



NewLake
peer support

The Chatterbox

January and February 2024

From the Desk

As the holiday season fast approaches, we want to take a moment to extend our warmest wishes to each and every one of you. May your holidays be filled with joy, and may the new year be filled with happiness, growth, and limitless possibilities. May it be your best year yet!

CHRISTMAS PARTY

New Lake Peer Support Limited Christmas Party will be held on **Friday 8 December 2023** at the Alice Ferguson Community Centre from 6:00 PM to 9:00 PM. Please RSVP by Friday 1 December 2023. Everyone is welcome!

Supports

A friendly reminder, day programs will cease on 22 December 2023 and resume on 2 January 2024. There are no changes to our social and recreation programs and no changes to requested individual supports. If you have an interest in any of the recreational activities over the festive period, please complete the activity request form.

Christmas Raffle

Our annual Christmas raffle will be drawn on Monday 18 December. Tickets are \$1 each.

New Lake Peer Support Ltd.

Alice Ferguson Community Centre
30 Caldwell Street, Merewether 2291



Camp Breakaway



The 3 days of the Camp Breakaway trip were amazing. The group had an opportunity to have great fun through enhancing independent living skills (cooking, conducting daily household tasks and personal care and learning about kitchen safety and participants rights and responsibilities) and playing different sport activities (basketball, morning and afternoon walks in the sensory garden and adults bicycle, mini Olympics as well as pool game) and canvas art (the theme was 'Hand') as well as Melbourne Cup crafts and games (horse racing and treasure hunt).



Everyone agreed that they had a great time at the camp and would like to go back to Camp Breakaway next year.

By Steven, B. and Michael, W.



The Dolly Show

Kate and Jema-Lee had a great time enjoying all the hits at The Dolly Show and even got to meet the star afterwards!



Upcoming Events

January:

- 20: Rocky Horror Show * Ticketed*
 - 20: Disco & BBQ
 - 26: Public Holiday – Australia Day
 - 27: N.C Jets Vs Wellington Phoenix
- *ticketed*

February:

- 3: N.C Jets Vs Melbourne Victory
- *ticketed* 10: Dolphin Cruise *ticketed*
- 16: Disco Revolution Belmont 16s
- *ticketed*
- 17: Maitland Show
- 24: Cinema Under the Stars – The Rise of Gru

Please complete & return your activity request forms to the office at AFCC or via email to Brit at: reception@newlake.com.au by the 11 December 2023.

02 4963 6420
info@newlake.com.au
www.newlake.com.au



What's On January 2024

Mobile A: 0413 253 696

Mobile B: 0421 382 034

Mobile E: 0413 855 202

Tuesday January 2nd: Tuesday Frolics

Place: AFCC;

Time: 10am to 3pm

Bring: Please bring your own morning tea & lunch

Tuesday January 2nd: Crafty Creations

Place: The Caldwell Centre

Time: 10am to 3pm

Bring: Please bring your own morning tea & lunch

Tuesday January 2nd: Mitez

Place: AFCC;

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Tuesday January 2nd: 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 January 2nd: Viva

Place: CMPC. Time: 5.00pm to 8.00pm

Bring: Please bring your own evening meal

Wednesday January 3rd: Crafty Creations

Place: AFCC;

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Wednesday January 3rd: Putt Putt & Lunch Broadmeadow

Time: 9am to 3pm Cost: \$15 per game

Bring: Morning tea, lunch or money to buy

Wednesday January 3rd: Connections & Swimming

Place: AFCC & Coughlan's Warners Bay

Time: 10.00am to 3.00pm

Cost: \$6 entry, bring swimmers, towel, morning tea & lunch

Wednesday January 3rd: Encore

Place: AFCC;

Time 5.00pm to 8.00pm

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

Thursday January 4th: Mitez & Music Melody

Place: AFCC;

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Thursday January 4th: Linx & Music Melody

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Thursday January 4th: Stepping Out

Place: CMPC;

Time: 5.00pm to 8.00pm

Bring: Please bring your own meal

Friday January 5th: Crafty Creations

Place: AFCC.

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Friday January 5th: Ten Pin Bowling Raymond Terrace

Time: 9am to 3pm Cost: \$15.95 for two games

Bring: Morning tea, lunch or money to buy

Friday January 5th: Friday Frolics

Place: AFCC; Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Saturday January 6th: Arty Antics (Mobile A)

Place: AFCC;

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Saturday January 6th: Aqua Golf Hunter Valley (Mob E)

Time 9.00am to 4.00pm. Cost: \$10

Bring: Please bring lunch, drink or money to buy

Bus trip "M'wether " C'town

Saturday January 6th: Disco & BBQ (Mob B)

Time: 6pm-9.30pm Theme: 80's dress up

Cost: \$4 for BBQ dinner or bring your own meal.

