



The Chatterbox

Welcome to the latest instalment of The Chatterbox...

From the Desk

A big welcome back to everyone! We hope everyone had a lovely Christmas and holiday break and are ready for another jam-packed year filled of fun activities, holidays and weekend excursions.

Hunter Valley Trip

Another fantastic trip to the Hunter Valley! The group enjoyed a range of activities from aqua golf, putt putt, the Wildlife Park and much more! A highlight at the wildlife park was seeing the lion keeper talk and watching lions being feed.



Supported holidays

New Lake Peer Support offers a range of holidays to a variety of locations. If you would be like to participate in a holiday of choice, please contact the office and speak with Jin Im.



At the end of January, some of our country lovers headed off to the annual Tamworth Country Music Festival, and oh what a blast they had!!

Laura, Jade and Melissa enjoyed attending concerts like Melinda Schneider, Lee Kernaghan, and Fanny Lumsden. The streets are filled with buskers and it's a real festival atmosphere. The girls have already decided who they would like to see again next year!



Carols in the Domain

Rain hail or Shine! Laura, Matt, Jessica & Kalla weren't afraid to get a little wet to enjoy some Christmas Carols at the annual Woolworths Carols in the Domain in Sydney.



UPCOMING EVENTS

March:

- 4: Cinema Under The Stars
- 4-5: Newcastle Show 2023
- 18: Whispering Jack Show- A tribute to John Farnham

April:

- 2: Daylight Saving Time Ends
- 7-10: Easter (office closed)
- 11-22: The Lion the Witch & the Wardrobe
- 14: Newcastle Jets Vs Macarthur
- 15: A Tribute to U2 Show
- 15: Knights vs Panthers
- 25: Anzac Day (office closed)
- 29: Hunter Valley Steam Fest

What's on March 2023

Mobile A: 0401 861 485

Mobile B: 0421 382 034

Mobile E: 0413 855 202

Wednesday March 1st: Crafty Creations

Place: AFCC; Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Wednesday March 1st: Hunter Valley Putt Putt

Time: 9am to 3pm

Cost: \$12 per game

Bring: Morning tea, lunch/drink or money to buy

Wednesday March 1st: Connections

Place: AFCC Time: 9.45am to 2.45pm

Cost: Please bring your own morning tea & lunch

Wednesday March 1st: Encore

Place: AFCC; Time 5.00pm to 8.00pm

Cost: \$4.00 for meal & fruit or bring your own meal

Thursday March 2nd: Matez & Music Melody

Place: AFCC; Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Thursday March 2nd: Linx & Music Melody

Place: AFCC

Time: 9.45am to 2.45pm

Bring: Please bring your own morning tea & lunch

Thursday March 2nd: Stepping Out

Place; CMPC; Time: 5.00pm to 8.00pm

Bring: Please bring your own meal

Friday March 3rd: Crafty Creations

Place: AFCC

Time: 9.45am to 2.45pm

Bring: Please bring your own morning tea & lunch

Friday March 3rd: Newcastle Show 2023

Place: Newcastle Showgrounds

Time: 9am- 3pm

Cost: \$25 + Money for show bag etc

Bring: Please bring your own morning tea & lunch

Friday March 3rd: Friday Frolics

Place: AFCC; Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Saturday March 4th: Arty Antics (Mobile A)

Place: AFCC; Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Saturday March 4th: Newcastle Show 2023 (Mob B)

Time: 10am to 4pm

Cost: \$25 + Money for show bag etc

Bring: Please bring your own morning tea & lunch

Transport: Day Trip " M'wether " C'town

Saturday March 4th: Cinema under the stars (Mob E)

Time: 5pm-11pm

Where: Speers point park Movie: Sing 2

Bring: Packed dinner, drink & snacks, picket rug

Transport: Day Trip " M'wether " C'town

Monday March 6th: Monday Melodies

Place: AFCC; Time: 9.45am to 2.45pm

Bring: Please bring your own morning tea & lunch

Monday March 6th: Toronto Capers

Monday March 6th: Crafty Creations

Place: AFCC Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Monday March 6th: Harmonies

