

Caboolture Veterans' and Families' Wellbeing Hub September timetable

Location for all activities: Shop 1/ 12 King Street, Caboolture QLD 4510

RSVP to: vwc@liveslivedwell.org.au

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					No events	No events
	1st Photography Workshop Time: 9:00am – 11:00am Join us for our photography workshop where you learn how to use your camera and get that professional shot. Or, if you are an expert and want to share your tips and tricks, then come along! RSVP by: Tuesday 25 th August to vwc@liveslivedwell.org.au Phone: 07 5600 1386	2nd Games Morning Time: 9:00 -11:00am Where: The Hub Join us for Games Morning! Today, Coral will be teaching us how to play a card game called Five Crowns. Music Therapy Session Time: 9:00am – 3:00pm Where: The Hub	3rd Coffee and Chat Time: 9:00 -11:00am Where: The Hub Come in for a tea, coffee or cold drink and catch up with our team. A perfect way to meet new friends or catch up with those you've met at the hub already. No need to RSVP, just drop in!	4th Pancake Friday Time: 9:00 -10:30am Where: The Hub Join in our infamous Pancake Friday! Relax and enjoy freshly made pancakes and a cuppa, while you catch up in our Hub Café. No need to RSVP, just drop in! Invictus Tai Chi Sessions Time: 8:30 – 9:30am Where: Centenary Lakes Park Join us at Centenary Lakes Park for FREE Tai Chi Sessions! This Friday will be our last session for the month. RSVP by: Friday 28 th August to vwc@liveslivedwell.org.au Phone: 07 5600 1386	No events	No events
7th Coffee and Chat Time: 9:00 -11:00am Where: The Hub Come in for a tea, coffee or cold drink and catch up with our team. A perfect way to meet new friends or catch up with those	8th Group Cooking Activity Time: 10:00am -12:30pm Where: The Hub Join us as we prepare to make cakes and slices for our R U OK? Day Morning Tea on the 10 th of September.	9th Wamuran Women's Shed Arts & Crafts Workshop Time: 9:30am -12:30pm Where: Wamuran Sports Complex Create your own Shadow Box! Turn your memories, creativity, and imagination into beautiful 3D artwork. Learn	10th World Suicide Prevention Day R U OK? Day Morning Tea Time: 9:00 -10:00am Where: The Hub Join us for a special R U OK? Day morning tea! A chance to connect, check in with one	11th Pancake Friday Time: 9:00 -10:30am Where: The Hub Join in our infamous Pancake Friday! Relax and enjoy freshly made pancakes and a cuppa, while you catch up in our Hub Café.	No events	No events

Caboolture Veterans' and Families' Wellbeing Hub September timetable

Location for all activities: Shop 1/ 12 King Street, Caboolture QLD 4510

RSVP to: vwc@liveslivedwell.org.au

you've met at the hub already. No need to RSVP, just drop in! SVSO Lou – onsite all day Feel free to drop in and ask any DVA related questions as well as check up on any claims	Come along to learn some baking recipes! RSVP by: Tuesday 1st September to vwc@liveslivedwell.org.au Phone: 07 5600 1386	how to design and assemble your own layered art pieces. No experience necessary, just bring your creativity. This activity is a women's group activity only. Get in quick to secure your spot! Please note that the cost is \$15 for all materials provided. RSVP to: vwc@liveslivedwell.org.au Phone: 07 5600 1386	other and enjoy some delicious treats baked in our cooking activity this week. Arts & Crafts Workshop Time: 10:00am – 12:00pm Where: The Hub Join us as we run our monthly Arts & Crafts Group. Are you looking to improve your arts/crafts skills? Then look no further and come down to The Hub! This week's project: Rock Painting RSVP by: Thursday 3rd September to vwc@liveslivedwell.org.au Phone: 07 5600 1386	No need to RSVP, just drop in! Invictus Tai Chi Sessions Time: 8:30 – 9:30am Where: Centenary Lakes Park Join us at Centenary Lakes Park for FREE Tai Chi Sessions! This Friday will be our last session for the month. RSVP by: Friday 4th September to vwc@liveslivedwell.org.au Phone: 07 5600 1386		
14th Coffee and Chat Time: 9:00 -11:00am Where: The Hub Come in for a tea, coffee or cold drink and catch up with our team. A perfect way to meet new friends or catch up with those you've met at the hub already. No need to RSVP, just drop in!	15th Arts & Crafts Workshop Time: 10:00 -11:00am Where: The Hub Join us as we run our monthly Arts & Crafts Group. Are you looking to improve your arts and crafts skills? Then look no further and come down to The Hub! This week's project: Learn to Knit Workshop RSVP by: Tuesday 8th September to vwc@liveslivedwell.org.au	16th Coffee and Chat Time: 9:00 -11:00am Where: The Hub Come in for a tea, coffee or cold drink and catch up with our team. A perfect way to meet new friends or catch up with those you've met at the hub already. No need to RSVP, just drop in!	17th Photography Workshop Time: 9:00 -11:00am Where: The Hub Join us for our photography workshop where you learn how to use your camera and get that professional shot. Or if you're an expert and want to share your tips and tricks, then join us! RSVP by: Thursday 10th September to vwc@liveslivedw.org.au Phone: 07 5600 1386	18th Pancake Friday Time: 9:00 -10:30am Where: The Hub Join in our infamous Pancake Friday! Relax and enjoy freshly made pancakes and a cuppa, while you catch up in our Hub Café. No need to RSVP, just drop in! Invictus Tai Chi Sessions Time: 8:30 – 9:30am Where: Centenary Lakes Park Join us at Centenary Lakes Park for FREE Tai Chi Sessions!	No events	No events

