







## 2024 FRIDAY SOCIAL @ 9.30am






Welcome! Here is the schedule for Friday Social at Regina Caeli in 2024. We aim to connect with others and keep our mind and body, happy and healthy! Please bring either a plate of food to share or pay \$5 for morning tea on each 1st and 3rd Fridays. Looking forward to sharing the good times ahead!

Thanks to our presenters for their continued support. See you there!

*Charmaine*

If you interested in Scenic day trips with Coorparoo National Seniors Australia, Joy Scott has kindly agreed to be our liaise with the group. Please email Joy [njscott40@gmail.com.au](mailto:njscott40@gmail.com.au) with your enquiries.

DATE	THEME
FRIDAY FEB 2 	I LOVE AUSTRALIA CELEBRATIONS Bring Aussie tucker to share, a singalong with Brian and a few Aussie games!
FRIDAY FEB 16	TAI CHI with AGGI and enjoy the general health benefits (First 15 min) DECORATING the TABLE with MAXINE. Cards, Games and Zen Colouring or BYO Craft.
FRIDAY MARCH 1 	STORYTELLING with Michael! Cards, Games and Zen Colouring or BYO Craft.
FRIDAY MARCH 15	An IRISH SING-A-LONG to get your foot tapping for St Patrick's Day! and EASTER CARD MAKING with MAXINE - (as Easter is Mar 29 to April 1) plus Cards, Games etc
FRIDAY APRIL 5 	EARLY ANZAC DAY Activities. A sing-a-long of Aussie favourites, Cards, Games, Zen Colouring or BYO Craft.
FRIDAY APRIL 19	"COST of LIVING" presentation by Bob Walker from The Office of Fair Trading TAI CHI with AGGI and enjoy the health benefits (First 15 min) under the trees
FRIDAY MAY 3 	CELEBRATING MOTHER'S DAY. Share one or more printed recipes that you or your Mother loved to cook. If interested, recipes will be collated into a cooking booklet and distributed to participants at the next gathering. CARD MAKING with MAXINE Plus Cards, Games, Zen Colouring or BYO Craft.
FRIDAY MAY 17	TAI CHI with AGGI and enjoy the health benefits (First 15 min) Cards, indoor and outdoor games, Zen colouring or BYO Craft.
FRIDAY JUNE 7 	BINGO IN A QUEENSLAND WINTER
FRIDAY JUNE 21	TAI CHI with AGGI and enjoy the health benefits (First 15 min) XMAS CARD MAKING with Maxine. Cards, indoor and outdoor games, etc.
FRIDAY JULY 5 	XMAS IN JULY. Share the Xmas spirit with songs, games and a \$5 Secret Santa!

DATE	THEME
FRIDAY JULY 19	TAI CHI with AGGI and enjoy the health benefits (First 15 min) FRIDAY SOCIAL OLYMPICS (Let the Olympics begin - Indoor and Outdoor Games, Cards, Zen colouring)
FRIDAY AUGUST 2 	EKKA - FRIDAY SOCIAL FINE ARTS COMPETITION at Regina Caeli! Creative Cards, Craft and Zen Colouring projects. FINALS of FRIDAY SOCIAL OLYMPICS.
FRIDAY AUGUST 16	TAI CHI with AGGI and enjoy the health benefits (First 15 min) FATHER'S DAY CARD MAKING with Maxine. AMERICA'S CUP activities. Cards, Games etc
FRIDAY SEPT 6 	SPRINGTIME IN SEPTEMBER Celebrating Father's Day. Swap a potted plant/ cutting and a story about a plant that your Father loved or would love to run over with the mower! Cards, Games and Zen colouring.
FRIDAY SEPT 20	TAI CHI with AGGI and enjoy the health benefits (First 15 min) Cards, Games and Zen Colouring or BYO Craft. Continue with America's Cup activities.
FRIDAY OCT 4 	SENIOR'S MONTH - WELLBEING DAY with a selection of activities - stories, workshops and games. Continue with AMERICA'S CUP activities.
FRIDAY OCT 18	TAI CHI with AGGI and enjoy the health benefits (First 15 min) Cards, Games, Zen Colouring and BYO Craft. FINALS of America's Cup activities.
FRIDAY NOV 1 	MELBOURNE CUP Activities and stories that will get you galloping... to the finish line!
FRIDAY NOV 15	TAI CHI with AGGI and enjoy the health benefits (First 15 min) XMAS CARD MAKING with MAXINE. Cards, Games, Zen Colouring and BYO Craft.
FRIDAY DEC 6 	XMAS BREAKUP