

Zoom Hang Out

Come hang out on Zoom, participate in games, learn life skills & share a meal with your peers.
All-inclusive, over 18's, hangout.



Monday Activities held weekly from 30th Aug to 25th Oct 2021



Activity: **Wellbeing**

Wear your comfiest clothes and relax with breath work, meditation, art therapy and setting your intentions for the week.

Time: **10am – 12pm**



Activity: **Weekly Planners**

Join your peers to work on goals, plans, and to-do lists to start each week off right!

Time: **1 – 3pm**



Activity: **Speed Friendship**

Meet new people, make new friends, and learn about others in this weekly session designed to bring people together.

Time: **3:30 – 5:30pm**



Activity: **Movie Club**

Grab your popcorn and get comfy for a weekly movie night where participants can get together and watch film favourites and the latest blockbusters!

Time: **6:30 – 9pm**

For bookings and enquiries:

Email bookings@participateaustralia.com.au

Or call **02 9799 4333**

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Australia**

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Tuesday Activities held weekly from 31st Aug to 26th Oct 2021



Activity: **Breakfast Club**

Catch up with your peers over breakfast and find out what everyone has been doing to keep themselves entertained over lockdown.

Time: **10am – 12pm**



Activity: **Social Skills**

Practise your communication skills, socialise with your friends, and see how everyone is going in their day-to-day life.

Time: **1 – 3pm**



Activity: **Financial Literacy**

Practise money handling skills, gain greater financial independence, and learn how to better manage your finances.

Time: **3:30 – 5:30pm**



Activity: **RuPaul's Drag Race Tuesdays**

Tuesday night join Zoom for a weekly episode of RuPaul's Drag Race and follow on with fellow participants through the latest season of the US smash hit reality show!

Time: **6:30 – 8:30pm**

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Wednesday Activities held weekly from 1st Sept to 27th Oct 2021



Activity: **Yoga**

Start the day right, with yoga and stretches to achieve a peaceful body and mind, manage stress, and keep you relaxed.

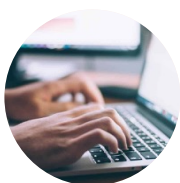
Time: **10am – 12pm**



Activity: **Literacy Skills**

Practise reading and writing alongside your peers to better understand information, express thoughts, emotions, and more effectively interact with others.

Time: **1 – 3pm**



Activity: **Tech Lovers**

Interactive sessions that explore different computer skills that are particularly relevant during these times. Topics range from using Microsoft office, how to use video chats, internet safety and social media, receiving and managing emails, using online maps, planning your trips, and more.

Time: **3:30 – 5:30pm**



Activity: **Games & Karaoke Night**

Every Wednesday, we will be hosting Karaoke or a new game with classics such as Cluedo, Pictionary and Charades. So join the fun!

Time: **6:30 – 8:30pm**

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Thursday Activities held weekly from 2nd Sept to 28th Oct 2021



Activity: **Zumba**

Get your heart pumping in Zumba! This session is run by a qualified Zumba instructor. This activity is funded by Canterbury Bankstown Council.

Time: **10am – 12pm**



Activity: **Spanish Classes**

Back by popular demand! Learn and practise one of the most widely spoken languages in the world with your peers!

Time: **1 – 3pm**



Activity: **Storytellers & Creative Writers**

Join your peers for a weekly session of creative writing. Share ideas, hear from others, and learn valuable skills in reading, writing, and storytelling.

Time: **3:30 – 5:30pm**



Activity: **Bingo!**

Join us for weekly Bingo every Thursday night with a new fun theme!

Time: **6:30 – 9pm**

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Friday Activities held weekly from 3rd Sept to 29th Oct 2021



Activity: **Light Stretches & Exercise**

Practise light movement and get the heart pumping with some simple, easy exercises to feel fit and healthy.

Time: **10am – 12pm**



Activity: **Arabic Classes**

Join your peers for this wonderful opportunity to learn basic words in Arabic. This course will help you connect with the rich and vibrant history of the Arabic language and its culture.

Time: **1 – 3pm**



Activity: **Health and Beauty**

Learn simple tips and techniques for beauty, grooming and self-care.

Time: **3:30 – 5:30pm**



Activity: **Friday Trivia**

Join us for a new theme each week for Friday Trivia! Test your knowledge amongst your peers and battle to be crowned trivia champions!

Time: **6:30 – 9pm**

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Saturday Activities held weekly from 4th Sept to 30th Oct 2021



Activity: **Wellbeing**

Wear your comfiest clothes and relax with breath work, meditation, and discussions about the weekend.

Time: **10am – 12pm**



Activity: **Art Club**

Join us while we use everyday items around the house as inspiration for craft projects, and still life drawings.

Time: **1 – 3pm**



Activity: **Baking** *Bake delicious meals from your own home!*

A recipe will be emailed to you before the activity. When booking you can choose to have the ingredients delivered to your home, or they can be picked up from the Centre, both options have a fee. Alternatively, you can purchase the ingredients yourself!

Time: **3:30 – 5:30pm**



Activity: **Dance Party**

Get the party started, with a night of music, games, and dancing. Each week there will be a new theme so get ready to boogie down with your peers!

Time: **6:30 – 9pm**

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Sunday Activities held weekly from 5th Sept to 31st Oct 2021



Activity: **Mindfulness Sundays**

Wear your comfiest clothes and relax with breath work, meditation, and art therapy.

Time: **10am – 12pm**



Activity: **Cooking**

Cook delicious meals from your own home!

A recipe will be emailed to you before the activity. When booking you can choose to have the ingredients delivered to your home, or they can be picked up from the Centre, both options have a fee. Alternatively, you can purchase the ingredients yourself!

Time: **1 – 3pm**



Activity: **Epic Film Club**

Each Sunday afternoon join others for a group viewing of all time cinema classics such as Star Wars, Indiana Jones, and Lord of the Rings!

Time: **3 – 6:30pm**

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