

**MAY 1<sup>ST</sup>, 2026**

Can you even believe it's May already – where has this year gone already? So many of our team are making the most of the glorious weather and heading out and about on park walks and picnics, and exploring our beautiful city, we love it! The Not Boring Kitchen continues to thrive and it's great to see how Not Boring Supports soldiers on, while Cam is behind the coffee machine in her happy place. Our admin team continues to grow, and our team and processes are strong, allowing this flexibility. Exactly what we've been building towards. It's not over yet though, our growth continues...

**APRIL RE-CAP!**

We've had our first Group Adventure of the year, which was a huge success, with another planned for later this month in Stanthorpe. We've had some incredible Women's & Men's Club outings, with yesterday being a trip to the cinema for *The Devil Wears Prada 2*... the girls loved it! We hosted our first networking even where we had over 30 people register to come down to the Not Boring Kitchen and learn a little more about us and what we have to offer. Our team has grown, as has our client base, and we are full steam ahead for the year – just the way we love it! Reach out on the office phone number if you'd like more details on the Stanthorpe weekend – it'll be a great weekend we have no doubt! And if you ever

have questions about what we do, or how we might be able to support you, please don't hesitate to give us a call... or drop down to the Not Boring Kitchen. We're always up for a chat!

**'CHALLENGE SOCIETAL PERCEPTIONS, EMPHASISING THAT LIMITATIONS OFTEN LIE WITHIN ENVIRONMENTS RATHER THAN INDIVIDUALS!'**

**THIS MONTH'S RECIPE... CHICKEN CAESAR BURGER.**

**Ingredients:** 4 brioche buns, 2 chicken breasts, 4 rashers bacon, ¼ cup shaved parmesan cheese, cos lettuce, Caesar dressing, ½ cup panko crumbs, 1 egg, ¼ cup flour.

**Method:** Slice both chicken breasts in half to make 4 fillets, roll them out with a rolling pin to flatten them. In 3 bowls, add flour, egg, & crumbs; mixing the egg. Crumb each chicken piece with flour, then egg, then crumbs. Heat oil in a frypan and cook both sides until golden. Fry bacon until crisp either side. Lightly toast the inside of your buns and assemble burger with chicken, bacon, lettuce, parmesan & Caesar dressing. Enjoy!

**WHAT'S ON IN MAY?**

Tuesday's is Create and Connect at the hub – morning tea and craft items are supplied.

Tuesday, Wednesday, Friday & Saturdays are Cooking with Confidence classes – reach out if you'd like more info on these. We have a few available spots on some days.

Thursday's, we alternate Men's Club and the Women's Group, where a variety of outings happen. So far we've done art workshops, op shopping days, war museum visit, ten pin bowls + more. Always a great morning and something you're welcome to commit to fortnightly or join casually.

Friday afternoons are for socials – rotating between BBQ, pizza night, spud night, or Italian themed dinners + more. A great social afternoon, with dinner and good company.

Weekend group activities depend on demand – it could be just you and a support worker, or a small group of others that are keen to join in. This month we're aiming to get to The Butterfly House on Bribie Island, a visit into the city for the Wednesday markets, a fishing trip out to Scarborough, a drive up to Maleny, and an afternoon of Ten Pin Bowling fun at Aspley Bowl – let us know if you're keen on anything and we can work out the details from there!

Some activities come with a cost and others are covered by us – if you have questions, just call the office and we can discuss details with you.

We also always welcome new suggestions, so if there is somewhere you'd like to go, let us know and we'll aim to get a group together.

Don't forget that you can pop down to the Not Boring Kitchen while with your supports from Tuesday – Saturday between 6am – 12pm, and if you are a client, Cam will shout you a free coffee!

**CONTACT US...**

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