Place: AFCC Time: 5.00pm to 8.00pm bring Please bring

your evening meal

Tuesday March 7th: Tuesday Frolics

Place: AFCC; Time: 10am to 3pm

Bring: Please bring your own morning tea & lunch

Tuesday March 7th: Movies & Lunch at Raymond Terrace

Time: 9am to 3pm

Cost: \$16 ticket approx + \$20 lunch

Bring: Please bring your own morning tea & lunch

Tuesday March 7th: Crafty Creations

Place: The Caldwell Centre

Time: 10am to 3pm

Bring: Please bring your own morning tea & lunch

Tuesday March 7th: Matez

Place: AFCC; Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Tuesday March 7th: Viva

Place: CMPC.

Time: 5.00pm to 8.00pm

Bring: Please bring your own evening meal

Wednesday March 8th: Crafty Creations

Place: AFCC

Time: 9.45am to 2.45pm

Cost: Please bring your own lunch and morning tea

Wednesday March 8th: Bingo Lunch

Place: Wests, 88 Hobart Rd, Lambton 2305

Time: 10.00am (inside foyer) Pick Up: 2.30pm

Cost: \$2.50 half book: \$11 for Computer Bingo

Wednesday March 8th: Connections

Place: AFCC

Time: 10.00am to 3.00pm

Cost: Please bring your own lunch and morning tea

Wednesday March 8th: Encore

Place: AFCC

Time 5.00pm to 8.00pm

Cost: \$4.00 for light meal & fruit or bring your own

Thursday March 9th: Matez & Music Melody

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Thursday March 9th: Linx & Music Melody

Place: AFCC

Time: 9.45am to 2.45pm

Please bring your own morning tea & lunch

Thursday March 9th: Stepping Out

Place: CMPC; Time: 5.00pm to 8.00pm

Please bring your own meal

Friday March 10th: Crafty Creations

Place: AFCC; Time: 9.45am to 2.45pm

Bring: Please bring your own morning tea & lunch

Friday March 10th: Friday Frolics

Place: AFCC; Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Friday March 10th: NC Jets Vs Adelaide United Soccer

Cost: Ticket \$27 purchase at McDonald Jones stadium

Time: 6pm- 10pm. Kick off: 7.45pm

Bring: Please bring picnic dinner, drink or cash to buy.

Saturday March 11th: Arty Antics (Mobile A)

Place; AFCC; Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Saturday March 11th: Tilligerry Habitat & Picnic Lunch (Mob B) Time: 9am to 4pm

Bring: Picnic lunch & morning tea or money to buy

Transport: Day Trip " M'wether " C'town

Saturday March 11th: Ten Pin Bowling Raymond Terrace (Mob E). Time: 9am to 4pm Cost: \$15.95 for two games

Bring: Morning tea, lunch or money to buy

Bus trip " M'wether " C'town

Monday March 13th: Monday Melodies

Place: AFCC; Time: 9.45am to 2.45pm

Bring: Please bring your own morning tea & lunch

Monday March 13th: Toronto Capers**Monday March 13th: Crafty Creations**

Place: AFCC; Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Monday March 13th: Harmonies

Place: AFCC; Time: 5.00pm to 8.00pm

Please bring your own meal, tea & coffee provided

Tuesday March 14th: Tuesday Frolics

Place: AFCC; Time: 10am to 3pm

Bring: Please bring your own morning tea & lunch

Tuesday March 14th: Crafty Creations

Place: Caldwell Centre; Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Tuesday March 14th: Bingo & Lunch Wests Mayfield

Place: Wests, 32 Industrial Dr Mayfield

Time: 10.00am (inside foyer) Pick Up: 2.30pm

Cost: \$2.50 half book: \$11 for Computer Bingo

Lunch approx. \$20.00

Tuesday March 14th: Matez

Place: AFCC; Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Wednesday March 15th: Crafty Creations

