

Life is



CONNECTING LIVES

have fun



make friends



explore your talents

learn skills



MORE THAN
20
ACTIVITIES
AVAILABLE

enjoy adventures

DISABILITY SUPPORT GROUPS PROGRAM
JULY - DECEMBER 2021

together

THERE'S A GROUP ACTIVITY TO SUIT EVERYONE

LIFE & COMMUNITY

Collectables' Helpers	Be part of the boutique op shop, Collectables. Help with back-of-shop activities and learn how to select, prepare and present items for display in the shop. Gain real-life retail skills.	Monday 1pm-3pm	Collectables	Free
Deliver It	Get fit and enjoy the fresh air while you deliver pamphlets to neighbourhood letterboxes. Run in conjunction with Darling Downs Pamphlet Delivery. Depart from Hill Street.	Wednesday 1pm-3pm	Various	Free
No Boundaries Mail Run	Collect and deliver mail for local businesses around the CBD in Toowoomba. This is a service co-run by YellowBridge and Big Dog Services.	Monday to Thursday 8am-10am	Various	Free
Meals on Wheels	Volunteer with Meals on Wheels to deliver meals to others in the community.	Monday 10am-1pm	Various	Free
Happy Paws	Join the Happy Paws Happy Hearts Foundation and learn how to care for animals at the RSPCA. Available to self-managed or plan-managed participants only.	Wednesday 8am-1pm	RSPCA	NDIS funded
Learn It	Improve your literacy and numeracy skills through fun activities.	Thursday 10am-1pm	Hill Street	Free
Live It Up	Learn and practice important skills for independent living. Cook and share a meal with your group friends and celebrate national days and popular traditions.	Monday 10am - 1pm	Hill Street Hall	\$5

ARTS & CRAFT

Get Crafty	Flex your creative muscle and make your own craft creation using different materials and concepts. A great way to enjoy a Friday afternoon.	Friday 1pm-3pm	Hill Street Hall	\$5
Sew Easy	Sewing is a useful skill that anyone can do. Learn how to make a variety of different items using your own material.	Tuesday 1pm-3pm	Hill Street Hall	Free
Photography	Use your camera or smart device to capture people, places and moments.	Friday 10am-1pm	Hill Street Hall	Free
Scrapbooking	Make your own amazing scrapbook album using photographs, decorative paper and artwork.	Thursday 10am-1pm	Hill Street Hall	\$5

COOKING

Master Chefs	Have fun in the kitchen cooking up a storm. Learn to read and follow a recipe and how different foods are prepared. Taste and enjoy what you have cooked together.	Monday 1pm-3pm	Hill Street Hall	\$3
Cooking for Purpose	Bake delicious cakes and biscuits for local charities that help people in need.	Thursday 10am-1pm	YB locations	Free
A Plate for a Mate	Select, purchase and prepare a lunchtime meal to share with your group friends.	Friday 10am-1pm	Hill Street Hall	\$5

MUSIC, DANCE & DRAMA

Dance n' Sing	Dance and sing along to your favourite musical tunes. Everyone will have the opportunity to add their favourite songs to the play list. Learn new dance moves each week such as belly dancing, line dancing, hip hop and bush dancing.	Tuesday 1pm-3pm	Hill Street Hall	Free
Karaoke Time	Learn about different musical genres and artists and then let loose with some karaoke tunes.	Thursday 1pm-3pm	Hill Street Hall	Free

NATURE & OUTDOORS

Green Thumbs	Learn basic gardening skills while looking after the vegetable garden. Meet at Hill Street.	Monday 3pm-5pm	YB locations	Free
Out and About	Get out and about in the great outdoors! Enjoy a wide range of activities such as golf, fishing, sailing, swimming, bird watching, bushwalking and photography. Suitable for all skill levels. Purchase your own morning tea or lunch.	Friday 10am-3pm	Various	Free

HEALTH, FITNESS & WELLBEING

Gym Fit	Work on your personal health goals at the PCYC gym. Use fitness equipment to improve your strength, coordination, flexibility and fitness. Depart from Hill Street.	Tuesday 10am-1pm	PCYC Gym, James Street	\$10
Happy and Healthy	Join a supportive and friendly women's group and learn how to be well and healthy. Practice mindfulness techniques and have fun with beauty treatments. Be part of a safe place to chat and laugh with other women.	Tuesday 10am-1pm	Hill Street Hall	\$3
Zoom Online	Connect with others in a safe and supportive online session.	Wed, Thurs and Fri 9am-10am	Online	Free
Chill Out	Relax, read the newspapers, talk about your day and share morning tea.	Monday and Tuesday 8am-10am	Hill Street Hall	Free

SPORTS & GAMES

Bazinga Bowling	Join the YB bowling team. Take a short walk from Hill Street to the nearby bowling alley for a fun game that suits all skill levels. Depart from Hill Street.	Tuesday 1pm-3pm, Wednesday 10am-1pm, Friday 1pm-3pm	Bazinga Entertainment Centre	\$8
Bingo	Will you be the first to call Bingo? It's the fun and exciting game that everyone can play. Includes afternoon tea and prizes.	Wednesday 1pm-3pm	Hill Street Hall	\$3
Park Sports	Have fun and learn new sports. Enjoy a mix of team and solo sports with something to suit all skills and interests.	Thursday 1pm-3pm	Laurel Bank Park	Free



ABOUT OUR **GROUPS PROGRAM**

The YellowBridge Groups Program is run by our Disability Support Program. It has been thoughtfully designed to provide a wide variety of fun, interesting, stimulating and useful activities that participants can enjoy each week.

Participants can pick and choose which groups they join based on their personal interests and goals. Our program is always evolving to make sure we offer activities that are engaging and relevant. If you have an idea or suggestion for a new or revised group activity, we'd love to hear from you.

SIGN UP FOR A GROUP

Speak to your team leader if you would like to join or change a group.

COVID SAFE

We care about the health and safety of our group participants. Group sizes are small and we practice physical distancing and hand hygiene as part of our COVID Safe Plan.