

#### FROM THE PRINCIPAL

#### **Events Galore:**

With Christmas nearly here and this being our final newsletter of the year, I would like to take a moment to reflect on what we have been delighted to achieve in recent weeks. Thanks to the support of you, the parents and carers of our wonderfully talented students, and our very dedicated teaching staff, we have been able to celebrate with pride during our Year 10 Formal, Year 6 Graduation, Men's Evening, Mum's Night, Donor and Volunteer Thank You Morning Tea, Oakhill Day, our colourful and exciting Rainbow Obstacle Course, our final assembly where many well-earned awards were recognised and where Maggie and Lachlan were announced as our High School leaders for 2024 and Ruby and Cory our Primary School Leaders. Every event held at St Lucy's is filled with laughter and joy as we take pride in what our young people bring to us and share their unique gifts.



# MOVING K-12

12 December 2023

#### **2024 DATES - TERM 1**

Thursday 01 February 2024
Term 1 Commences

Monday 05 February 2024 Opening School Liturgy

Thursday 15 February 2024
Parent Information Night

4-8 March 2024 - IEP Week

Tuesday 12 March 2024 Primary School Open Day #1

Wednesday 13 March 2024 High School Open Day #1

Friday 15 March 2024 High School Swimming Carnival

> Tuesday 19 March 2024 Open Day - Narrabeen

Wednesday 20 March 2024 Twilight Open Day

Friday 22 March 2024 Years 1-6 Swimming Carnival

Friday 12 April 2024
Term 1 concludes for students







#### **Christmas Carols Concert:**

Our last day of school was concluded with a beautiful Christmas Carols Concert followed by classroom farewells. Our Creative Arts team and teachers, led by Ali Piccone, ensured our students displayed their best talents in performing to the cheers of a very engaged audience – thank you all.

#### **Catherine Centre Construction:**

The construction of the Catherine Centre is going to plan despite the extreme weather as the roof will be atop the structure by the end of 2023. Tomorrow installation of the playground climbing frame will begin, due to be completed by the end of January and we will be able to see it, but not climb it as construction around it continues with the Nuns Garden and walkway. We are most grateful to Cowyn Building Group and Bellcorp Project Management for the work they are doing. 2024 will be a big year for St Lucy's as we welcome our first Year 12 class – the first in our 86 year history!



### Advocate for the School in Response to the Royal Commission Recommendations:

I encourage you over the holidays to advocate for St Lucy's School in gaining support from local and federal members of parliament and council by reading my email and writing letters or making phone calls and any other way you can think of to pass on our message. Please see my email to all parents about this with links to send your views on this important matter.

#### Thanks to the community support:

Thanks to our amazing community in their generous outpouring of kindness in November and December, providing many morning teas and treats in support of all staff here at St Lucy's. Coles, Mercy Catholic College Chatswood, St Lucy's canteen run by our St Lucy's parents, St Edmunds School, Sue Larkey: Autism Courses and Resources, Vinnies, St Leo's Catholic College, Pymble Ladies College, Knox Preparatory School, Anonymous parents, parents from Aconite and Violet classes and Clarke Road School. We received many flowers and kind thoughts from our neighbours and community with much support from Wahroonga Flower Shoppe.



#### Knox play program 2023

From Term 2 this year, Tuesday and Thursday lunch plays have been a source of extra excitement for our Primary students at Wahroonga as we welcome Year 6 boys from Knox.



Our students wait eagerly at the gate to see their friends from Knox, ready for a playtime filled with connection, joy and most importantly... fun!

The Knox play program has seen students from both schools learn from one another and develop amazing bonds. Knox boys have been wonderful role models for our students, teaching them positive play, social skills and equally, our St Lucy's students have taught the Knox boys skills in how to communicate in a variety of ways and how to embrace their authenticity and find joy in the simple things.

We look forward to continuing this program in 2024 and cannot wait to see more friendships flourish and memories made.