Where: Alice Ferguson Community Centre

Monday January 8th: Monday Melodies

Place: AFCC;

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Monday January 8th: Toronto Capers

Monday January 8th: Crafty Creations

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Monday January 8th: Harmonies

Place: AFCC

Time: 5.00pm to 8.00pm

Please bring your evening meal

Tuesday January 9th: Tuesday Frolics

Place: AFCC;

Time: 10am to 3pm

Bring: Please bring your own morning tea & lunch

Tuesday January 9th: Crafty Creations

Place: The Caldwell Centre

Time: 10am to 3pm

Bring: Please bring your own morning tea & lunch

Tuesday January 9th: Mitez

Place: AFCC;

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Tuesday January 9th: Fighter world & Lunch

Time: 9am-3pm Cost: Free entry

Bring: Bring your own morning tea & lunch or

money to purchase at Anna Bay.

Wednesday January 10th: Crafty Creations

Place: AFCC;

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Wednesday January 10th: Movies & Lunch Raymond Terrace.

Time: 9am to 3pm. Cost: \$12 ticket + \$20 lunch.

Bring: Please bring your own morning tea & lunch

Wednesday January 10th: Connections & Swimming

Place: AFCC & Coughlan's Warners Bay

Time: 10.00am to 3.00pm

Cost: \$6 entry, bring swimmers, towel, morning tea & lunch

Wednesday January 10th: Encore

Place: AFCC;

Time 5.00pm to 8.00pm

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

Thursday January 11th: Mitez & Music Melody

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

Thursday January 11th: Linx & Music Melody

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

Thursday January 11th: Stepping Out

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

Friday January 12th: Crafty Creations

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

Friday January 12th: Friday Frolics

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

Friday January 12th: Bingo & Lunch Belmont 16s

Place: Belmont 16s Time: 9am to 3pm
Time: 11.00am Cost: \$4 per book Lunch
approx. \$20.00

Saturday January 13th: Arty Antics (Mobile A)

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

Saturday January 13th: Central Coast Trip (Mob E).

Time: 9am to 4pm.
Bring: Please bring your own morning tea & lunch or money to purchase.
Bus trip " M'wether " C'town

Saturday January 13th: Ten Pin Bowling Raymond Terrace (Mob B).

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 January 15th: Monday Melodies

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

Monday January 15th: Toronto Capers

Monday January 15th: Crafty Creations

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

Monday January 15th: Harmonies

Place: AFCC Time: 5.00pm to 8.00pm
Bring: Please bring your evening meal

Tuesday January 16th: Tuesday Frolics

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

Tuesday January 16th: Crafty Creations

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

Tuesday January 16th: Mitez

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

Tuesday January 16th: Walker Water Works & Picnic

Time: 19am to 3pm
Bring: Please bring your own picnic lunch and morning tea or money to buy.

Tuesday January 16th: Viva

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

Wednesday January 17th: Crafty Creations

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

Wednesday January 17th: Connections & Swimming

Place: AFCC & Coughlan's Warners Bay
Time: 10.00am to 3.00pm
Cost: \$6 entry, bring swimmers, towel, morning tea & lunch

Wednesday January 17th: Encore

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

Wednesday January 17th: 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

Thursday January 18th: Mitez & Music Melody

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

Thursday January 18th: Linx & Music Melody

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

Thursday January 18th: Stepping Out

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

Friday January 19th: Crafty Creations

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

Friday January 19th: Friday Frolics

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

Friday January 19th: Aqua Golf Hunter Valley

Time 9.00am to 3.00pm. Cost: \$10
Bring: Please bring lunch, drink or money to buy

Saturday January 20th: Saturday Scene (Mobile A)

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

Saturday January 20th: Rocky Horror Show (Mob B)

Limited tickets
Time: 10am to 5pm . Cost: \$79.90 per ticket
Show commences: 2pm
Bring: Please bring your own morning tea & lunch or money
Bus trip " M'wether " C'town

Saturday January 20th: Movies & Lunch Raymond Terrace (Mob E).

Time: 9am to 4pm. Cost: \$12 ticket + \$20 lunch.
Bring: Please bring your own morning tea & lunch
Bus trip " M'wether " C'town

Monday January 22nd: Monday Melodies

Place: AFCC;

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Monday January 22nd: Toronto Capers**Monday January 22nd: Crafty Creations**

Place: AFCC;

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Monday January 22nd: Harmonies

Place: AFCC;

Time: 5.00pm to 8.00pm

Please bring your own meal, tea & coffee provided.

