CARE TO CHANGE
Improving Care for Everyone

DAY PROGRAM & GROUP ACTIVITIES

Activity Calendar

Building independence, growing confidence, achieving goals

November 2026 – May 2027 · Morayfield Hub

Monday	Tuesday	Thursday	Friday
Soul Sisters	Day Program	Day Program	Friday Legends

From 23 November 2026: Day Program on Tuesdays and Thursdays, 8:30am–3pm, shopping for food and cooking lunch together. Soul Sisters on Mondays, 9:30am–1:30pm, and Friday Legends on Fridays, 4:30pm–7:30pm. The weekly rhythm is on the next page; every session is on its month page.

★ marks a community outing or special event.

Activities and dates are subject to change.

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THE WEEKLY RHYTHM

A typical week

From 23 November, the Day Program runs on Tuesdays and Thursdays from 8:30am to 3pm at the Morayfield Hub, where the group shops for food and cooks lunch together. Soul Sisters (Gals' get together) runs on Mondays from 9:30am to 1:30pm, and Friday Legends (Lads' get together) runs on Fridays from 4:30pm to 7:30pm. There are no programs or group activities on Wednesdays. Special events, public holidays and Hub closures are on the calendar.

Mondays: Soul Sisters (Gals' get together)

9:30am–1:30pm at the Hub.

A female only social group offering a relaxed space to connect, enjoy good company and try different activities.

Activities can include diamond art, nail painting, braids and hair wraps, makeup, movies, gaming, arts and crafts, and bracelet making. Activities vary from session to session.

Tuesdays and Thursdays: Day Program

8:30am–3pm at the Hub.

Cooking and independence: the group shops for food and cooks lunch together. Each month page shows what is on the menu.

Pick-up can be arranged if required for Day Program participants in Morayfield, Caboolture, Elimbah and Bellmere. Please contact our team to discuss arrangements.

Fridays: Friday Legends (Lads' get together)

4:30pm–7:30pm at the Hub.

A male only social group offering a chance to unwind, socialise and enjoy activities together.

Activities can include poker nights for fun (no gambling), gaming, movies and bingo. Activities vary from session to session.

There are no programs or group activities on Wednesdays. Public holidays and Hub closures are marked on each month page.

★ on the calendar marks a community outing or special event. **Special events outside the Day Program days run as Group Activities and may involve an additional fee.** Activities and dates are subject to change.

MONTH 1

November 2026 · Health, Relationships & Independence

Healthy cooking, and a lunch the group cooks and serves together.

Week	Monday Soul Sisters	Tuesday Day Program	Thursday Day Program	Friday Friday Legends
Week 1 2 Nov	2 Nov **Bingo** Group activity · 2:30–6pm	3 Nov **Cook lunch: Chicken Fajita Bowls** Day Program: cooking and independence · 10am–2pm	5 Nov **Cook lunch: Tuna Pasta Bake** Day Program: cooking and independence · 10am–2pm	6 Nov *No session*
Week 2 9 Nov	9 Nov **PS5 gaming competition** Group activity · 2:30–6pm	10 Nov **Cook lunch: Beef & Vegetable Curry** Day Program: cooking and independence · 10am–2pm	12 Nov **Cook lunch: Veggie Spring Rolls (Oven-Baked)** Day Program: cooking and independence · 10am–2pm	13 Nov *No session*
Week 3 16 Nov	16 Nov **Art** Group activity · 2:30–6pm	17 Nov **Cook lunch: Vegetable & Cheese Quesadillas** Day Program: cooking and independence · 10am–2pm	19 Nov **Cook lunch: BLT Toasted Sandwiches** Day Program: cooking and independence · 10am–2pm	20 Nov *No session*

MONTH 1 · CONTINUED

November 2026 · Health, Relationships & Independence

Week	Monday Soul Sisters	Tuesday Day Program	Thursday Day Program	Friday Friday Legends
Week 4 23 Nov	23 Nov **Soul Sisters (Gals' get together)** 9:30am–1:30pm	24 Nov **Cook and serve lunch for the group: Roast Chicken & Salad Rolls** Day Program: cooking and independence · 8:30am–3pm	26 Nov **Cook lunch: Chicken Caesar Wraps** Day Program: cooking and independence · 8:30am–3pm	27 Nov **Friday Legends (Lads' get together)** 4:30pm–7:30pm
Week 5 30 Nov	30 Nov **Soul Sisters (Gals' get together)** 9:30am–1:30pm			

Wed 18 Nov — Group Activity

★ **Hub Social: Poker and card night**

2:30–6pm · the last Hub Social before the new weekly schedule

The new weekly schedule starts on Monday 23 November: Soul Sisters on Mondays, the Day Program on Tuesdays and Thursdays from 8:30am to 3pm, and Friday Legends on Fridays. There are no programs or group activities on Wednesdays from 23 November.