#### Some quotes from the Knox students about the program:

"I have learned that giving might be better than receiving and small actions/changes in your life can make someone's day." -Anthony Y

"The time at St Lucy's has impacted me by showing that caring and giving brings joy to the person you're giving it to, but also yourself. This experience also has showed me how much the St Lucy's kids care, look forward to us coming and how much they want to play with us". — Luca P

"My time at St. Lucy's has impacted me in a very positive way. It has encouraged me to always be kind and put a smile on someone's face no matter how hard life can be." – Daniel P

#### Caring for All:

As 2023 draws to a close, full of tears of sadness and tears of joy we reflect on our assembly song with the words 'Love, love, love one another and be kind, be kind to each other', I'd like to pass on this sentiment to you and your loved ones during the summer break. Please reach out to your own support network and contact our Family Support services should you need extra care. Please enjoy precious moments with your family, friends and neighbours as you celebrate Christmas and the end of a challenging year. We think of those who have been with us and are here no longer and we reflect on how precious life is.

#### **Family Support**

As we approach the holiday period we remain available in a limited way to assist families should the need arise. Justine Spurrs (Family Support Worker) and Emily Cavanagh (School Psychologist) will check the familysupport@stlucys.nsw.edu.au email periodically. Also don't forget your NDIS supports, including your child's NDIS Support Coordinator or Local Area Co-ordinator.

Please use the emergency contacts below should you require urgent assistance.

Call 000 or go to the nearest hospital emergency department.

13 14 44 Police (non-emergency) Mental Health Line 1800 011 511 Lifeline 13 11 14 1800RESPECT 1800 011 511 1300 789 978 MensLine 1300 1300 52 **Parentline** Carer Gateway 1800 422 737 Family Connect and Support 1800 066 757 Kids Helpline 1800 55 1800

If there is an emergency that the school should be made aware of, please email davidr@stlucys.nsw.edu.au

#### A Beautiful Book:

I also wish to thank a group of parents who in response to Sanad's passing banded together to produce a book *Echoes of Silent Stars* as a token of their "appreciation for the dedicated and tireless efforts of the staff in nurturing and educating our children". It is a gesture which is much appreciated by all and I thank you on behalf of the staff.

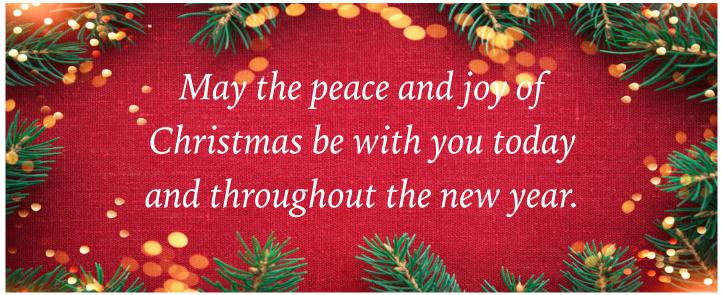
We wish those students and their families who leave us at this time every success as they leave us to continue their journey of education. We look forward to welcoming you and your children back to school in 2024 for our first day of classes beginning on Thursday 1 February 2024.



David Raphael Principal









# CHRISTMAS CAROLS









# congratulations graduates























# HIGH SCHOOL FINAL ASSEMBLY AWARD WINNERS

#### St Lucy's School Values Award for TRUTH

We seek to understand, respect and believe in **Truth**Hugo Le Roy
Addison Williams

#### St Lucy's School Values Award for COURAGE

We act with **Courage** to inspire risk taking for growth *Jack Olling* 

#### St Lucy's School Values Award for JOY

The Spirit is ever present here as we embrace the **Joy** of moments Dorothy Ding

#### St Lucy's School Values Award for COMMUNITY

We foster **Community** through connections, relationships, and collaboration

Jake Townsend

#### The St Dominic Prize for:

Building community joyfulness generosity to others inclusion. Finlay Jameson-Vine

#### The Sheila Flynn Prize for:

Love of beauty, compassion for those who are hurting, self-expression through art, music, drama, dance or writing, prayer and contemplation

Karuka Uthakumaran – Magpie Branson Atkins – Corella

Ruby Daddia - Lorikeet

#### The St Albert the Great Prize for:

- Curiosity and exploration
- Love of nature and fascination with aspects of nature
- Wisdom

Albertus Magnus was a Dominican who became a doctor of the Church. He was renowned for his knowledge in theology and shared this through many appointments as a lecturer in many European universities. One of his students was Thomas Aquinas. He was also fascinated with biology and became a highly sought after mediator.

