



## *A Community of Care*

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Fina is a non-government, not-for-profit, NDIS provider of supported accommodation and respite servicing south-east Queensland (Northern Suburbs, Moreton Bay and Sunshine Coast regions).

SCOPE Inc trading as Fina Australia

# Fina Club

Where things happen.  
Where things are done.

Fina Club is where people with a disability, and their friends and families, can participate together in a range of life-affirming activities.







**Fina Club is about discovery!**



**Fina Club is about living!**



**Fina Club is about achievement!**

All Fina Club activities and excursions are organised according to weather and the number of participants.

Activities and excursions are always seasonally-based.

For information, timetables and costs, please ring 07 5428 0155 and ask for Fina Club.

In the delightful setting of Fina Park, clients and their carers, family members, friends and visitors can enjoy gardening, cooking, exercise classes, music workshops and arts and crafts. You can even join us on one of our excursions.



**The spirit heals with joy.**

### Gardening

Get your hands dirty! Plant something! Grow something! Working together, Fina Club members learn about care, cultivation and composting. The Fina Park Community Garden is the classroom and its produce finds its way into the Fina Café's kitchen – or Fina Club cooking classes. Wheelchair friendly paths and garden beds. All welcome!

### Cooking Classes



Under the careful and patient direction of Chef Michael, cooking class participants learn about mixing, blending, measuring and, at the end of it all, tasting. Nothing tastes better than food from your own garden and cooked in your own kitchen!

### Exercise Classes

Exercise not only improves your body but it improves your mind and your mood. Join us on a bushwalk. Join the dance class. Fly a kite. Play ping-pong. Good things come to those who sweat!

**The mind heals with laughter.**

### Music Sessions

They say that music goes in your ears and straight to your heart. Fina Club's music sessions are about melody, rhythm, playing and singing. Make your own kind of music or just listen and let the music connect you with your thoughts and the people around you.

### Arts and Crafts

Being creative is not a hobby, it's a way of life. At Fina Club we believe that each person is a special kind of artist. Fina Club arts and crafts sessions are about inventing, experimenting, breaking rules, making mistakes, having fun – and ending up with something to take home with you!



**The body heals with play.**

### Excursions and Tours

Fina Club and community access go hand-in-hand. We offer small group excursions and local tours. Sometimes we go further afield – and even stay overnight!

Come with us to the beach. Join us in the park for a barbecue. Tag along with the gang for a movie night or a visit to a local farm. And if you have an idea for a trip or an excursion, we would absolutely love to hear about it!