



MAY 2022

BIG RED ACTIVITIES CALENDAR

Quandamooka Country
53 Mount Cotton Road, Capalaba, QLD 4157
(07) 3390 1116

Monday - Thursday 9:30am - 5pm
Saturday 10am - 3pm

Monday 2 nd	Tuesday 3 rd	Wednesday 4 th	Thursday 5 th	Friday 6 th	Saturday 7 th
CENTRE CLOSED PUBLIC HOLIDAY	GUIDED PEER SUPPORT - 10am Sleep and mental wellbeing TAROT FOR WELLBEING - 12:30pm	STRETCHY WEDNESDAY - 10am COMMUNITY LUNCH (\$3) - 12:30pm signup required	GARDENING GROUP - 10am CRAFT CORNER - 12:30pm	CENTRE CLOSED VIRTUAL ZOOM GROUP - 3pm	TED TALKS AND CHATS - 10am - 12pm BOARD GAMES - 12pm - 3pm
Monday 9 th	Tuesday 10 th	Wednesday 11 th	Thursday 12 th	Friday 13 th	Saturday 14 th
WALKING GROUP - 10am ART GROUP - 12:30pm Beginners' embroidery - \$5	GUIDED PEER SUPPORT - 10am The stories we tell ourselves TAROT FOR WELLBEING - 12:30pm	STRETCHY WEDNESDAY - 10am COMMUNITY LUNCH (\$3) - 12:30pm signup required	GARDENING GROUP - 10am CRAFT CORNER - 12:30pm	CENTRE CLOSED VIRTUAL ZOOM GROUP - 3pm <div style="background-color: #ffcc00; text-align: center; padding: 5px;"> BELONG GROUP - 4pm til 7pm </div>	DROP-IN PEER SUPPORT, ACTIVITIES AND CUPPAS 10am - 3pm
Monday 16 th	Tuesday 17 th	Wednesday 18 th	Thursday 19 th	Friday 20 th	Saturday 21 st
COMMUNITY BRUNCH - 10:30 ART GROUP - 1pm Origami	GUIDED PEER SUPPORT - 10am Executive function TAROT FOR WELLBEING - 12:30pm	STRETCHY WEDNESDAY - 10am COMMUNITY LUNCH (\$3) - 12:30pm signup required	GARDENING GROUP - 10am CRAFT CORNER - 12:30pm	CENTRE CLOSED VIRTUAL ZOOM GROUP - 3pm	TED TALKS AND CHATS - 10am - 12pm BOARD GAMES - 12pm - 3pm
Monday 23 rd	Tuesday 24 th	Wednesday 25 th	Thursday 26 th	Friday 27 th	Saturday 28 th
WALKING GROUP - 10am ART GROUP - 12:30pm Bob Ross painting - \$3	GUIDED PEER SUPPORT - 10am What do we want to do in June? TAROT FOR WELLBEING - 12:30pm	STRETCHY WEDNESDAY - 10am COMMUNITY LUNCH (\$3) - 12:30pm signup required	GARDENING GROUP - 10am CRAFT CORNER - 12:30pm	CENTRE CLOSED VIRTUAL ZOOM GROUP - 3pm <div style="background-color: #ffcc00; text-align: center; padding: 5px;"> BELONG GROUP - 4pm til 7pm </div>	TED TALKS AND CHATS - 10am - 12pm BOARD GAMES - 12pm - 3pm
Monday 30 th	Tuesday 31 st				
WALKING GROUP - 10am ART GROUP - 12:30pm Beading & jewellery making	CENTRE CLOSED STAFF TRAINING				



WHAT'S ON IN MAY?

SAVE THE DATE
Monday 16th May at 10:30am
Community Brunch and Meeting

We'll be putting on brunch and opening the floor to your ideas for the centre and the calendar, as well as showing you some changes we've been making!

Come and join us for some pastries and a chat. 😊

Guided peer support

Tuesdays at 10am

A space to work with our peer workers to chat about what's going on in our lives, reflect on any goals we have and support each other as a community.

Tuesday 3rd

How does your sleep affect your mental wellbeing, and what are strategies to look after your sleep?

Tuesday 10th

The stories we tell impact how we see others, the world around us and our place in it. What are the stories we tell, and how can we shift them to better support us?

Tuesday 17th

Executive functioning, what is it? How do we manage to function when it's such a struggle to get anything done? Let's share what works and what doesn't

Tuesday 24th

What do we want to talk about in June?

Tarot for wellbeing

Tuesdays at 12:30

Tarot can be used in many ways and for so many things. Here we use tarot as a tool for self-reflection and accessing our own intuitive wisdom.

A guided space to access your inner clarity and support others to do the same.



Community meals (\$3)

Wednesdays at 12:30pm - **signup required**

Come and join us to plan, shop for and share a BBQ or communal meal together with your Big Red friends. Sign up is required in the

centre - we need a **minimum of 3 people** to go ahead, so get your sign-ups in early.



Stretchy Wednesday

Wednesdays at 10am

A guided midweek stretch to loosen up those muscles and gently improve flexibility, giving us a midweek boost!



Gardening group

Thursdays at 10am

Get your green thumb ready as we tend to our community garden each

Thursday morning at 10am! Feel free to have a play anytime and take some herbs home to cook dinner!



Craft corner

Thursdays at 12:30pm

Got something you've been working on? Some of us crochet, work on our writing or journals. Whatever your project is, bring it along and hang out while getting it done with the support of your peers at Big RED!

Walking Group

Mondays at 10am

Come with us for a stroll in the Redlands, come rain or shine.

We'll get some nature in and enjoy a breath of fresh air.



Art Group

Let your creative juices flow! Each week we'll get out the art supplies out and try our hand at something artistic.



Monday 9th

Beginners Embroidery - \$5 (or bring your own hoop/materials)

Monday 16th

Origami

Monday 23rd

Bob Ross painting - \$3

Monday 30th

Beading & Jewellery making

Saturdays at Big Red

Between 10am and 3pm

Check out the calendar for what's on this month! Have ideas for what to do on Saturdays? Let Sarah know:

saraha@brookred.org.au or 0455 216 810

Virtual zoom groups

Wednesdays, Thursdays & Fridays at 3pm

signup required

See our Zoom calendar for more info. Sign up with Sarah: saraha@brookred.org.au or 0432 526 869

Belong Group
 Every second Friday from 4pm til 7pm

Belong is the group for all the fab folks who are queer, trans, non-binary, lesbian, bisexual, gay, asexual or any other part of the rainbow community!

Join Scarlett each fortnight for a fun evening of boardgames, movies and general wholesome mischief making!