Caboolture Veterans' and Families' Wellbeing Hub September timetable

Location for all activities: Shop 1/ 12 King Street, Caboolture QLD 4510

RSVP to: vwc@liveslivedwell.org.au

SVSO Lou – onsite all day Feel free to drop in and ask any DVA related questions as well as check up on any claims	Phone: 07 5600 1386			This Friday will be our last session for the month. RSVP by: Friday 11th September to vwc@liveslivedwell.org.au Phone: 07 5600 1386		
21st School Holidays Begin Coffee and Chat Time: 9:00 -11:00am Where: The Hub Come in for a tea, coffee or cold drink and catch up with our team. A perfect way to meet new friends or catch up with those you've met at the hub already. No need to RSVP, just drop in! SVSO Lou – onsite all day Feel free to drop in and ask any DVA related questions as well as check up on any claims.	22nd Sizzle, Social, and Smile Time: 11:00am -1:00pm Where: Apex Park, Caboolture Come and join us for a relaxed afternoon of BBQ and chat in the fresh air! Grab a delicious sausage on bread, soak up the sunshine, and enjoy great company. Don't forget to bring your favourite picnic rug or a comfy chair – and your appetite! We can't wait to see you there! RSVP by: Thursday 17th September to vwc@liveslivedwell.org.au Phone: 07 5600 1386	23rd Arts & Crafts Workshop Time: 10:00 -11:00am Where: The Hub Join us as we run our monthly Arts & Crafts Group. Are you looking to improve your arts and crafts skills? Then look no further and come down to The Hub! This week's project: Open Art Day – VKids Club. RSVP by: Tuesday 16th September to vwc@liveslivedwell.org.au Phone: 07 5600 1386	24th Fishing Morning at Bribie Island Time: 9:00am -12:30pm Where: Bribie Island – Bongaree Jetty Join us for some fun in the sun and drop a line in the water. Don't forget to bring your own rod, a chair and a hat and enjoy the morning on the water! After fishing join us for lunch at Scopy's Café! RSVP by: Friday 18th September to vwc@liveslivedwell.org.au Phone: 07 5600 1386	25th Pancake Friday Time: 9:00 -10:30am Where: The Hub Join in our infamous Pancake Friday! Relax and enjoy freshly made pancakes and a cuppa, while you catch up in our Hub Café. No need to RSVP, just drop in!		
28th Coffee and Chat Time: 9:00 -11:00am	29th VKids Club Cooking Activity Time: 10:00 -11:30am	30th Coffee and Chat Time: 9:00 -11:00am				

Caboolture Veterans’ and Families’ Wellbeing Hub September timetable



Location for all activities: Shop 1/ 12 King Street, Caboolture QLD 4510
RSVP to: vwv@liveslivedwell.org.au

Where: The Hub Come in for a tea, coffee or cold drink and catch up with our team. A perfect way to meet new friends or catch up with those you've met at the hub already. No need to RSVP, just drop in! SVSO Lou – onsite all day Feel free to drop in and ask any DVA related questions as well as check up on any claims.	Where: The Hub Join us and create your own special Taco for Taco Tuesday in this week’s Group Cooking Activity! RSVP by: Tuesday 22nd September to vwv@liveslivedwell.org.au Phone: 07 5600 1386	Where: The Hub Come in for a tea, coffee or cold drink and catch up with our team. A perfect way to meet new friends or catch up with those you've met at the hub already. No need to RSVP, just drop in!				
---	---	--	--	--	--	--