










## 2025 - FRIDAY SOCIAL

Welcome! To Friday Social at Regina Caeli in 2025. Connect with others and keep your mind and body, happy and healthy and most importantly - enjoy yourself! Please bring either a plate of food to share or pay \$5.00 for morning tea on each 1st and 3rd Fridays. Looking forward to sharing the good times ahead in 2025! Mark the dates in your diary! Thanks to our presenters for donating their time and their continued support. See you there! Charmaine

DATE	THEME
FRIDAY FEB 7 CELEBRATE our return to FRIDAY SOCIAL with Chair yoga and a sing - a - long!	 I LOVE .... CELEBRATING our return to FRIDAY SOCIAL. Relax into CHAIR YOGA with Carmel from Yoga by Carm then warm up those vocal folds in a SINGALONG. Enjoy morning tea!
FRIDAY FEB 21 Gentle exercise, Create a crocheted bag or display your creative writing!	 GENTLE EXERCISE with AGGI and enjoy the general health benefits (First 15 min) CREATE your own crocheted string bag with Shirley or CREATE a poem with our Poet Laureate Mohens or play cards and games.
FRIDAY MARCH 7 Chair yoga and creating CARDS.	 Relax into CHAIR YOGA with Carmel from Yoga by Carm. Then be creative and decorate a Baptismal Candle/CARD MAKING with Maxine; or play Cards, Games and Zen Colouring or BYO Craft. TBC
FRIDAY MARCH 21 Support with the My Aged Care Services!	 Presentation from ADA Australia, Led by Scott. Help with Aged Care services. So, bring along your questions!
FRIDAY APRIL 4 Chair yoga and early Anzac Day Commemoration.	  Relax into CHAIR YOGA with Carmel from Yoga by Carm then participate with us in an EARLY ANZAC DAY COMMEMORATION - Stories, songs and perhaps a game of 2 Up!
FRIDAY APRIL 18 Easter	GOOD FRIDAY - No Friday Social
FRIDAY MAY 2 An informative presentation from Seniors Enquiry Line.	 Presentation from SENIORS ENQUIRY LINE - Led by Emily and Operated by Uniting Care. Wide selection of topics to be decided upon by Friday Social members.
FRIDAY MAY 16	 GENTLE EXERCISE with AGGI and enjoy the health benefits (First 15 min) Cards, indoor and outdoor games, Zen colouring or Candle decorating/ Card Making, BYO Craft.
FRIDAY JUNE 6 Home Security and Personal Safety	 Presentation by Volunteers in Policing, led by Robert. Topics include Home Security and Personal Safety.

DATE	THEME
RIDAY JUNE 20 Card Making 	<b>GENTLE EXERCISE</b> with AGGI and enjoy the health benefits (First 15 min); <b>CARD MAKING</b> with MAXINE. Simply enjoy playing games or cards.
FRIDAY JULY 4 Christmas in July 	<b>CHRISTMAS IN JULY.</b> Share the Christmas spirit with songs, games and a \$5 Secret Santa!
FRIDAY JULY 18 National Lamington Day July 21 	<b>GENTLE EXERCISE</b> with AGGI and Craft, Games and Cards. Then celebrate a National icon - The Lamington! Find out about this Australian culinary delight. Of course, you'll meet the other delicious cake relatives!
FRIDAY AUGUST 1 Ekka Fine Arts. 	<b>EKKA - FRIDAY SOCIAL FINE ARTS MONTH</b> at Regina Caeli commences! Work on your Fine Arts entry - Creative Cards, Craft and Zen Colouring or any project. <b>CARD MAKING</b> with MAXINE.
FRIDAY AUGUST 15 Fine Arts Exhibition at Regina Caeli. 	<b>GENTLE EXERCISE</b> with AGGI and enjoy the health benefits (First 15 min) Contribute to our Ekka Fine Arts Exhibition. Enjoy our talented senior's creations on display!
FRIDAY SEPT 5 	<b>SPRINGTIME IN SEPTEMBER!</b> Celebrate what Brisbane has to offer in September.
FRIDAY SEPT 19 Sept 21 - International Day of Peace 	<b>PEACEFUL, GENTLE EXERCISE</b> with AGGI and enjoy the health benefits (First 15 min) Enjoy the peaceful Zen Colouring or BYO Craft, Card making with Maxine or Baptismal Candle decorating
FRIDAY OCT 3 Wellbeing Day 	<b>SENIORS MONTH - WELLBEING DAY</b> with a selection of activities - workshops and games.
FRIDAY OCT 17 3rd Sat in Oct - World Singing Day 	<b>GENTLE EXERCISE</b> with AGGI and enjoy the health benefits (First 15 min); Celebrate World Singing Day - Learn some vocal techniques to help you enjoy your singing! Then Games and cards.
FRDAY NOV 7 Melbourne Cup re-lived! 	Relive the <b>MELBOURNE CUP</b> - Activities that will get you galloping to the finish line! Dust off the fascinators and hats for the Cup parade!
FRIDAY NOV 21 	Enjoy the health benefits of <b>GENTLE EXERCISE</b> with AGGI (First 15 min) <b>XMAS CARD MAKING</b> for an Aged Care facility. Cards, Games, Zen Colouring and BYO Craft.
FRIDAY DEC 5 Christmas breakup. 	<b>CHRISTMAS BREAKUP</b> - Games, singalong, \$5 Secret Santa and a special morning tea to celebrate another fun year in 2025.