



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>02</p> <p>10:00am: Check In 10:15am: Coffee Club Walk 11:00am: Hearing Voices 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Creative Arts (CPS) 2:00pm: Gardening 3:00pm: Games & Social Time</p>	<p>03</p> <p>10:00am: Check In 10:30am: Meditation 11:00am: Mental Health 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Body + Movement 2:00pm: Open Discussion 3:00pm: Games & Social Time</p>	<p>04</p> <p>LOCAL OUTING Ten Pin Bowling \$14 Leave at 11:00am Please bring money for lunch</p> <p>Anyone with a Birthday in October eats for free!</p>	<p>05</p> <p>10:00am: Check In 10:30am: Chair Yoga 10:30am: Digital/Internet Skills 11:00am: Hearing Voices 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Walk 1:30pm: Men's Group 2:30pm: Games & Social Time</p>	<p>06</p> <p>10:00am: Check In 10:15am: Coffee Club Walk 11:00am: Meditation 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Music 2:00pm: Wellness Discussion 3:00pm: Arts & Craft</p>
<p>09</p> <p>10:00am: Check In 10:15am: Coffee Club Walk 11:00am: Hearing Voices 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Creative Arts (CPS) 2:00pm: Gardening 3:00pm: Games & Social Time</p>	<p>10</p> <p>10:00am: Check In 10:30am: Meditation 11:00am: Mental Health 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Walk 2:00pm: Open Discussion 3:00pm: Games & Social Time</p>	<p>11</p> <p>LOCAL OUTING Holroyd Park, Merrylands Leave at 10:30 a.m. Please bring Opal card and money for lunch</p>	<p></p> <p>12 CHRISTMAS PARTY</p> <p>10:00am: Check In 10:30am: Christmas Activities 12:30pm: FREE LUNCH 1:30pm: Christmas Activities 3:30pm: Games & Social Time</p> <p> ~~~~~</p>	<p>13</p> <p>10:00am: Check In 10:15am: Coffee Club Walk 11:00am: Meditation 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Music 2:00pm: Wellness Discussion 3:00pm: Arts & Craft</p>
<p>16</p> <p>10:00am: Check In 10:15am: Coffee Club Walk 11:00am: Hearing Voices 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Creative Arts (CPS) 2:00pm: Gardening 3:00pm: Games & Social Time</p>	<p>17</p> <p>10:00am: Check In 10:30am: Consumers Feedback Meeting 11:00am: Mental Health 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Body + Movement 2:00pm: Open Discussion 3:00pm: Games & Social Time</p>	<p>18</p> <p>LOCAL OUTING Movies \$17 Leave at 10:30 a.m. Please bring Opal card and money for lunch</p>	<p>19</p> <p>10:00am: Check In 10:30am: Chair Yoga 10:30am: Digital/Internet Skills 11:00am: Hearing Voices 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Walk 1:30pm: Men's Group 2:30pm: Games & Social Time</p>	<p>20</p> <p>10:00am: Check In 10:15am: Coffee Club Walk 11:00am: Meditation 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Music 2:00pm: Wellness Discussion 3:00pm: Arts & Craft</p>
<p>23</p> <p>10:00am: Check In 10:15am: Coffee Club Walk 11:00am: Hearing Voices 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Creative Arts 2:00pm: Gardening 3:00pm: Games & Social Time</p>	<p>24</p> <p>10:00am: Check In 10:30am: Meditation 11:00am: Mental Health 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Walk 2:00pm: Open Discussion 3:00pm: Games & Social Time</p>	<p>25</p> <p>CHRISTMAS DAY</p> <p></p>	<p>26</p> <p>BOXING DAY</p> <p></p>	<p>27</p> <p>10:00am: Check In 10:15am: Meditation 11:00am: Movie time 11:30am: Cooking 12:45pm: Lunch \$5 1:00pm: Cricket – AUS v INDIA 2:00pm: Open Discussion 3:00pm: Closing time</p>



One Door. Many Opportunities.

Highlights this month:

Check-in
 10:00 a.m. every morning

Holroyd Park
 Wed 11/12 10:30 a.m.

Hearing Voices
 Mon 11:00 a.m.
 Thurs 11:00 a.m.

Men's Group
 Thurs 1:30 p.m.

Event Cinemas
 Wed 18/12 10:30 a.m.

Digital/Internet Skills
 Thurs 10:30 a.m.

Body + Movement
 Tues & Thurs 1:00 p.m.

Meditation + Yoga
 Tues & Thurs 10:30 a.m.

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10:00am: Check In
 10:15am: Coffee Club Walk
 11:00am: **Hearing Voices**
 11:30am: Cooking
 12:45pm: Lunch \$5
 1:00pm: **Creative Arts (CPS)**
 2:00pm: Gardening
 3:00pm: Games & Social Time

31

10:00am: Check In
 10:30am: Meditation
 11:00am: **Mental Health**
 11:30am: Cooking
 12:45pm: Lunch \$5
 1:00pm: **Body + Movement**
 2:00pm: Open Discussion
 3:00pm: Games & Social Time

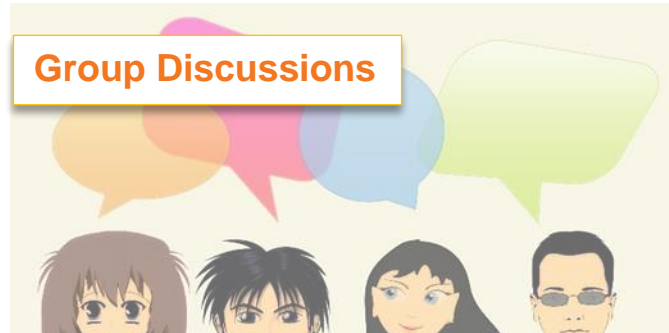
We are an NDIS centre-based program providing group activities focused on building social, recreational, vocational and educational skills delivered in a safe, positive and fun environment by qualified workers.

Consumers Feedback Meeting
 Tues 17/12 10:30 a.m.

Creative Arts
 Mon 1:00 p.m.
 Fri 3:00 p.m.



Community



Group Discussions



Cooking Skills

Our Mission
 A world in which people with a mental illness are valued and treated as equals.



Meditation



Life Skills



Art & Crafting