

2026 - FRIDAY SOCIAL

Welcome to Friday Social at Regina Caeli in 2026!
Connect with others and keep your mind and body,
happy and healthy by enjoying yourself!












- ❖ Play Board Games,
 - ❖ Mahjong and Cards,
 - ❖ do Zen Colouring,
 - ❖ be creative with Card Making,
- ❖ listen to Presentations,
 - ❖ participate in Sing-alongs,
 - ❖ do some gentle exercise or Chair Yoga,
 - ❖ share stories, make new friends and more

Just have fun along the way, in this relaxed environment!

Please bring either a plate of food to share or pay \$8 for Morning Tea on each 1st and 3rd Friday of the month. Thanks to our presenters for their continued support.

See you at the Church Hall from 9.30am - 11.30am,
as we look forward to sharing a continuation of the good times!

DATE	THEME
FRIDAY FEB 6 	Introduction to LINE DANCING with Joy. Then OLYMPIC WINTER GAMES in Puzzles, 'What's In A Box', Books Read, Finska, Mini Golf, Quoits, Line Dancing and Exercise. Create your own country!
FRIDAY FEB 20 	Olympic Winter Games Friday Social style continues in the super finals of Finska, Quoits and Draughts + 'What's in the Box' and the Parade of Nations. Who will be the Champions? 
FRIDAY MARCH 6 	GENTLE EXERCISE with Aggie Celebrate St Patrick's Day ~ Singalong, Games or CREATIVE WRITING with Mogens. Free Morning Tea
FRIDAY MARCH 20 	EASTER CARD MAKING with MAXINE - (as Easter is April 2-6) or Cards/ games etc ~ New games - Mahjong, Rummikub / RummyO, Five Crowns, Briscola, Phase 10
FRIDAY APRIL 3 	GOOD FRIDAY - NO GATHERING ~ Easter April 2 to April 6.
FRIDAY APRIL 17 	Early Anzac Commemoration. Presentation from Legacy CEO - Mr Brendan Cox
FRIDAY MAY 1 	Gentle Exercise with Aggie then Select your activity:- CREATIVE WRITING with Mogens Learn to play a new game - Mahjong, RummyO, RummiKub, Tri-Ominos, Five Crowns, Briscola, Phase 10; CRAFT TIME with Maxine
FRIDAY MAY 15 	Celebrate World Day of Cultural diversity and development from our own presenters. Experience another culture with foods at its finest level. Join in Singalong with Music from Around the World!

DATE	THEME
FRIDAY JUNE 5 	GENTLE CHAIR YOGA with Yoga by Carm (30 minutes) Select your activity:- Develop your new game skills; Craft time with Maxine
FRIDAY JUNE 19 'Winter Solstice' 	LINE DANCING with JOY Select your activity:- Creative Writing with Mogens; Develop your new game skills
FRIDAY JULY 3 	XMAS IN JULY. Share the Xmas spirit with songs, games and a \$8 Secret Santa!
FRIDAY JULY 17 	Celebrate and understand the significance of NATIONAL LAMINGTON DAY with Brian then CRAFT TIME with Maxine.
FRIDAY AUGUST 7 	EKKA - FRIDAY SOCIAL FINE ARTS COMPETITION at Regina Caeli commences! Craft Time with MAXINE. Making hearts with Carmel
FRIDAY AUGUST 21 	GENTLE CHAIR YOGA with Carmel from YOGA BY CARM Contribute to our Ekka Fine Arts Exhibition. See our talented senior's creations on display on Judging Day. Play board Games/Cards!
FRIDAY SEPT 4 	FALLS PREVENTION PRESENTATION from KYM MURPHY Qld Ambulance Service (QAS) Falls Co-Response Program Co-Ordinator. What to do if a fall occurs and the role of QAS, if someone does have a fall.
FRIDAY SEPT 18 	GENTLE EXERCISE with AGGIE Cards/Games / Zen Colouring or BYO Craft. Craft time with Maxine
FRIDAY OCT 2 	SENIORS MONTH - WELLBEING DAY#1 "THE GOOD OUTCOMES A COMMUNITY ORGANISATION CAN ACHIEVE!" Presented by Mr Don Cameron AM, Former MP 1966 - 1990. Then experience a neck massage from Aggie or play a selection of games/puzzles/cards.
FRIDAY OCT 16 	SENIORS MONTH - WELLBEING DAY#2 Why not try - Line Dancing with Joy. Experience a foot massage from Aggie. Learn to PLAY the UKULELE or play games/cards.
FRIDAY NOV 6 	Early MELBOURNE CUP celebrations, that will have you singing-a-long to the finish line. Enter the CUP HAT PARADE! Enjoy Board games/Cards
FRIDAY NOV 20 	GENTLE EXERCISE with AGGIE and enjoy the health benefits (First 15 min) XMAS CARD MAKING with MAXINE. Cards/Games, Zen Colouring and BYO Craft.
FRIDAY DEC 4	XMAS BREAKUP 