MONTH 2

December 2026 · Social Celebration & Consolidation

Christmas cooking and a Christmas lights evening.

Week	Monday Soul Sisters	Tuesday Day Program	Thursday Day Program	Friday Friday Legends
Week 1 1 Dec		1 Dec · Christmas **Christmas meal: Christmas Tree Garlic Pull-Apart Bread & Tomato Soup** Day Program: cooking and independence · 8:30am–3pm	3 Dec · Christmas **Christmas meal: Ham & Cheese Christmas Pinwheels** Day Program: cooking and independence · 8:30am–3pm	4 Dec **Friday Legends (Lads' get together)** 4:30pm–7:30pm
Week 2 7 Dec	7 Dec **Soul Sisters (Gals' get together)** 9:30am–1:30pm	8 Dec · Christmas **Christmas meal: Honey-Glazed Ham Rolls & Coleslaw** Day Program: cooking and independence · 8:30am–3pm	10 Dec · Christmas **Christmas meal: Homemade Sausage Rolls & Salad** Day Program: cooking and independence · 8:30am–3pm	11 Dec *No session*
Week 3 14 Dec	14 Dec **Soul Sisters (Gals' get together)** 9:30am–1:30pm	15 Dec · Christmas **Christmas meal: Roast Chicken Drumsticks & Veggies** Day Program: cooking and independence · 8:30am–3pm	17 Dec · Christmas **Christmas meal: Santa Hat Mini Pizzas & Salad** Day Program: cooking and independence · 8:30am–3pm	18 Dec *No session*

MONTH 2 · CONTINUED

December 2026 · Social Celebration & Consolidation

Week	Monday Soul Sisters	Tuesday Day Program	Thursday Day Program	Friday Friday Legends
Week 4 21 Dec	21 Dec **Hub closed**	22 Dec **Hub closed**	24 Dec **Hub closed**	25 Dec **Hub closed** Christmas Day
Week 5 28 Dec	28 Dec **Hub closed** Boxing Day public holiday	29 Dec **Hub closed**	31 Dec **Hub closed**	

Sat 19 Dec — Group Activity

★ **Christmas lights evening**

6–8pm · a Group Activity outside the Day Program, and may involve an additional cost

The Hub is closed from Monday 21 December and reopens on Monday 4 January.

MONTH 3

January 2027

Week	Monday Soul Sisters	Tuesday Day Program	Thursday Day Program	Friday Friday Legends
Week 1 1 Jan				1 Jan **Hub closed** New Year's Day
Week 2 4 Jan	4 Jan **Soul Sisters (Gals' get together)** 9:30am–1:30pm	5 Jan **Cook lunch: Sausage Rolls** Day Program: cooking and independence · 8:30am–3pm	7 Jan **Cook lunch: Pulled Pork Sliders** Day Program: cooking and independence · 8:30am–3pm	8 Jan **Friday Legends (Lads' get together)** 4:30pm–7:30pm
Week 3 11 Jan	11 Jan **Soul Sisters (Gals' get together)** 9:30am–1:30pm	12 Jan **Cook lunch: Loaded Oven Nachos** Day Program: cooking and independence · 8:30am–3pm	14 Jan **Cook lunch: Greek Salad & Pita Pockets** Day Program: cooking and independence · 8:30am–3pm	15 Jan **Friday Legends (Lads' get together)** 4:30pm–7:30pm

MONTH 3 · CONTINUED

January 2027

Week	Monday Soul Sisters	Tuesday Day Program	Thursday Day Program	Friday Friday Legends
Week 4 18 Jan	**18 Jan** **Soul Sisters (Gals' get together)** 9:30am–1:30pm	**19 Jan** **Cook lunch: Mini Quiche Cups** Day Program: cooking and independence · 8:30am–3pm	**21 Jan** **Cook lunch: Mac & Cheese Bake** Day Program: cooking and independence · 8:30am–3pm	**22 Jan** **Friday Legends (Lads' get together)** 4:30pm–7:30pm
Week 5 25 Jan	**25 Jan** **Soul Sisters (Gals' get together)** 9:30am–1:30pm	**26 Jan** **Hub closed** Australia Day public holiday	**28 Jan** **Cook lunch: Baked Falafel & Salad Wraps** Day Program: cooking and independence · 8:30am–3pm	**29 Jan** **Friday Legends (Lads' get together)** 4:30pm–7:30pm

The Hub is closed on New Year's Day and on Tuesday 26 January for Australia Day.