Gavin Hunter

#### The Antonio de Montesinos Prize for:

- Justice
- Speaking out for others in need
- Publicly expressing what is right
- Courage

Antonio de Montesinos was a Dominican Friar in Hispaniola who gave the first modern speech of social justice, demanding that rich mine and plantation owners stop abusing their Indian workers or slaves.

Isabella Chen

#### The Rose of Lima Prize for:

- Care and compassion for others
- Love of God
- Prayer and faithfulness

St Rose of Lima is the patron saint of Latin America and the Philippines. She rejected her own beauty in order to serve God through service of others. She lived a life of self-denial and compassionate giving to others. Sofia Shepherd

#### St Martin de Porres Prize for::

- Inclusion of all, especially those who are excluded by others
- Compassion to the sick, the needy
- Good citizenship
- Courtesy

The Martin de Porres grew up in extreme poverty after his dad left him, his mum and sister when Martin was very young. As a result, Martin was sent to work and gain a trade at the age of 7. He volunteered at a Dominican Monastery in his early teenage years, later taking his vows and becoming a Dominican. Throughout much of his life, Martin experienced racist taunts and mistreatment, which encouraged him all the more to become an advocate for the downtrodden, showing much compassion and care for one and all.

Owen Evans

#### Award for improvement in 2023

Abigail O'Keefe and Benson Hiser

#### High School Leadership Award 2023

Christian Ding

**Workplace Skills Award** – student who has demonstrated commitment to developing and practicing skills

Anna Simpson

Oscar Hay

**VET Student of the Year** – student who has demonstrated a strong commitment to their Vocational Education Training coursework, demonstrated persistence to overcome challenges

Pablo Rostirola



**2024 HIGH SCHOOL STUDENT LEADERS** 

Maggie Noonan and Lachlan Hunter



### PRIMARY SCHOOL FINAL ASSEMBLY AWARD WINNERS

#### St Lucy's School Values Award for TRUTH

We seek to understand, respect and believe in **Truth** Elliot Huband

#### St Lucy's School Values Award for COURAGE

We act with **Courage** to inspire risk taking for growth Jemima McPherson Sawyer Langan-Stark Chloe Elder

#### St Lucy's School Values Award for JOY

The Spirit is ever present here as we embrace the Joy of moments Daisy Bradbury Uriel Cheah

#### St Lucy's School Values Award for COMMUNITY

We foster **Community** through connections, relationships, and Hannah Rashid Billy Garrod

#### The St Dominic Prize for:

Jemima Ross

Building community joyfulness generosity to others inclusion. Yousef Shah

#### The Sheila Flynn Prize for:

Love of beauty, compassion for those who are hurting, self-expression through art, music, drama, dance or writing, prayer and contemplation Ben Ben Hmar Talha Tanzeel

#### The St Albert the Great Prize for:

- Curiosity and exploration
- Love of nature and fascination with aspects of nature
- Wisdom

Sophia Dixon

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Hudson Puklowski Zac Chen

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- Justice
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Corey Beadman

Charlie Harris

#### The Rose of Lima Prize for:

- Care and compassion for others
- Love of God
- Prayer and faithfulness
- Integrity

St Rose of Lima is the patron saint of Latin America and the Philippines. She rejected her own beauty in order to serve God through service of others. She lived a life of self-denial and compassionate giving to others. Maye Akra

#### **St Catherine Prize for:**

- Compassion
- Outreach to others beyond immediate circle
- One who shows resilience
- Peace: one who seeks to bring peace and unity

Catherine of Siena entered the Dominican Family in her late teens, and became a renowned mystic writer. She was an advocate for the poor and sick, often visiting homes and hospitals to care for them. Catherine also became a peace activist, and was instrumental in restoring the Papacy to Rome during deeply factional times.

Viabhav Kodali Henry Greer Daniel Shim

#### **Thomas Aguinas Prize for:**

- Love of knowledge and learning
- A searcher for truth, a thinker
- Love of God
- Humility
- Respect for and valuing of others

Thomas Aguinas was born into a wealthy family but sought a life of dedication to the Dominican Order of Preachers, studying theology and becoming a prolific writer. He challenged many writings of other theologians at the time.

