



## ☀️ Life Skills – Welcome to 2026! ☀️

We are excited for another fantastic year at **Engedi Life Skills**, filled with fun, learning, and connection! Check out what's happening each week and join in the activities that interest you.

### 📅 Weekly Schedule:

#### 🍳 Monday – Cooking Group/ Gardening (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! **\$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. **\$10 per session.**

#### 🎳 Tuesday – Social Group (9.30- 2.30pm) **At Capacity**

Join us out in the community for ten-pin bowling, cinema trips, swimming, fishing, kite flying, ball games in the park, and occasional adventures to Seaforth or the Valley. **Cost varies per activity.**

#### 🎳 Wednesday – Social Group (9.30- 2.30pm) **Expressions of Interest**

Join us out in the community for ten-pin bowling, cinema trips, swimming, fishing, kite flying, ball games in the park, 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! Our participants love taking orders and serving tables.

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

Rob brings music and movement together, teaching different singing notes and incorporating Tai Chi for a fun and relaxing experience. Look out for special visits from **Sisters in Song!** **\$10 per session.**

#### 🍳 Thursday – After School Program Ages 10 – 16 Cooking Group (3pm- 5pm)

##### **Expressions of Interest**

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! **\$10 per session.**

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

Enjoy beading, card making, and themed crafts. We also love baking healthy treats from the pantry. **\$10 per session – booking required if not regularly attending.**

### 📞 Bookings & More Info:

Call Leysa on **0448 180 234** or email [lifeskills@engedi.org.au](mailto:lifeskills@engedi.org.au)

A big **thank you** to all our clients, staff, and supporters—we can't wait to share an amazing 2025 with you! ❤️

## 2026 Raffles

All proceeds go towards our Accessible Garden project.

All donations appreciated

🌸 **Mother's Day Raffle** – Drawn at the Mother's Day High Tea 10<sup>th</sup> May

🎄 **Christmas Raffle** – Thursday 10<sup>th</sup> December 12pm

## Upcoming Events

❤️ Valentine's Dance Friday 13<sup>th</sup> Feb 5.30pm Life Skills - \$10 pp \$5 staff / non eaters

👯 Friday night dance (Friday the 13<sup>th</sup> theme) 13<sup>th</sup> March 5.30pm - \$10 pp \$5 staff / non eaters

🏖️ U Beach Day Tuesday 14<sup>th</sup> April 9am – 12pm

🌻 Mother's Day High Tea Sunday 10<sup>th</sup> May 10am \$30 per person \$20 Staff / Non eaters

Bookings Leysa Lifeskills@engedi.org.au

Engedi is a Not-for-profit organization est. in 1985. We built on the philosophy that each person is a valued member of society, who has the right to lead a fulfilling and valued life. Engedi respects the diversity of all people and places high value on individual worth and dignity.

Thank You again to everyone for your support.

Leysa [Lifeskills@engedi.org.au](mailto:Lifeskills@engedi.org.au)



## Accessible Garden Project.

Garden project is going ahead nicely

We have a concrete area friendly for wheelchairs and new seating area at a comfortable Wheelchair height.

Next stage is a path that will go around the back area linking up the other side of the yard. We will then be putting up a garden shed and greenhouse and start working on garden beds. All accessible to everyone.

After the path is done I will be working on our first meeting to organise the next stages.

Thank you so much to everyone that has contributed to our garden project. Excited to see our next stages go ahead.