Place: AFCC; Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Wednesday March 15th: Koala Sanctuary & Picnic

Time: 10am to 3.00pm Cost: \$28

Bring: Packed picnic lunch, drink & hat

Wednesday March 15th: Connections

Place: AFCC; Time: 9.45am to 2.45pm

Bring: Please bring your own morning tea & lunch

Wednesday March 15th: Encore

Place: AFCC

Time 5.00pm to 8.00pm

Cost: \$4.00 for light meal & fruit or bring your own

Thursday March 16th: Matez & Music Melody

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Thursday March 16th: Linx & Music Melody

Place: AFCC

Time: 9.45am to 2.45pm

Bring: Please bring your own morning tea & lunch

Thursday March 16th: Stepping Out

Place; CMPC

Time: 5.00pm to 8.00pm

Bring: Please bring your own meal

Friday March 17th: Crafty Creations

Place: AFCC; Time: 9.45am to 2.45pm

Bring: Please bring your own morning tea & lunch

Friday March 17th: Bingo & Lunch Club Macquarie

Place: 458 Lake Rd, Argenton

Time: 10am (inside foyer) Pickup: 2pm Cost: \$2.50 half book: \$11 for computer bingo

Lunch approx. \$20

Friday March 17th: Friday Frolics

Place: AFCC; Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Saturday March 18th: Saturday Scene (Mob A)

Place: CMPC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Saturday March 18th: Movies & Lunch Raymond terrace (Mob B) Time: 9am to 4pm

Cost: \$16 ticket approx + \$20 lunch.

Bring: Please bring your own morning tea & lunch

Bus trip " M'wether " C'town

Saturday March 18th: The Whispering Jack (Mob E)

Tribute show John Farnham

Time: 6.30pm-11pm

Place: Belmont 16's (Show Starts: 8.30pm)

Cost: \$25 per ticket + \$20 approx for dinner at the club

Monday March 20th: Monday Melodies

Place: AFCC

Time: 9.45am to 2.45pm

Bring: Please bring your own morning tea & lunch

Monday March 20th: Toronto Capers**Monday March 20th: Crafty Creations**

Place: AFCC; Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Monday March 20th: Harmonies (Mobile A)

Place: AFCC; Time: 5.00pm to 8.00pm

Please bring your own meal, tea & coffee provided

Tuesday March 21st: Tuesday Frolics

Place: AFCC; Time: 10am to 3pm

Bring: Please bring your own morning tea & lunch

Tuesday March 21st: Ten Pin Bowling Raymond Terrace

Time 9.00am to 3.00pm

Cost: \$15.95 for two games

Bring: Morning tea, lunch or money to buy

Tuesday March 21st: Crafty Creations

Place: Caldwell Centre; Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Tuesday March 21st: Mitez

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Tuesday March 21st: Viva

Place: CMPC

Time: 5.00pm to 8.00pm

Bring: Please bring your own evening meal

Wednesday March 22nd: Crafty Creations

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Wednesday March 22nd: Bingo Lunch

Place: Wests, 88 Hobart Rd, Lambton 2305

Time: 10.00am (inside foyer) Pick Up: 2.30pm

Cost: \$2.50 half book: \$11 for Computer Bingo

Wednesday March 22nd: Connections

Place: AFCC

Time: 9.45am to 2.45pm

Bring: Please bring your own morning tea & lunch

Wednesday March 22nd: Encore

Place: AFCC

Time 5.00pm to 8.00pm

Cost: \$4.00 for light meal & fruit or bring your own

Thursday March 23rd: Mitez & Music Melody

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Thursday March 23rd: Linx & Music Melody

Place: AFCC

Time: 9.45am to 2.45pm

Bring: Please bring your own morning tea & lunch

Thursday March 23rd: Stepping Out

Place: CMPC

Time: 5.00pm to 8.00pm

Bring: Please bring your own meal

Friday March 24th: Crafty Creations

Place: AFCC

Time: 9.45am to 2.45pm

Bring: Please bring your own morning tea & lunch

Friday March 24th: Friday Frolics

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Friday March 24th: Movies & Lunch Raymond Terrace