Aaron D'Silva, Ally Pellegrini and Leo Introna

#### St Martin de Porres Prize for::

- Inclusion of all, especially those who are excluded by others
- Compassion to the sick, the needy
- Good citizenship
- Courtesy

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Naomi Baumgartner

Gus Lindsay

#### Award for improvement in 2023

Josiah Wormald

Quinn Markham

Isabel Jefferson

Ethan Bortolussi

Tyler Miller

Xavier Adams

Alex Crowley

Ari Sharma

#### Thank you to our 2023 Primary School Leaders

Heidi Foxall

Jordan Szeto

#### Thank you to our President of the P&F:

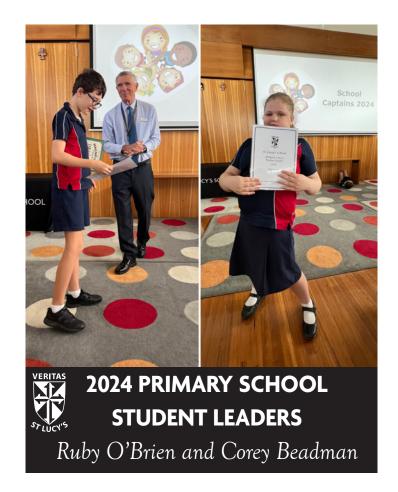
Dani Fitzgibbon

Thank you to our amazing Canteen Team led by:

Kylie Sim

Assistance given in the Uniform Shop:

Julie Hiser



Thank you to everyone who purchased tickets in the St Lucy's 2023 raffle.
Please see the winners below which were drawn at 11am today:



#### **1ST PRIZE WINNER**

Palm Beach 2 Night Stay +

\$100 voucher from

The Boathouse Group

Tamara Oppen

Ticket Number: #947

#### **2ND PRIZE WINNER**

2 nights accommodation in Manly +

\$500 cash

Identity withheld

Ticket Number: #314

#### **3RD PRIZE WINNER**

Ladies Relaxation Package

**Paul Spurr** 

Ticket Number: #338

#### 4th PRIZE WINNER

F1 Formula Ford Driving Experience

Jen Gold

Ticket Number: #1243

#### **5TH PRIZE WINNER**

Flower Power Gift Card

Mary Davy-Griffiths

Ticket Number: #1471

#### **6TH PRIZE WINNER**

\$200 Hugos Manly voucher

Peter Watho

Ticket Number: #1147

#### **7TH PRIZE WINNER**

Sydney Zoo Family Pass

Sue Phillips

Ticket Number: #656

#### **8TH PRIZE WINNER**

Lego Set

Albert & Judy Oliver

Ticket Number: #364

#### **9TH PRIZE WINNER**

\$100 The Butcher's Block Voucher

Identity withheld

Ticket Number: #548

#### ASSISTED TRANSPORT

Being the last day of the Assisted Transport year, I recommend you discuss with your driver to organise the removal of any equipment - child seats, buckleguards, harnesses etc from the car. We can't be sure that you will have the same driver next year, and this is the time when buckleguards etc go missing. It's also a great opportunity to clean the car seat for a fresh start in 2024.

If you're advised of a new driver, I'd suggest trying to meet them over the break, for an easy transition to the new year.

Wishing everyone a very happy Christmas, and a restful break.

Leigh-Ann Hibbert Enrolments Officer

#### **BABY SHOWER SURPRISE FOR MISS B**

This week Violet class held a surprise baby shower for Miss B. Each student gave her a gift to fill up her basket and then we wrote on baby nappies for her. We also shared some yummy treats to celebrate.



#### **MAGIC MANIA STREAMED ONLINE 13 DECEMBER**



Dear Parent, Guardian, Schoolteacher,

Just in case you missed the Magic Mania Show, Magic Mania will be streamed on-line Wednesday 13 December at 11am, please use following link

Please also feel free to forward the links to parents and guardians.

Wednesday 13th December 2023 at 11am.

Click the link (or please type exactly if the link gets broken):

#### https://youtube.com/live/28SpC2z8hns?feature=share

You should NOT require any specialized app's (outside the device you receive the email on) or equipment to view the presentation, but it would be advisable to check whether you can view YouTube type videos to avoid disappointment.