MONTH 4

February 2027

Week	Monday Soul Sisters	Tuesday Day Program	Thursday Day Program	Friday Friday Legends
Week 1 1 Feb	1 Feb **Soul Sisters (Gals' get together)** 9:30am–1:30pm	2 Feb **Cook lunch: Cheese & Vegetable Pizza Scrolls** Day Program: cooking and independence · 8:30am–3pm	4 Feb **Cook lunch: Mini Beef & Veggie Pies** Day Program: cooking and independence · 8:30am–3pm	5 Feb **Friday Legends (Lads' get together)** 4:30pm–7:30pm
Week 2 8 Feb	8 Feb **Soul Sisters (Gals' get together)** 9:30am–1:30pm	9 Feb **Cook lunch: Oven-Toasted Deli Sandwiches** Day Program: cooking and independence · 8:30am–3pm	11 Feb **Cook lunch: Chicken Schnitzel & Salad** Day Program: cooking and independence · 8:30am–3pm	12 Feb **Friday Legends (Lads' get together)** 4:30pm–7:30pm

MONTH 4 · CONTINUED

February 2027

Week	Monday Soul Sisters	Tuesday Day Program	Thursday Day Program	Friday Friday Legends
Week 3 15 Feb	**15 Feb** **Soul Sisters (Gals' get together)** 9:30am–1:30pm	**16 Feb** **Cook lunch: Baked Meatball Sub Sandwiches** Day Program: cooking and independence · 8:30am–3pm	**18 Feb** **Cook lunch: Vegetable Curry & Rice** Day Program: cooking and independence · 8:30am–3pm	**19 Feb** **Friday Legends (Lads' get together)** 4:30pm–7:30pm
Week 4 22 Feb	**22 Feb** **Soul Sisters (Gals' get together)** 9:30am–1:30pm	**23 Feb** **Cook lunch: Ham & Cheese Sliders** Day Program: cooking and independence · 8:30am–3pm	**25 Feb** **Cook lunch: Baked Ziti** Day Program: cooking and independence · 8:30am–3pm	**26 Feb** **Friday Legends (Lads' get together)** 4:30pm–7:30pm

MONTH 5

March 2027

Week	Monday Soul Sisters	Tuesday Day Program	Thursday Day Program	Friday Friday Legends
Week 1 1 Mar	1 Mar **Soul Sisters (Gals' get together)** 9:30am–1:30pm	2 Mar **Cook lunch: Cheesy Bubble-Up Bread** Day Program: cooking and independence · 8:30am–3pm	4 Mar **Cook lunch: Egg & Lettuce Sandwiches** Day Program: cooking and independence · 8:30am–3pm	5 Mar **Friday Legends (Lads' get together)** 4:30pm–7:30pm
Week 2 8 Mar	8 Mar **Soul Sisters (Gals' get together)** 9:30am–1:30pm	9 Mar **Cook lunch: Baked Chicken Drumsticks & Roast Vegetables** Day Program: cooking and independence · 8:30am–3pm	11 Mar **Cook lunch: Mexican Bean & Cheese Quesadillas** Day Program: cooking and independence · 8:30am–3pm	12 Mar **Friday Legends (Lads' get together)** 4:30pm–7:30pm
Week 3 15 Mar	15 Mar **Soul Sisters (Gals' get together)** 9:30am–1:30pm	16 Mar **Cook lunch: Baked Fish, Roast Veg & Rice** Day Program: cooking and independence · 8:30am–3pm	18 Mar **Cook lunch: Roast Vegetable & Haloumi Salad** Day Program: cooking and independence · 8:30am–3pm	19 Mar **Friday Legends (Lads' get together)** 4:30pm–7:30pm

MONTH 5 · CONTINUED

March 2027

Week	Monday Soul Sisters	Tuesday Day Program	Thursday Day Program	Friday Friday Legends
Week 4 22 Mar	**22 Mar** **Soul Sisters (Gals' get together)** 9:30am–1:30pm	**23 Mar** **Cook lunch: Loaded Jacket Potato Bar** Day Program: cooking and independence · 8:30am–3pm	**25 Mar** **Cook lunch: Mini Pizza Pockets** Day Program: cooking and independence · 8:30am–3pm	**26 Mar** **Hub closed** Good Friday public holiday
Week 5 29 Mar	**29 Mar** **Hub closed** Easter Monday public holiday	**30 Mar** **Cook lunch: No-Boil Baked Pasta Bake** Day Program: cooking and independence · 8:30am–3pm		

The Hub is closed for the Easter public holidays, from Good Friday (26 March) to Easter Monday (29 March).

