Phone (07) 3387 5000

Fax (07) 3299 3035

Email

[bridging@landsinc.org.au](mailto:bridging@landsinc.org.au)

### *Mondays*

*9:30am to 11:30am*

#### **“Knitwit” group**

Our current projects are knitting or crocheting blankets and bed socks for nursing homes, and knitting and sewing teddy bears for children in hospital. You are welcome to bring your own projects or join in with what we are doing on the day. Some people even bring their lunch so they can stay for the afternoon groups

*1:30pm to 3:30pm*

#### **Craft group**

Come along to our craft group, join in with what we have organized for the day or bring your own project if you wish.

*1:30pm to 3:30pm*

#### **Painting and art group**

Come along to our art group, we have a talented art teacher to assist you to create your masterpieces.



### *Tuesdays*

*9:30am to 11:30am*



#### **“Cuppa and chat club”**

The purpose of this group is to bring everyone along for a “cuppa” and a chat. We can chat about memories and experiences, sometimes we will have a guest speaker or a demonstration, entertainment and our ‘team challenges’ are a lot of fun. Every week is different. Some people bring their lunch and stay for the day.

*1:30pm to 3:30pm*

#### **Cards and games group**

We play lots of different games, dominoes, triominoes, rummykub, yahtzee, scrabble, hoi, and bingo what ever takes your fancy on the day. Some times we even have a ‘mini Olympics competition’ where we have Coyts, 10 pin bowling and darts.

*1:30pm to 3:30pm (fortnightly)*

#### **V.I.P. Group**

Social group for people with vision impairment. We have a variety of activities which include art and craft , games, crosswords or sometimes a discussion group.

### *Wednesdays*

*9:30am to 11:30am*

#### **Men’s group**

Especially for men, this group participates in a wide variety activities, including trivia, games, cooking demonstrations, BBQ in the park, education and information sessions, movies and sometimes just a good old cuppa and a chat.



*1:30pm to 3:30pm*

#### **Tai Chi**

The Tai Chi at LANDS is modified for people who are elderly or who have a disability, and incorporates gentle exercise, relaxation and balance. After the exercise component, we have meditation. After Tai Chi has finished there is an opportunity for a cuppa and a chat.

### *Fridays*

*9:00am to 2:30pm*

#### **Bus day trip**

On our weekly bus trip we go to a variety of destinations which include the mountains, seaside, or lunch at a club. Occasionally we will go somewhere such as Sea world or the Australia Zoo. A calendar and itinerary will be mailed out once a month to give you prior notice of destinations.

We have a limited number of seats available due to the size of the bus. We can take a maximum of 12 clients, and 1 person in a wheelchair, so please do not be disappointed if your name is placed on a waiting list. We need to know if you wish to go on the trip by the Wednesday of each week, but the earlier you book, the better your chance of securing a seat.

The cost will be between \$10.00 and \$13.00 (this depends on how far we travel on the day). This cost is for the bus fare and morning tea. There may be other costs involved from time to time, for entrance fees or shows, prior notice will be given if there are other expenses.

Please bring your own lunch or you may purchase it at a shop where we stop for lunch. We will provide cold water and flasks of tea, coffee and biscuits for morning tea.