

Colour Code: Mental Health, Games/Gaming, Cooking/Baking, Creative, Outings, Art Group

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 09:00 Check in and Cuppa 09:15 Mental Health Chat "I am Awesome—Self Esteem" 10:00 Art One Door Scrapbook 11:00 Lunch Cooking Group 12:00 Chicken Curry 12:30 Video Gaming 13:00 Board Games/Pool</p>	<p>4 09.00 Check in and Cuppa 09:15 Mental Health Chat "It's OK to say No" 10:15 Members Meeting 11:00 Lunch Cooking Grp 12.00 Beef Stir Fry 13:00 Creative Space (Art/Craft/Karaoke/Drama)</p>	<p>5 09:00 Check in and Cuppa 10:00-14:00 Men's Group Windang Bowling Club 10:30—14:00 Drop in Coffee & Connect</p>	<p>6 09:00 Check in and Cuppa 09:30 Members Meeting 10:30 Baking Group 11:30 Lunch Cooking Group 12:00 Tacos 13:00 Art One Door Scrapbook 15:00 Chill Out— Unanderra Thai</p>	<p>7 09:00 Check in and Cuppa 09:30 Creative Space (Music/Art/Karaoke) 11:00 Lunch Cooking Group 12:00 Mini Pizzas 12:30 Project Corner 12:30 Games / Pool Group</p>
<p>10 Open Day 09.00 –15:00 Pop-up Op Shop Pancake Breakfast (\$5) Sausage Sizzle Lunch (\$2.50)</p>	<p>11 Open Day 09:00-15:00 Pop-up Op Shop Pancake Breakfast (\$5) Sausage Sizzle Lunch (\$2.50)</p>	<p>12 Pop-up Op Shop Week 09:00 Check in and Cuppa 10:00-14:00 Men's Group Boonerah Point 10:30—14:00 Drop in Coffee & Connect</p>	<p>13 Pop-up Op Shop Week 9:00 Check in and Cuppa 09:30 Members Meeting 10:00 Baking Group 11:30 Lunch Cooking Group 12:00 Hamburgers + Chips 13:00 Art One Door Scrapbook 15:00 Chill Out— Chef Choice</p>	<p>14 Pop-up Op Shop Week 09:00 Check in and Cuppa 09:30 Creative Space (Music/Art/Karaoke) 11:00 Lunch Cooking Group 12:00 Spaghetti Bolognese 12:30 Project Corner 12:30 Games/Pool Group 17.00 Clubhouse Connect</p>
<p>17 09:00 Check in and Cuppa 09:30 Hearing Voices Support Group 09.30 Art Group Dry Clay/Painting 11:00 Lunch Cooking Group 12:00 Chicken Skewers 12:30 Video Gaming 13:00 Board Games/Pool</p>	<p>18 09.00 Check in and Cuppa 09:30 Mental Health Chat "Living through Anxiety" 10:15 Members Meeting 11:00 Lunch Cooking Grp 12.00 Chicken Curry 13:00 Creative Space (Art/Craft/Karaoke/Drama)</p>	<p>19 09:00 Check in and Cuppa 10:00-14:00 Men's Group Little Lake BBQ 10:30—14:00 Drop in Coffee & Connect</p>	<p>20 09:00 Check in and Cuppa 09:30 Members Meeting 10:00 Baking Group 11:00 Lunch Cooking Group 12:00 Butter Chicken 13:00 Art Group Dry Clay/Painting 15:00 Chill Out— Eat Street</p>	<p>21 09:00 Check in and Cuppa 09:30 Creative Space (Music/Art/Karaoke) 11:00 Lunch Cooking Group 12:00 Nachos 12:30 Project Corner 12:30 Games/Pool Group</p>
<p>24 09:00 Check in and Cuppa 09:30 Hearing Voices Support Group 09.30 Art Group Dry Clay/Painting 11:00 Lunch Cooking Group 12:00 Tacos 12:30 Video Gaming 13:00 Board Games/Pool</p>	<p>25 09.00 Check in and Cuppa 09:15 Members Meeting Outing (10:00-14:30) Ten Pin Bowling & Lunch (\$25)</p>	<p>26 09:00 Check in and Cuppa 10:00-14:00 Men's Group Kiama Harbour 10:30—14:00 Drop in Coffee & Connect</p>	<p>27 09:00 Check in and Cuppa 09:30 Members Meeting 10:00 Baking Group 11:00 Lunch Cooking Group 12:00 Spaghetti Bolognaise 13:00 Art Group Dry Clay/Painting 15:00 Chill Out— Golden Loy</p>	<p>28 09:00 Check in and Cuppa 09:30 Creative Space (Music/Art/Karaoke) 11:00 Lunch Cooking Group 12:00 Chicken Stir Fry 12:30 Project Corner 12:30 Games/Pool Group 17.00 Clubhouse Connect</p>