Time: 9am- 3pm

Cost: \$16 ticket

Bring: Bring your own morning tea & lunch or money to buy

Saturday March 25th: Arty Antics (Mobile A)

Place; AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Saturday March 25th: Stockton Shipwreck Walk & Picnic (Mob B)

Time: 9am -4pm

Bring: Please bring picnic lunch, drink or money to buy

Bus trip " M'wether " C'town

Saturday March 25th: Australian Reptile Park (Mob E)

Time: 9am to 4pm

Bring: Snack, drink & Lunch or money

Cost: \$41 Transport: Day Trip " M'wether " C'town

Monday March 27th: Monday Melodies

Place: AFCC

Time: 9.45am to 2.45pm

Bring: Please bring your own morning tea & lunch

Monday March 27th: Toronto Capers**Monday March 27th: Crafty Creations**

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Monday March 27th: Harmonies

Place: AFCC

Time: 5.00pm to 8.00pm

Please bring your meal; tea & coffee will be provided

Tuesday March 28th: Tuesday Frolics

Place: AFCC

Time: 10am to 3pm

Cost: Please bring your own morning tea and lunch

Tuesday March 28th: Bingo & Lunch Wests Mayfield

Place: Wests, 32 Industrial Dr Mayfield

Time: 10.00am (inside foyer) Pick Up: 2.30pm

Cost: \$2.50 half book: \$11 for Computer Bingo

Lunch approx. \$20.00

Tuesday March 28th: Crafty Creations

Place: Caldwell Centre

Time: 10.00am to 3.00pm

Cost: Please bring your own morning tea and lunch

Tuesday March 28th: Mitez

Place: AFCC

Time: 10.00am to 3.00pm

Cost: Please bring your own morning tea and lunch

Wednesday March 29th Crafty Creations

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Wednesday March 29th: Tenpin Bowling Raymond Terrace

Time: 9.00am to 3.00pm Cost: \$15.95 per game
 Bring: Morning tea, packed lunch or money to buy

Wednesday March 29th: Connections

Place: AFCC; Time: 9.45am to 2.45pm
 Bring: Please bring your own morning tea & lunch

Wednesday March 29th: Encore

Place: AFCC; Time 5.00pm to 8.00pm
 Cost: \$4.00 for light meal & fruit or bring your own

Thursday March 30th: Matez & Music Melody

Place: AFCC; Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch

Thursday March 30th: Linx & Music Melody

Place: AFCC; Time: 9.45am to 2.45pm
 Bring: Please bring your own morning tea & lunch

Thursday March 30th: Stepping Out

Place: CMPC; Time: 5.00pm to 8.00pm
 Bring: Please bring your own meal

Friday March 31st: Crafty Creations

Place: AFCC; Time: 9.45am to 2.45pm
 Bring: Please bring your own morning tea & lunch

Friday March 31st: Friday Frolics

Place: AFCC; Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch

Friday March 31st: Putt Putt & Lunch Anna Bay

Time: 9am to 3pm Cost: \$8 per game
 Bring: Picnic lunch & morning tea or money to buy

What's on April 2023

Saturday April 1st: Arty Antics (Mobile A)

Place: AFCC
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch

Saturday April 1st: Movies & Lunch at Greenhills (Mob B)

Time: 9.00am to 4.00pm
 Cost: Approx \$16 per ticket
 Bring: Morning tea, packed lunch or money to buy.
 Bus trip " M'wether " C'town

Saturday April 1st: Ten Pin Bowling Raymond Terrace (Mob E)

Time: 9.00am to 4.00pm
 Cost: \$15.95 for two games
 Bring: Snack, lunch or money to buy
 Bus trip " M'wether " C'town

Monday April 3rd: Monday Melodies

Place: AFCC
 Time: 9.45am to 2.45pm
 Bring: Please bring your own morning tea & lunch
 Transport: Newcastle area