Tuesday January 23rd: Tuesday Frolics

Place: AFCC;

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Tuesday January 23rd: Crafty Creations

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

Bring: Please bring your own morning tea & lunch

Tuesday January 23rd: Movies & Lunch Raymond Terrace

Time: 9am to 3pm. Cost: \$12 ticket + \$20 lunch.

Bring: Please bring your own morning tea & lunch

Tuesday January 23rd: Mitez

Place: AFCC;

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Wednesday January 24th: Crafty Creations

Place: AFCC;

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Wednesday January 24th: Ten Pin Bowling Raymond Terrace.

Time: 9am to 3pm Cost: \$15.95 for two games

Bring: Morning tea, lunch or money to buy

Wednesday January 24th: Connections & Swimming

Place: AFCC & Coughlan's Warners Bay

Time: 10.00am to 3.00pm

Cost: \$6 entry, bring swimmers, towel, morning tea & lunch

Wednesday January 24th: Encore

Time 5.00pm to 8.00pm

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

Thursday January 25th: Mitez & Music Melody

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Thursday January 25th: Linx & Music Melody

Place: AFCC.

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Thursday January 25th: Stepping Out

Place; CMPC.

Time: 5.00pm to 8.00pm

Bring: Please bring your own meal

Friday 26th: PUBLIC HOLIDAY CLOSED**Saturday January 27th: Arty Antics (Mob A)**

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Saturday January 27th: Walkabout Wildlife Sanctuary (Mob B)

Time: 9am to 4pm

Where: 1 Darkinjung Rd, Calga NSW 2250

Cost: \$33.00 per entry

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

Bus trip " M'wether " C'town

Saturday January 27th: N.C Jets Vs Wellington Phoenix (Mob E).

Time: 3.30 to 8pm TBC

Cost: \$27.00 per ticket

Transport: From Home

Monday January 29th: Monday Melodies

Place: AFCC.

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Monday January 29th: Toronto Capers**Monday January 29th: Crafty Creations**

Place: AFCC;

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Monday January 29th: Harmonies

Place: AFCC;

Time: 5.00pm to 8.00pm

Please bring your own meal, tea & coffee provided

Tuesday January 30th: Tuesday Frolics

Place: AFCC;

Time: 10.00am to 3.00pm

Please bring your own meal, tea & coffee provided

Tuesday January 30th: Ten Pin Bowling Raymond Terrace.

Time: 9am to 3pm Cost: \$15.95 for two games

Bring: Morning tea, lunch or money to buy

Tuesday January 30th: Crafty Creations

Place: Caldwell Centre;

Time: 10.00am to 3.00pm

Please bring your own meal, tea & coffee provided

Tuesday January 30th: Mitez

Place: AFCC

Time: 10.00am to 3.00pm

Please bring your own meal, tea & coffee provided

Tuesday January 30th: Viva

Place: CMPC. Time: 5.00pm to 8.00pm

Bring: Please bring your own evening meal

Wednesday January 31st: Crafty Creations

Place: AFCC.

Time: 10.00am to 3.00pm

Please bring your own meal, tea & coffee provided

Wednesday January 31st: Stockton Shipwreck & Picnic

Time: 9am to 3pm

Bring: Morning tea, lunch or money to buy

Wednesday January 31st: Connections & Swimming

Place: AFCC & Coughlan's Warners Bay

Time: 10.00am to 3.00pm

Cost: \$6 entry, bring swimmers, towel, morning tea & lunch

Wednesday January 31st: Encore

Place: AFCC

Time 5.00pm to 8.00pm

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

What's On February 2024

Thursday February 1st: Mitez & Music Melody

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Thursday February 1st: Linx & Music Melody

Place: AFCC.

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Thursday February 1st: Stepping Out

Place; CMPC Time: 5.00pm to 8.00pm

Bring: Please bring your own meal

Friday February 2nd: Crafty Creations

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Friday February 2nd: Friday Frolics

Place: AFCC.

Time: 10.00am to 3.00pm

Bring: Please bring lunch, drink or money to buy

Friday February 2nd: Blackbutt Reserve & Picnic

Time: 9am to 3pm .

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

Saturday February 3rd: Arty Antics (Mob A)

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Saturday February 3rd: Ten Pin Bowling Raymond Terrace (Mob B)

Time: 9am to 4pm Cost: \$15.95 for two games

Bring: Morning tea, lunch or money to buy

Bus trip " M'wether " C'town

Saturday February 3rd: N.C Jets Vs Melbourne Victory (Mob E) *Ticketed Event*

Time: 3.30 to 8pm TBC

Cost: \$27.00 per ticket

Transport: From Home

Monday February 4th: Monday Melodies

Place: AFCC.