NO Password required for above.

Please note these are completely FREE viewings.



# FAMILY SUPPORT

#### **HOLIDAY PROGRAMS AND SUPPORT SERVICES**

Disclaimer: While we are aware of and are happy to let you know about support services, we are not endorsing these services and cannot promise you that the services are suitable for your child or family's needs. It is up to you to make your own inquiries and decide whether a service is suitable for your child and your family.

A reminder of possible support options in case the school holidays have crept up on you .....

ABA Link Supersitters https://www.abalink.com.au/supersitters/

Ability Options (Northern Beaches Interchange) https://abilityoptions.org.au/about-us/

All in Life (Creative Arts Holiday Program) https://www.allinlife.com.au/

Autism Camp Australia https://www.autismcampaustralia.org/camp\_nsw

Autism Community Network https://acnaustralia.org.au/

Bensville Riding School (Central Coast) https://bensvilleridingschool.com.au/school-holiday-camp/

Care Culture https://careculture.com.au/ (Northern Beaches)

CMcare https://cmcare.com.au/ (Northern Beaches)

Coastlink https://www.coastlink.org.au/ (Central Coast)

CatholicCare Holiday Program disabilityfutures@catholiccaredbb.org.au

Cerebral Palsy Alliance (Northern Beaches) ask@cerebralpalsy.org.au

Care Culture https://careculture.com.au/
CMcare https://cmcare.com.au/

Football4All https://footballnsw.com.au/clubs/start-a-football4all-program/

GymAbility https://hornsbyrslgymnastics.com.au/special-needs

Hire Up https://hireup.com.au/

Jaybelle Disability Services (Central Coast) https://jaybellecare.com.au/

Kickability (AFL) https://aflnswact.com.au/kickability/
Little Dreamers https://www.littledreamers.org.au/
Like Family https://likefamily.com.au/support
Little Dreamers https://www.littledreamers.org.au/

Luz All Abilities http://www.luzallabilities.com.au/programs-activities/

Mable https://mable.com.au/

MagicMania http://magicmania.com.au/magicshow.html

MyCareSpace https://mycarespace.com.au/resources/things-to-do-in-the-

school-holidays-with-a-support-worker

Nado Disability Services https://nado.org.au/services/kidszone/ (Central Coast)

Nereids Aquatic Coaching (in your home pool) https://www.nereids.com.au/swimming-lessons-for-special-needs

Northcott Disability Service (Parramatta) https://northcott.com.au/location/parramatta/

Rainbow Club https://www.myrainbowclub.org.au/
Sense Rugby https://www.senserugby.com.au/

Sahara School Holiday Program https://saharaservices.com.au/sahara-school-holiday-program/

Siblings Australia https://siblingsaustralia.org.au/



# FAMILY SUPPORT

Support Society
Tribe Disability Support
What Ability

https://www.thesupportsocietyaustralia.com.au https://www.tribesupport.com.au/ (Central Coast) https://whatability.com.au/services/camps/

If you require further assistance during the holiday period please email **familysupport@stlucys.nsw.edu.au** or your **NDIS Support Co-ordinator**.

If it is an emergency or crisis situation please call the numbers below.

#### **EMERGENCY CONTACTS**

In an Emergency Call 000 or go to a hospital emergency

Police (non-emergency) 131 444

Mental Health Line 1800 011 511

Lifeline **131114** 

Parentline 1300 1300 52 www.parentline.org.au

Carer Gateway Contact Centre 1800 422 737 www.carergateway.gov.au

Kids Helpline 1800 55 1800

Family Connect and Support 1800 066 757

1800RESPECT **1800 737 732** 

MensLine 1300 789 978

### **NDIS Know-how podcast**

Welcome to NDIS Know-how, a podcast series that asks parents how they get the very best NDIS plan and ample funding to support their kid.



# Stories, tips and tools to navigate the NDIS

Host Melanie Dimmitt, author of Special: Antidotes to the Obsessions that Come with a Child's Disability, chats candidly with fellow parents and professionals in the disability space to gather stories, tips and tools to successfully navigate the National Disability Insurance Scheme (NDIS).

