

MONTHLY NEWSLETTER

January 2026



HAPPY NEW YEAR

Welcome to a new year with PTBL
Our 2026 is the year Discovery discovering new routines, new strengths, and new ways to enjoy everyday life.

January is the perfect month for easing back in, reconnecting with your supports, and starting fresh at your own pace.



"Today, is the first blank page of a 365 page book. Write a good one"

PTBL BIRTHDAYS

We wish everyone who has an upcoming birthday this month a VERY Happy Birthday and we hope that you enjoy your special day!

Debbie 5th

Scott 8th



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COMMUNITY EVENTS



Byron Beachfront Art Pop-Up

Byron Bay, NSW

 January 5, 2026

Explore local art stalls, meet makers, and enjoy live painting demonstrations by emerging artists.

Parklands Summer Tunes

 Southport, Gold Coast

 January 13, 2026

Relax with acoustic music, food vans, and a casual, friendly community atmosphere.



Murwillumbah Farmers Market Day

 Murwillumbah, NSW

 January 25, 2026

Browse fresh local produce, enjoy coffee, and chat with growers and artisans.

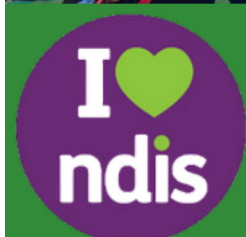


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DECEMBER 2025 RECAP: PHOTO EDITION



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