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Monday February 4th: Toronto Capers

Monday February 4th: Crafty Creations

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Monday February 4th: Harmonies

Place: AFCC Time: 5.00pm to 8.00pm

Please bring your meal; tea & coffee will be provided

Tuesday February 6th: Tuesday Frolics

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Tuesday February 6th: Crafty Creations

Place: The Caldwell Centre

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Tuesday February 6th: Hunter Botanic Gardens & Picnic

Time: 10.00am to 3.00pm

Cost: \$5 entry

Bring: Please bring your own morning tea & lunch

Tuesday February 6th: Mitez

Place: AFCC;

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Tuesday February 6th: Viva

Place: CMPC

Time: 5.00pm to 8.00pm

Bring: Please bring your own meal.

Wednesday February 7th: Crafty Creations

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Wednesday February 7th: 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

Wednesday February 7th: Connections & Swimming

Place: AFCC & Coughlan's Warners Bay

Time: 10.00am to 3.00pm

Cost: \$6 entry, bring swimmers, towel, morning tea & lunch

Wednesday February 7th: Encore

Place: AFCC

Time 5.00pm to 8.00pm

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

Thursday February 8th: Mitez & Music Melody

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Thursday February 8th: Linx & Music Melody

Place: AFCC.

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Thursday February 8th: Stepping Out

Place; CMPC Time: 5.00pm to 8.00pm

Bring: Please bring your own meal

Friday February 9th: Crafty Creations

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Friday February 9th: Friday Frolics

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring lunch, drink or money to buy

Friday February 9th: Movies & Lunch Raymond Terrace

Time: 9am to 3pm. Cost: \$12 ticket + \$20 lunch.

Bring: Please bring your own morning tea & lunch

Saturday February 10th: Arty Antics (Mob A)

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Saturday February 10th: Putt Putt & Lunch Anna Bay (Mob B)

Time: 9am to 4pm Cost: \$8 per game

Bring: Morning tea, lunch or money to buy

Bus trip " M'wether " C'town

Monday February 12th: Monday Melodies

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Monday February 12th: Toronto Capers**Monday February 12th: Crafty Creations**

Place: AFCC;

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Monday February 12th: Harmonies

Place: AFCC.

Time: 5.00pm to 8.00pm

Bring your own meal; tea & coffee will be provided

Tuesday February 13th: Tuesday Frolics

Place: AFCC.

Time: 10am to 3pm

Bring: Please bring your own morning tea & lunch

Tuesday February 13th: Crafty Creations

Place: Caldwell Centre

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Tuesday February 13th: Central Coast trip

Time: 9am to 3pm

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

Tuesday February 13th: Matez

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Wednesday February 14th: Crafty Creations

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Wednesday February 14th: Connections & Swimming

Place: AFCC & Coughlan's Warners Bay

Time: 10.00am to 3.00pm

Cost: \$6 entry, bring swimmers, towel, morning tea & lunch

Wednesday February 14th: Ten Pin Bowling Raymond Terrace

Time: 9am to 3pm Cost: \$15.95 for two games

Bring: Morning tea, lunch or money to buy

Wednesday February 14th: Encore

Place: AFCC

Time 5.00pm to 8.00pm

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

Thursday February 15th: Matez & Music Melody

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Thursday February 15th: Linx & Music Melody

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Thursday February 15th: Stepping Out

Place: CMPC.

Time: 5.00pm to 8.00pm

Bring: Please bring your own meal

Friday February 16th: Crafty Creations

Place: AFCC.

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Friday February 16th: Friday Frolics

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Friday February 16th: Disco Revolution & Dinner

* Limited tickets available* Where: Belmont 16s

Time: 6pm to 11.30pm

Cost: \$33.50 per ticket + approx. \$20 for dinner at the club.

Saturday February 17th: Saturday Scene (Mobile A)

Place: CMPC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Saturday February 17th: Maitland Show (Mob B)

Ticketed event

Time: 9am to 4pm.

Cost: approx. \$20 per ticket

Bring: Please bring your own morning tea & lunch

Bus trip " M'wether " C'town

Saturday February 17th: Norah Head Lighthouse & picnic (Mob E)

Time: 9am to 4pm

Where: Norah Head NSW

Bring: Picnic lunch, snack & drink or money to purchase, walking shoes, sunscreen and hat.