Monday April 3rd: Toronto Capers**Monday April 3rd: Crafty Creations**

Place: AFCC
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch

Monday April 3rd: Harmonies

Place: AFCC
 Time: 5.00pm to 8.00pm
 Please bring your meal; tea & coffee will be provided

Tuesday April 4th: Tuesday Frolics

Place: AFCC
 Time: 10am to 3pm
 Bring: Please bring your own morning tea & lunch

Tuesday April 4th: Matez

Place: AFCC
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch

Tuesday April 4th: Bingo & Lunch Wests Mayfield

Place: Wests, 32 Industrial Dr Mayfield
 Time: 10.00am (inside foyer) Pick Up: 2.30pm
 Cost: \$2.50 half book: \$11 for Computer Bingo
 Lunch approx. \$20.00

Tuesday April 4th: Crafty Creations

Place: Caldwell Centre
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch

Tuesday April 4th: Viva

Place: CMPC
 Time: 5.00pm to 8.00pm Bring: Please bring your own meal.

Wednesday April 5th: Crafty Creations

Place: AFCC
 Time: 10.00pm to 3.00pm
 Bring: Please bring your own morning tea & lunch

Wednesday April 5th: Holey Moley Putt Putt

Place: Charlestown
 Time: 9am-3pm
 Cost: Approx \$17
 Bring your own morning tea & lunch or money to buy

Wednesday April 5th: Connections

Place: AFCC
 Time: 9.45am to 2.45pm
 Bring: Please bring your own morning tea & lunch

Wednesday April 5th: Encore

Place: AFCC
 Time 5.00pm to 8.00pm
 Cost: \$4.00 for light meal & fruit or bring your own

Thursday April 6th: Matez & Music Melody

Place: AFCC
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch

Thursday April 6th: Linx & Music Melody

Place: AFCC
 Time: 9.45am to 2.45pm
 Bring: Please bring your own morning tea & lunch

Thursday April 6th: Stepping Out

Place: CMPC
 Time: 5.00pm to 8.00pm
 Bring: Please bring your own meal

Friday April 7th: PUBLIC HOLIDAY CLOSED

Saturday April 8th: PUBLIC HOLIDAY CLOSED

Monday April 10th: PUBLIC HOLIDAY CLOSED

Tuesday April 11th: Tuesday Frolics

Place: AFCC

Time: 10am to 3pm

Bring: Please bring your own morning tea & lunch

Tuesday April 11th: Crafty Creations

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Tuesday April 11th: The Lion, the Witch & the Wardrobe

Where: Young People's Theatre

Cost: \$30 TBC

Time: 9am to 3pm Show commences 11am

Bring: your own morning tea & lunch or money to buy

Tuesday April 11th: Matez

Place: AFCC; Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Tuesday April 11th: Crafty Creations

Place: Caldwell Centre

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Wednesday April 12th: The Golden Days- Songs& Music from Movies Time: 9am to 3pm // Show commences: 11am

Where: Laycock theatre

Cost: \$22 per ticket

Bring morning tea, lunch or money to buy

Wednesday April 12th: Connections

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Wednesday April 12th: Encore

Place: AFCC

Time 5.00pm to 8.00pm

Cost: \$4.00 for light meal & fruit or bring your own

Thursday April 13th: Matez & Music Melody

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Thursday April 13th: Linx & Music Melody

Place: AFCC

Time: 9.45am to 2.45pm

Bring: Please bring your own morning tea & lunch

Thursday April 13th: Stepping Out

Place; CMPC

Time: 5.00pm to 8.00pm

Bring: Please bring your own meal

Friday April 14th: Crafty Creations

Place: AFCC

Time: 9.45am to 2.45pm

Bring: Please bring your own morning tea & lunch

Friday April 14th: Friday Frolics

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring lunch, drink or money to buy

