



L&L 2020 Brisbane and Logan

	Activity	Next start Date/ time	Meeting Point	Cost and additional info
Get Active	Gym Program	Wednesdays Weekly 9am-2pm	Darra Head Office	Gym Membership \$65 per month Spots now available
	Fit Me Group	Group One: Tuesday 8.30am-2pm Group full (FULL)	Meet at Darra and/or Logan Office	Sport Centre Darra \$10 per person
		Wednesday 8:30am- 2pm Due to commence 25 th March.	Available from Logan and Darra	
Thrill Seekers	Smash and Paint	Logan Mondays 10am- 2pm	Slacks Creek Office	Club House- Meadowbrook \$5 for Art material
		Darra – Fridays fortnightly 10am-3pm	Darra Office	Darra Head Office
	Thrill Seekers Club	Saturdays 10am-4pm	Slacks Creek Office/ Darra Office	\$ for activity

To book or find out more, call **1800 193 362**



<p>Teen Group</p>	<p>Teen Group</p>	<p>Thursdays at Logan 3:30pm-6:30pm</p> <p>Fridays at Darra 3:30pm-6:30pm</p>	<p>Darra and Community</p>	
<p>Independent Living Skills</p>	<p>Jamie Oliver Cooking Classes</p>	<p>Next Course at Ipswich New Course- 7th March 2020</p> <p>New location for Jamie Oliver available at Yaraabilba – 16th April.</p>	<p>Darra /Logan</p>	<p>5 Weeks Course – taking expression of interest.</p> <p>\$10 per session (90 Mins) Basic Cooking Course</p>
	<p>Transport Skills</p>	<p>3pm-5pm Wednesdays</p>	<p>Darra</p>	<p>Spots available</p>
	<p>Cooking Class</p>	<p>Monday 9am-3pm</p> <p>Tuesday 9am-3pm</p> <p>Wednesdays 9am-2pm (including cultural cooking and an Art session after lunch) Weekly</p>	<p>Darra Head Office</p>	<p>\$10 for ingredients Spots available</p>



	Becoming Independent	Tuesdays 9am-3pm	Slacks Creek /Community	Spots available from Logan
Social Groups	Midweek Social Group	Thursdays 9am-3pm	Darra – Community	\$ money for activity
	Girls Monthly Movie Group	One Thursday a month 4pm-10pm	Victoria Point or meet at Darra	
	Girls Group 16 plus	Tuesdays 3:30pm- 6:30pm Weekly	Darra	Spots available Taking expression of interest
	Teen Girls Group 11-16	Fridays 4pm-9pm due to commence in March 2020	Slacks Creek/ Community	Taking expression of interest
	Movie and Chill	One Thursday a month 4pm-10pm as per Social Calendar.	Logan – Hyperdome	Spots available