

January - June 2026

**WELCOME
BACK!**

20 JANUARY

Australia Day

Activities: guest speaker,
quiz, taichi, games

Menu:

Crackers, carrots, cucumber
& dips
Aussie BBQ & salad
Vanilla Slice

3 FEBRUARY

Cinema 94

Menu:

Bread with cheese and
smoke salmon
Popcorn
Pizza & salad
Ice cream



17 FEBRUARY

**Lunar New Year
& Ramadan**

Activities: exercise,
presentation.

Menu:

Spring rolls
Afghan kebab, rice & salad
Fruits salad

3 MARCH

Bus Trip



17 MARCH

Nowruz

Activities: Exercise, guest
speaker

31 MARCH

Easter

Activities: exercise, guest
speaker, Easter egg dyes

Menu:

Hot cross bun
Fish baked & mashed potato
Chocolate cake

5 MAY

Bus trip

Mysterious trip



19 MAY

National Volunteer Week

Activities: exercise,
guest speaker

Menu:

Dumplings
Noodles & chicken
Fruits + jelly salad

2 JUNE

Festa della Repubblica

Activities: exercise, guest
speaker, hand activity

Menu:

Bruschetta
Pasta
Tiramisu



16 JUNE

World Elder Abuse Day

Activities: exercise,
guest speaker

Menu:

Pumpkin soup
Chicken schnitzel + chips
Crème Brûlée

Booking required



8241 9900