Friday April 14th: N.C Jets Vs Macarthur Football Club

Time: 6pm-10pm // Kick Off 7.45pm

Where: McDonald Jones Stadium

Cost: Apporx \$27

Bring: Please bring snack, packed dinner or Eftpos to buy food

Saturday April 15th: Saturday Scene (Mob A)

Place: CMPC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Saturday April 15th: Knights Vs Panthers League (Mob B)

Time: 4.30-8.30pm // Kickoff: 6pm

Where: Macdonald Jones

Cost: \$40 TBC Bring: Please bring lunch, drink or money to buy

Saturday April 15th: A Tribute to U2 (Mob E)

Time: 6.30pm-11pm Show starts: 8.30pm

Where: Belmont 16s

Cost: \$25 per ticket + Dinner at club before show

Monday April 17th: Monday Melodies

Place: AFCC

Time: 9.45am to 2.45pm

Bring: Please bring your own morning tea & lunch

Monday April 17th: Toronto Capers

Monday April 17th: Crafty Creations

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Monday April 17th: Harmonies

Place: AFCC

Time: 5.00pm to 8.00pm

Please bring your meal; tea & coffee will be provided

Tuesday April 18th: Tuesday Frolics

Place: AFCC

Time: 10am to 3pm

Bring: Please bring your own morning tea & lunch

Tuesday April 18th: Crafty Creations

Place: Caldwell Centre

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Tuesday April 18th: Ten Pin Bowling Raymond Terrace

Time: 9am to 3pm

Cost: \$15.95 for two game

Bring: Please bring your morning tea & lunch or money to buy.

Tuesday April 18th: Matez

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Tuesday April 18th: Viva

Place: CMPC

Time: 5.00pm to 8.00pm

Bring: Please bring your own meal.

Wednesday April 19th: Crafty Creations

Place: AFCC

Time: 9.45am to 2.45pm

Bring: Please bring your own morning tea & lunch

Wednesday April 19th: Connections

Place: AFCC
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch

Wednesday April 19th: Movies & lunch at Raymond terrace

Time: 9.00am to 3.00pm
 Cost Approx. \$16 for ticket
 Please bring lunch, drink or money to buy

Wednesday April 19th: Encore

Place: AFCC
 Time 5.00pm to 8.00pm
 Cost: \$4.00 for light meal & fruit or bring your own

Thursday April 20th: Mitez & Music Melody

Place: AFCC
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch

Thursday April 20th: Linx & Music Melody

Place: AFCC
 Time: 9.45am to 2.45pm
 Bring: Please bring your own morning tea & lunch

Thursday April 20th: Stepping Out

Place; CMPC
 Time: 5.00pm to 8.00pm
 Bring: Please bring your own meal

Friday April 21st: Crafty Creations

Place: AFCC
 Time: 9.45am to 2.45pm
 Bring: Please bring your own morning tea & lunch

Friday April 21st: Friday Frolics

Place: AFCC
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch

Friday April 21st: Bingo & Lunch Club Macquarie

Place: 458 Lake Rd, Argenton
 Time: 10am (inside foyer) Pickup: 2pm
 Cost: \$2.50 half book: \$11 for computer bingo
 Lunch approx. \$20

Saturday April 22nd: Arty Antics (Mobile A)

Place: AFCC
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch

Saturday April 22nd: Amazement Farm & fun (Mob B)

Time: 9am to 4pm
 Cost: \$27 Bring: Lunch, snack & drink or money to purchase //
 Bus trip " M'wether " C'town

Saturday April 22nd: The Lion The Witch & The Wardrobe (Mob E)

Where: Young peoples theatre
 Cost: \$30 TBC
 Time: 9am to 4pm Show commences 11am
 Bring: your own morning tea & lunch or money to buy

Monday April 24th: Monday Melodies

Place: AFCC; Time: 9.45am to 2.45pm
 Bring: Please bring your own morning tea & lunch

Monday April 24th: Toronto Capers**Monday April 24th: Crafty Creations**

Place: AFCC; Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch

Monday April 24th: Harmonies

Place: AFCC
 Time: 5.00pm to 8.00pm
 Bring your own meal; tea & coffee will be provided