"Every parent and person navigating the NDIS knows that it's complex, ever-changing and, at times, a total mind-screw. Preparing for an NDIS plan meeting is a mammoth task. I hope this podcast will help to take the edge off this process, arm parents with tools to advocate for their children and secure the supports their family needs."

- Host, Melanie Dimmitt

# ST LUCY'S NEEDS SWIMMING VOLUNTEERS





Term 1 and Term 4 2024

# Are you interested in volunteering at St Lucy's School as part of our swimming program?

The aim of swimming program is to build confidence in the water, improve swimming techniques while also increasing muscle strength and joint mobility.

#### WHAT WE NEED FROM YOU:

2 hours of a volunteers time each week (2 classes) to assist the PE Teachers in our outdoor heated pool for 7 weeks in Term 1, 2024 February and March and possibly again in Term 4 2024 October/November

Working With Children Check • Double vaccinated for Covid-19

No experience necessary just a willingness to learn and have fun!

Please email Louise at: volunteer@stlucys.nsw.edu.au by February 1st 2024 if you are interested.







Supporting you to develop independence. Helping you to engage in community, social & recreational activities.



Support Workers in your home or in the community

**Group Activities** 

Living Skills Programs

Friday Night & Weekend Social Groups

SLES Employment Ready Programs

STA Supported Holiday Experiences

Therapies





Improve your health, quality of life, and independence with the help of our Exercise Physiologist!

At Morhaven, we believe that every person should have the opportunity to live an active. happy. and full life. For some, this can be limited by their physical or mental health and be tough to overcome on their own. With the help of our exercise physiologists, we can assist you to achieve your health and well-being and independence goals.

Exercise physiology focuses on how the body responds and adapts to physical activity and exercise. Through exercise testing and prescription, an exercise physiologist can target the body's cardiovascular, respiratory, muscular, and other physiological systems and promote change in response to different types, intensities, and durations of exercise. This enables those participating in an individualised exercise program to improve the presentation of their condition, symptoms, injury, or disability, improving quality of life, independence, health and well-being,

GET FIT

#### BE HEALTHY

#### HAVE FUN





CONTACT US 1800 168 468



hello@morhaven.com.au

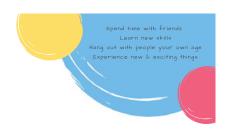












We have a team who is experienced, passionate, dedicated & FUN! We enjoy finding ways to provide social, recreational & community participation opportunities for young people with mild to moderate disabilities & mental health conditions.

Our unique, real-life experiences are specifically tailored for this age group & promote capacity building in a fun, safe, supportive, & age-appropriate setting. We find that this approach strengthens social connection, confidence & inclusion.

#### WHY CHOOSE MORHAUEM?

- We help you maximize the benefits of your NDIS plan by tailoring our support to meet your goals.
- Our team has experience supporting young people with disabilities where we promote acceptance & inclusion
- We listen and focus on fun, exciting & preferred activities.
- We aim to provide the highest standards in quality, customer well-being &
- Our program promotes a range of capacity-building opportunities for independence & everyday living skills, social & interpersonal skills as well as developing meaningful & lasting friendships





upcoming events

CONTACT US

1800 168 468

508/88-90

George Street Hornsby NSW

WWW.MORHAVEN.COM.AU

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#### WHY USE AM EXERCISE PHYSIOLOGIST?

Exercise offers a wide range of physical, mental, and emotional benefits. Regular physical activity is essential for maintaining overall health and well-being. It's important to note that the benefits of exercise are cumulative and long-term. Consistency is key to experiencing these positive effects. Here are some of the key benefits of exercise:

- ·Improved Cardiovascular Health
- ·Weight Management
- ·Enhanced Muscle Strength and Endurance
- ·Better Bone Health
- ·Improved Flexibility and Mobility
- ·Enhanced Respiratory Function
- ·Enhanced Mental Health
- ·Emotional and Behavioural Regulation
- ·Better Sleep Quality
- ·Increased Energy Levels
- ·Improved Cognitive Function
- ·Reduced Risk of Chronic Diseases
- ·Enhanced Immune System
- ·Social Interaction
- ·Improved Independence

