

We've had a fun-filled first half of the year—can you believe how fast it's flown by? There's still plenty more to enjoy, so check out what's happening each week and join in the activities that interest you!

Weekly Schedule

Monday – Cooking Group (9 AM – 12 PM)

Learn to prepare a variety of healthy meals while gaining kitchen skills, meal prep knowledge, and hygiene awareness. Enjoy the delicious meal you've made together!

Cost: \$10 per session

Monday – Drama & Discovery Group (12:30 PM – 2 PM)

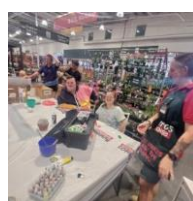
An action-packed afternoon exploring reading, writing, puzzles, memory games, scrapbooking, dancing, ball games, and communication skills.

Cost: \$10 per session

Tuesday – Social Group (9:30 AM – 2:30 PM)

Join us out in the community for ten-pin bowling, cinema trips, swimming, fishing, kite flying, ball games in the park, craft at Bunnings and occasional adventures to Seaforth or the Valley.

Cost: Varies per activity



Thursday – Billy Tea Café (10 AM – 12 PM)

Enjoy hot coffee, hot chocolate with marshmallows, and a variety of teas. Cake and coffee deal for \$6, plus other delicious food options—sausage rolls are a favourite! Participants love taking orders and serving tables.



Thursday – Music Therapy & Tai Chi (1 PM – 2 PM)

Rob brings music and movement together, teaching singing notes and incorporating Tai Chi for a fun and relaxing experience. Look out for special visits from *Sisters in Song*!



Cost: \$10 per session

Friday – Arts, Crafts & Baking (9 AM – 12 PM)

We enjoy beading, card making, themed crafts, and baking healthy treats from the pantry.

Cost: \$10 per session – *Booking required if not regularly attending*

Bookings & More Info

Contact Leysa at  **0448 180 234** or  lifeskills@engedi.org.au


A big Thank you to all our clients, staff, and supporters for making Engedi Lifeskills so special!

Fundraising

All proceeds go towards creating a Community Accessible Garden Project. Donations are appreciated!

Mackay Community Car Raffle – tickets close 1st September

Drawn: 15th September at North Jacklin Nissan

 \$2 per ticket or \$20 for a book of 10

Contact Leysa for tickets

Upcoming Event

Engedi's Got Talent



Date: Saturday, 20th September at 2 PM

Location: Andergrove Community Hall

Bookings: Through Human Tix or

Email Leysa at lifeskills@engedi.org.au



Life Skills Wish List

We're looking to enhance our outdoor area for the Garden Club and social interaction. Items needed include:

- Concrete/paving
- Greenhouse
- Outdoor table and chairs
- Garden beds
- Nintendo Switch (for physical and social skills)

Seeking sponsorships and donations. Every contribution helps!

About Engedi

Engedi is a not-for-profit organization established in 1985. We believe every person is a valued member of society with the right to lead a fulfilling life. We celebrate diversity and uphold the dignity and worth of every individual. Visit us at www.engedi.org.au

