



JUNE 2022

BIG RED ACTIVITIES CALENDAR

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

Monday - Thursday 9:30am - 5pm
Saturday hours change every other week - see calendar



		Wednesday 1 st	Thursday 2 nd	Friday 3 rd	Saturday 4 th
		STRETCHY WEDNESDAY - 10am CRAFT CORNER - 12:30pm	GARDENING GROUP - 10am GAMES - 12:30pm	CENTRE CLOSED VIRTUAL ZOOM GROUP - 3pm	Centre open 10am - 3pm BOARD GAMES, CUPPAS AND CHATS, OR BRING ALONG SOMETHING YOU'D LIKE TO WORK ON
Monday 6 th	Tuesday 7 th	Wednesday 8 th	Thursday 9 th	Friday 10 th	Saturday 11 th
WALKING GROUP - 10am ART GROUP - 12:30pm Mason jar succulent planter	GUIDED PEER SUPPORT - 10am The role of routine TAROT FOR WELLBEING - 12:30pm	STRETCHY WEDNESDAY - 10am CRAFT CORNER - 12:30pm	GARDENING GROUP - 10am COMMUNITY LUNCH (\$3) - 12:30pm signup required	CENTRE CLOSED VIRTUAL ZOOM GROUP - 3pm BELONG GROUP - 4pm til 7pm	SKILLS FOR EMOTIONS: A DBT "LITE" GROUP - 10:30am - 12pm Details overleaf *NEW!* *Centre fully open 12pm - 3pm*
Monday 13 th	Tuesday 14 th	Wednesday 15 th	Thursday 16 th	Friday 17 th	Saturday 18 th
WALKING GROUP - 10am ART GROUP - 12:30pm Tie-dye (\$3)	GUIDED PEER SUPPORT - 10am Healthy story sharing TAROT FOR WELLBEING - 12:30pm	STRETCHY WEDNESDAY - 10am CRAFT CORNER - 12:30pm	GARDENING GROUP - 10am DOG MEETUP AT THE PARK - 12:30pm *NEW!*	CENTRE CLOSED VIRTUAL ZOOM GROUP - 3pm	Centre open 10am - 3pm BOARD GAMES, CUPPAS AND CHATS, OR BRING ALONG SOMETHING YOU'D LIKE TO WORK ON
Monday 20 th	Tuesday 21 st	Wednesday 22 nd	Thursday 23 rd	Friday 24 th	Saturday 25 th
WALKING GROUP - 10am ART GROUP - 12:30pm Shrinky dinks	GUIDED PEER SUPPORT - 10am Setting boundaries TAROT FOR WELLBEING - 12:30pm	STRETCHY WEDNESDAY - 10am CRAFT CORNER - 12:30pm	GARDENING GROUP - 10am COMMUNITY LUNCH (\$3) - 12:30pm signup required	CENTRE CLOSED VIRTUAL ZOOM GROUP - 3pm BELONG GROUP - 4pm til 7pm	SKILLS FOR EMOTIONS: A DBT "LITE" GROUP - 10:30am - 12pm Details overleaf *NEW!* *Centre fully open 12pm - 3pm*
Monday 27 th	Tuesday 28 th	Wednesday 29 th	Thursday 30 th		
WALKING GROUP - 10am ART GROUP - 12:30pm Candle making (\$3)	GUIDED PEER SUPPORT - 10am What do we want to do in July? TAROT FOR WELLBEING - 12:30pm	STRETCHY WEDNESDAY - 10am CRAFT CORNER - 12:30pm	GARDENING GROUP - 10am OUTING TO MOUNT TAMBOURINE - 10:30am departure Limited seats in the van - signup required *NEW!*		



WHAT'S ON IN JUNE?

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 6th

Mason jar succulent planter

Monday 13th

Tie dye (\$3) – bring along something made from natural fibres to dye, or we'll have some things on hand

Monday 20th

Shrinky dinks – earrings, keyrings and accessories

Monday 27th

Candle making (\$3)



Guided peer support

Tuesdays at 10am

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

Tuesday 7th

The role of routine

Tuesday 14th

Healthy story sharing

Tuesday 21st

Setting boundaries

Tuesday 28th

What do we want to talk about in June?

SKILLS FOR EMOTIONS a DBT "lite" group

A group to learn practical skills that help with difficult emotions, our reactions to them, and our relationships with others.

Contact sinea@brookred.org.au for more information or if it's your first time attending.



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.



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!



Community meals (\$3)

Every second Thursday 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.



Outings and meetups

Jump on the bus with the Big RED Crew and have some adventures or meet up with likeminded community members. For outings, bring some cash for food and drinks and signup is essential to ensure you get a seat on the bus!

Thursday 16th at 12:30pm

Dog meetup at the park – bring along your pooch or come and meet other members' doggy friends.

Thursday 16th at 10:30am [signup required](#)

Outing to Mount Tambourine – we'll have a wonder around the town and go to see a waterfall or two.

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!

Saturdays at Big Red

Hours on calendar depending on groups
Check out the calendar for what's on this month!

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!