MONTH 6

April 2027

Week	Monday Soul Sisters	Tuesday Day Program	Thursday Day Program	Friday Friday Legends
Week 1 1 Apr			1 Apr **Cook lunch: Veggie Burgers & Wedges** Day Program: cooking and independence · 8:30am–3pm	2 Apr **Friday Legends (Lads' get together)** 4:30pm–7:30pm
Week 2 5 Apr	5 Apr **Soul Sisters (Gals' get together)** 9:30am–1:30pm	6 Apr **Cook lunch: Chicken & Vegetable Pie Pots** Day Program: cooking and independence · 8:30am–3pm	8 Apr **Cook lunch: Tuna Melts** Day Program: cooking and independence · 8:30am–3pm	9 Apr **Friday Legends (Lads' get together)** 4:30pm–7:30pm
Week 3 12 Apr	12 Apr **Soul Sisters (Gals' get together)** 9:30am–1:30pm	13 Apr **Cook lunch: Beef & Bean Burritos** Day Program: cooking and independence · 8:30am–3pm	15 Apr **Cook lunch: Baked Chicken Parmigiana** Day Program: cooking and independence · 8:30am–3pm	16 Apr **Friday Legends (Lads' get together)** 4:30pm–7:30pm

MONTH 6 · CONTINUED

April 2027

Week	Monday Soul Sisters	Tuesday Day Program	Thursday Day Program	Friday Friday Legends
Week 4 19 Apr	**19 Apr** **Soul Sisters (Gals' get together)** 9:30am–1:30pm	**20 Apr** **Cook lunch: Hawaiian Pizza Toasties** Day Program: cooking and independence · 8:30am–3pm	**22 Apr** **Cook lunch: Savoury Pumpkin & Feta Muffins** Day Program: cooking and independence · 8:30am–3pm	**23 Apr** **Friday Legends (Lads' get together)** 4:30pm–7:30pm
Week 5 26 Apr	**26 Apr** **Hub closed** Anzac Day public holiday	**27 Apr** **Cook lunch: Vegetable Lasagne Roll-Ups** Day Program: cooking and independence · 8:30am–3pm	**29 Apr** **Cook lunch: Honey Mustard Chicken Wraps** Day Program: cooking and independence · 8:30am–3pm	**30 Apr** **Friday Legends (Lads' get together)** 4:30pm–7:30pm

The Hub is closed on Monday 26 April for the Anzac Day public holiday.

MONTH 7

May 2027

Week	Monday Soul Sisters	Tuesday Day Program	Thursday Day Program	Friday Friday Legends
Week 1 3 May	3 May **Hub closed** Labour Day public holiday	4 May **Cook lunch: Teriyaki Chicken & Rice** Day Program: cooking and independence · 8:30am–3pm	6 May **Cook lunch: Spaghetti Bolognese** Day Program: cooking and independence · 8:30am–3pm	7 May **Friday Legends (Lads' get together)** 4:30pm–7:30pm
Week 2 10 May	10 May **Soul Sisters (Gals' get together)** 9:30am–1:30pm	11 May **Cook lunch: Baked Potato Wedges & Dips** Day Program: cooking and independence · 8:30am–3pm	13 May **Cook lunch: Mini Pita Pizzas** Day Program: cooking and independence · 8:30am–3pm	14 May **Friday Legends (Lads' get together)** 4:30pm–7:30pm
Week 3 17 May	17 May **Soul Sisters (Gals' get together)** 9:30am–1:30pm	18 May **Cook lunch: Chicken & Corn Soup with Bread** Day Program: cooking and independence · 8:30am–3pm	20 May **Cook lunch: Beef Stir-Fry Noodles** Day Program: cooking and independence · 8:30am–3pm	21 May **Friday Legends (Lads' get together)** 4:30pm–7:30pm

MONTH 7 · CONTINUED

May 2027

Week	Monday Soul Sisters	Tuesday Day Program	Thursday Day Program	Friday Friday Legends
Week 4 24 May	**24 May** **Soul Sisters (Gals' get together)** 9:30am–1:30pm	**25 May** **Cook lunch: Cheese & Spinach Triangles** Day Program: cooking and independence · 8:30am–3pm	**27 May** **Cook lunch: Corn & Zucchini Fritters** Day Program: cooking and independence · 8:30am–3pm	**28 May** **Friday Legends (Lads' get together)** 4:30pm–7:30pm
Week 5 31 May	**31 May** **Soul Sisters (Gals' get together)** 9:30am–1:30pm			

The Hub is closed on Monday 3 May for the Labour Day public holiday.

Come and join us

The Day Program and Group Activities run from our Morayfield Hub through the week, building independence, confidence and everyday life skills in a welcoming group.

Supports can be funded through your NDIS plan where it suits your goals. People without NDIS funding are welcome to enquire about self-funded participation.

Enquire about current availability

1300 515 888 · **info@caretochange.com.au**