At Morhaven, our exercise physiologists can assist you in a variety of different ways depending on your goals, health status, and individual needs. Some of these include, but are not limited to:

·Personalized Exercise Programs

·Health Assessments and Reporting

·Chronic Disease Management

Injury Prevention and Rehabilitation ·Surgery Pre-habilitation and Rehabilitation

Nutrition Guidance

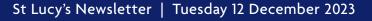
·Motivation, Accountability, and Behaviour Change

·Education and Empowerment

·Customized Strategies ·Holistic Approach

eading





### DECEMBER & JANUARY SCHOOL HOLIDAY PROGRAM

Location Morhaven HQ 508/88-90 George Street Hornsby

Times Monday to Friday 9am to 3pm Friday Evening **5**pm to **9**pm



| Monday  | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday     | Sunday       |
|---|---|---|--|--|--------------|--------------|
| 27  | 28  | Cooks Corner Taste Testers Food & Friends come together The Craft Crew Unleash your inner artist                                      | The Performance Factory<br>Express yourself<br>Happy Hour Hangout<br>Smoothies & Stories together<br>with friends!<br>Drop the Mic Podcast<br>Where conversations take<br>centre stage | Out & About  Flip Out  Friday Night Group  Painting and Mocktails                                | 2            | 3            |
| 4<br>Stronger Together Fitness<br>The Lunch Club<br>Review local Cusines with<br>friends<br>Gamling Gurus<br>Mastering the art of play  | 5<br>Sweat Squad<br>Money Masters<br>Budgeting & Beyond<br>Cooks Corner<br>Social Media Hub<br>Show your best self online | Cooks Corner Taste Testers Food & Friends come together The Craft Crew Unleash your inner artist                                      | 7 The Performance Factory Express yourself Happy Hour Hangout Smoothies & Stories together with friends! Drop the Mic Podcast Where conversations take centre stage                    | 8 Out & About Crew Scavenger Hunt Friday Night Group Archie Bros Circus Special Event-Fifty Cent | 9            | 10           |
| 11<br>Stronger Together Fitness<br>The Lunch Club<br>Review local Cuisines with<br>friends<br>Gaming Gurus<br>Mastering the art of play | Sweat Squad Money Masters Budgeting & Bayond Cooks Corner Social Media Hub Show your best self online                     | Cooks Corner Taste Testers Food & Friends come together The Craft Crew Unleash your inner artist                                      | 14 The Performance Factory Express yourself Happy Hour Hangout Smoothies & Stories together with friends! Drop the Mic Podcast Where conversations take centre stage                   | Out & About Crew IMAX Theatre Sydney Friday Night Group Christmas Craft & Cooking                | 16           | 17           |
| 18<br>Stronger Together Fitness<br>The Lunch Club<br>Review local Cuisines with<br>freeds<br>Gamling Gurus<br>Mastering the art of play | Sweat Squad Money Masters Budgeting & Beyond Cooks Corner Social Media Hub Show your best self online                     | Cooks Corner Taste Testers Food & Friends come together The Craft Crew Unleash your inner artist                                      | 21 The Performance Factory Express yourself Happy Hour Hangout Smoothes & Stories together with friends! Drop the Mic Podcast Where conversations take centre stage                    | Qut & About Crew Exploring Deewhy Beach Friday Night Group The Rocks Christmas Wenderlanes       | 23<br>Closed | 24<br>Closed |
| 25<br>Closed  | 26<br>Closed  | 27<br>Closed  | 28<br>Closed   | 29<br>Closed   | 30<br>Closed | 31<br>Closed |
| 1   | 2   | Notes Our activites have been mind: Developing Living S Relationships - Building & Safety, Health & Wellbein Developing appropriate S | kills & Independence<br>keeping strong friendship<br>g both mental and physica   | s  |              |              |

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Location Morhaven HQ 508/88-90 George Street Hornsby