Monday February 19th: Monday Melodies

Place: AFCC;

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Monday February 19th: Toronto Capers**Monday February 19th: Crafty Creations**

Place: AFCC;

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Monday February 19th: Harmonies

Place: AFCC Time: 5.00pm to 8.00pm

Bring your own meal; tea & coffee will be provided

Tuesday February 20th: Crafty Frolics

Place: AFCC.

Time: 10am to 3pm

Bring: Please bring your own morning tea & lunch

Tuesday February 20th: Crafty Creations

Place: Caldwell Centre Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Tuesday February 20th: Aqua Golf Hunter Valley

Time 9.00am to 3.00pm. Cost: \$10

Bring: Please bring lunch, drink or money to buy

Tuesday February 20th: Matez

Place: AFCC

Time: 10.00am to 3.00pm

Bring: Please bring your own morning tea & lunch

Tuesday February 20th: Viva

Place: CMPC

Time: 5.00pm to 8.00pm

Bring: Please bring your own meal.

Wednesday February 21st: Crafty Creations

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

Wednesday February 21st: Bingo & Lunch Belmont 16s

Place: Belmont 16s
Time: 11.00am Cost: \$4 per book Lunch
approx. \$20.00

Wednesday February 21st: Connections & Swimming

Place: AFCC & Coughlan's Warners Bay
Time: 10.00am to 3.00pm
Cost: \$6 entry, bring swimmers, towel, morning tea & lunch

Wednesday February 21st: Encore

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

Thursday February 22nd: Mitez & Music Melody

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

Thursday February 22nd: Linx & Music Melody

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

Thursday February 22nd: Stepping Out

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

Friday February 23rd: Crafty Creations

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

Friday February 23rd: Friday Frolics

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

Friday February 23rd: Ten Pin Bowling Raymond Terrace

Time: 9am to 3pm Cost: \$15.95 for two games
Bring: Morning tea, lunch or money to buy

Saturday February 24th: Arty Antics (Mobile A)

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

Saturday February 24th: Train ride to Dungog & Museum Visit (Mob B)

Time/meet: Meet at Newcastle Interchange 9am to 4pm.
Cost: Opal Card for train or visa card.
Bring: Picnic lunch, snack & drink or money to purchase

Saturday February 24th: Cinema Under the Stars (Mob E)

Time: 5pm- 10pm.
Movie: The Rise of Gru Where: Speers Point
Bring: Please bring your own picnic dinner, snacks
and drink, a picnic blanket or chair.
Transport from home.

Monday February 26th: Monday Melodies

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

Monday February 26th: Toronto Capers**Monday February 26th: Crafty Creations**

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

Monday February 26th: Harmonies

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

Tuesday February 27th: Tuesday Frolics

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

Tuesday February 27th: Crafty Creations

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

Tuesday February 27th: 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 February 27th: Mitez

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

Wednesday February 28th: Crafty Creations

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

Wednesday February 28th: Connections & Swimming

Place: AFCC & Coughlan's Warners Bay
Time: 10.00am to 3.00pm
Cost: \$6 entry, bring swimmers, towel, morning tea & lunch

Wednesday February 28th: Koala Sanctuary

Time: 9am to 3pm Cost: \$28 per game
Bring: Morning tea, lunch or money to buy

Wednesday February 28th: Encore

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

Thursday February 29th: Mitez & Music Melody

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

Thursday February 29th: Linx & Music Melody

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

Thursday February 29th: Stepping Out

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



NewLake
peer support

The Chatterbox

January and February 2024



Port Macquarie Holiday

Corrine and Sally had a wonderful trip to Port Macquarie in September where they enjoyed going to the Billabong Zoo, playing putt putt, picking strawberry's and visiting the Koala Hospital.



Forster Holiday

Gemma, Melissa and Bianca all really enjoyed their Girls trip to Forster! They enjoyed sight seeing, evening walks along the beach, visiting the great lakes museum and going to the movies.



Fire Department Visit



NLPS photo album



Melbourne Cup

A fabulous day celebrating the Melbourne Cup day at the AFCC. Everybody dressed up and enjoyed a day filled of games, laughs and learning as well as a beautiful roast chicken lunch together.



Shane's Bird House

Shane works hard at the Men's Shed every week and was rightfully proud of this birdhouse he built for a friend of his mum.



As Carol Forbes embarks on this new chapter of her life, we want to convey our warmest wishes for a retirement filled with relaxation, joy, and the fulfillment of her dreams. Thank you, Carol, for the past 14 years of dedicated service to our organisation. You will be missed. Carol's last day is 21 Dec.

Bocce Competition

Congratulations to Ross for his fabulous result at the recent Special Olympics State Bocce Competition! He won gold for his individual event and bronze for the team event.



New Lake Peer Support Ltd.

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