Tuesday April 25th: PUBLIC HOLIDAY CLOSED**Wednesday April 26th: Bingo Lunch**

Place: Wests, 88 Hobart Rd, Lambton 2305
 Time: 10.00am (inside foyer) Pick Up: 2.30pm
 Cost: \$2.50 half book: \$11 for Computer Bingo

Wednesday April 26th: Connections

Place: AFCC
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch

Wednesday April 26th: Encore

Place: AFCC
 Time 5.00pm to 8.00pm
 Cost: \$4.00 for light meal & fruit or bring your own

Thursday April 27th: Mitez & Music Melody

Place: AFCC
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch

Thursday April 27th: Linx & Music Melody

Place: AFCC
 Time: 9.45am to 2.45pm
 Bring: Please bring your own morning tea & lunch

Thursday April 27th: Stepping Out

Place; CMPC
 Time: 5.00pm to 8.00pm
 Bring: Please bring your own meal

Friday April 28th: Crafty Creations

Place: AFCC
 Time: 9.45am to 2.45pm
 Bring: Please bring your own morning tea & lunch

Friday April 28th: Friday Frolics

Place: AFCC
 Time: 10.00am to 3.00pm
 Bring: Please bring lunch, drink or money to buy

Friday April 28th: Ten Pin Bowling Raymond Terrace

Time: 9am to 3pm
 Cost: \$15.95 for two games
 Bring: Please bring your morning tea & lunch or money to buy.

Saturday April 29th: Arty Antics (Mobile A)

Place: AFCC
 Time: 10.00am to 3.00pm
 Bring: Please bring your own morning tea & lunch

Saturday April 29th: Aqua Golf & Lunch Hunter Valley

Time: 9.00am to 3.00pm
 Cost: \$12 per game
 Bring: Please bring lunch, drink or money to buy

Saturday April 29th: Hunter Valley Steam Fest (Mob E).

Time: 9am to 4pm
 Cost: Free entry (games etc cost)
 Where: Maitland Station Precinct
 Bring: Morning tea, lunch, drink or money to purchase.
 Bus trip " M'wether " C'town



The Chatterbox

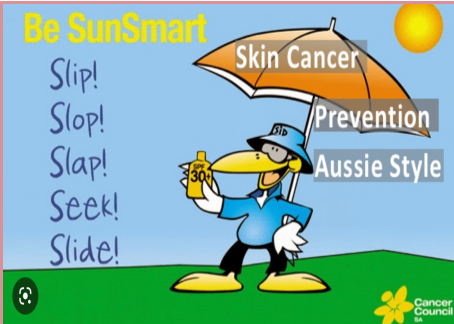


We will be holding a Planning Day on Tuesday 7 March 2023 for both participants and their carers at the AFCC commencing at 10.30am. The purpose of the day is to highlight any issues facing the service, to look at current practices and to develop directions and strategies for the year ahead. Morning tea will be provided. Please confirm your attendance by contacting the office by Friday 3 March 2023.



2023 Medication Forms

Thank you to those who have returned the 2023 Medication Forms that were sent out recently. If you have not yet returned them, could you please return these to the office as soon as possible.



Please don't forget to bring along your hat, sunscreen and bottle of water on activities.



David and Trudi out and about on Australia Day!

Best Wishes
Wishing Amie & her partner all the best for the upcoming birth of her baby girl.

Port Macquarie Trip



Crystal and Erica are best friends and had a wonderful holiday at Port Macquarie. They did not want to miss visiting any famous and beautiful places at Port Macquarie. Mrs. York's Garden, Great walkway along the lake, Koala Hospital and Koala Park as well as a fantastic botanical garden were Crystal and Erica's memorable places visited for the holiday.



Toronto Capers are getting fit and enjoy exercising in the swimming pool each Monday. The group's physical skills in the pool improved since last year. Everyone said that they really enjoy swimming and water exercise every Monday.