Times Monday to Fi 9am to 3pm Friday Evening 5pm to 9pm

| .Sy   |  |
|---|--|
| ay to Friday<br>o <b>3</b> pm<br>1 Evening<br>o 9pm |  |
| MORHAVEN  |  |

| L. Carrottinana                                   | 2  | 3  | 4  | 5                                       | 6                          | 7  |
|---|--|--|--|---|----------------------------|----|
| CLOSED  | Sweat Squad                                    | Cooks Corner   | The Performance Factory  Express yourself                        | Out & About                             |                            |    |
|   | Money Masters Budgeting & Beyond               | Taste Testers Food & Friends come together                                   | Happy Hour Hangout<br>Smoothies & Stories together with triendar | Sydney Tower Eye                        |                            |    |
|   | Cooks Corner                                   |  |  | Friday Night Group                      |                            |    |
|   | Social Media Hub<br>Show your best self online | The Craft Crew<br>Unleash your inner artist                                  | Drop the Mic Podcast<br>Where conversations take centre stage    | Pyjama & Movie night                    |                            |    |
| 3   | 9  | 10   | 11   | 12                                      | 13                         | 14 |
| Stronger Together Fitness                         | Sweat Squad                                    | Cooks Corner   | The Performance Factory Express yourself                         | Out & About                             |                            |    |
| The Lunch Club Review local cuitines with triends | Money Masters<br>Budgeting & Beyond            | Taste Testers Food 6 Friends come together                                   | Happy Hour Hangout<br>Smoothies & Stories together with friends! | Raging Water                            | Special Event Juicy Fest   |    |
|   | Cooks Corner                                   |  |  | Friday Night Group                      | Special Brein Falley I est |    |
| Gaming Gurus<br>Mastering the art of play         | Social Media Hub<br>Show your best self online | The Craft Crew<br>Unleash your inner artist                                  | Drop the Mic Podcast<br>Where conversations take centre stage    | Karaoke & Dinner                        |                            |    |
|   |  |  |  | 80///////////////////////////////////// |                            |    |
| [5  | 16   | 17   | 18 The Performance Factory                                       | 19                                      | 20                         | 21 |
| Stronger Together Fitness                         | Sweat Squad                                    | Cooks Corner   | Express yourself   | Out & About                             |                            |    |
| The Lunch Club Review local cuisines with triends | Money Masters Budgeting & Beyond               | Taste Testers Food & Friends come together                                   | Happy Hour Hangout<br>Smoothies & Stories together with triendar | Bush walk and Swimming                  |                            |    |
|   | Cooks Corner                                   |  |  | Friday Night Group                      |                            |    |
| Gaming Gurus<br>Mastering the art of play         | Social Media Hub<br>Show your best self online | The Craft Crew<br>Unleash your inner artist                                  | Drop the Mic Podcast<br>Where conversations take centre stage    | Cooking & Kahoot trivia night           |                            |    |
| 22  | 23   | 24   | 25   | 26                                      | 27                         | 28 |
| Stronger Together Fitness                         | Sweat Squad                                    | Cooks Corner   | The Performance Factory Express yourself                         | Out & About                             |                            |    |
| The Lunch Club Review local cuisines with triends | Money Masters<br>Budgeting & Beyond            | Taste Testers<br>Food & Friends come together                                | Happy Hour Hangout<br>Smoothles & Stories together with friends: | Archie Brothers Cirque<br>Electrique    |                            |    |
|   | Cooks Corner                                   |  |  | Friday Night Group                      |                            |    |
| Gaming Gurus<br>Mastering the art of play         | Social Media Hub<br>Show your best self online | The Craft Crew<br>Unleash your inner artist                                  | Drop the Mic Podcast<br>Where conversations take centre stage    | Ice Skating & Dinner                    |                            |    |
| 29  | 30   | 31   | 1  | 2                                       | 3                          | 4  |
| Stronger Together Fitness                         | Sweat Squad                                    | Cooks Corner   |  |   |                            |    |
| The Lunch Club Review local cultimes with friends | Money Masters Budgeting & Beyond Cooks Corner  | Taste Testers Food & Friends come together                                   |  |   |                            |    |
| Gaming Gurus<br>Mastering the art of play         | Social Media Hub<br>Show your best self online | The Craft Crew<br>Unleash your inner artist                                  |  |   |                            |    |
| 5   | 6  | Notes<br>Our activities have been designed wi                                | th the below exalt in mind:                                      |   |                            |    |
|   |  | Developing Living Skills & Independ<br>Relationships - Building & keeping at | ence   |   |                            |    |