P: 02 9689 2600 June 2024 CALENDAR

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| 03 10:00am: Coffee Club/Walk 10:30am: Gardening 10:30am: Art Group 11:30am: Life Skills: Cooking 12:30pm: Lunch \$5 1:00pm: Life Skills Discussion 2:00pm: Games 2:30pm: Social Talks | 04 10:00am: Meditation 10:30am: Mental Health 11:30am: Life Skills: Cooking 12:30pm: Lunch \$5 1:00pm: Health Walk 2:00pm: Creative Writing 3.00pm: Games 3:00pm: Social Talks               | 05 LOCAL OUTING Ten Pin Bowling \$12 \$6 per game Leave at 10:30am - bring Opal card and money for lunch  | 06 10:00am: Chair Yoga 10:30am: Computers/Women's Discussion 11:30am: Hearing Voices/LS: cook 12:30pm: Lunch \$5 1:00pm: Mental Health / Walk 2:00pm: Social Talks 2:30pm: Games | 07 10:00am: Coffee Club / Gaming 11:00am: Consumers Program Feedback Meeting 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Movies & Popcorn 2:00pm: Mental Health 3.00pm: Games & Social Talks |
| CLOSED  Public Holiday (King's Birthday)  | 11 10:00am: Meditation 10:30am: Consumer Program Feedback Meeting 11:30am: Life Skills: Cooking 12:30pm: Lunch \$5 1:00pm: Health Walk 2:00pm: Creative Writing 3.00pm: Games & Social Talks | 12 LOCAL OUTING Movies \$17 Leave time depends on movie choices – please check with workers.  Please bring Opal card and money for lunch                        | 13 10:00am: Chair Yoga 10:30am: Computers/Women's Discussion 11:30am: Hearing Voices/LS: cook 12:30pm: Lunch \$5 1:00pm: Mental Health / Walk 2:00pm: Social Talks 2:30pm: Games | 14 10:00am: Coffee Club/Walk 11:00am: Meditation 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Music/Life Skills: Baking 2:00pm: Mental Health 3.00pm: Games 3:00pm: Social Talks              |
| 17 10:00am: Coffee Club/Walk 10:30am: Gardening 10:30am: Art Group 11:30am: Life Skills: Cooking 12:30pm: Lunch \$5 1:00pm: Life Skills Discussion 2:00pm: Games 2:30pm: Social Talks | 18 10:00am: Meditation 10:30am: Mental Health 11:30am: Life Skills: Cooking 12:30pm: Lunch \$5 1:00pm: Health Walk 2:00pm: Creative Writing 3.00pm: Games 3:00pm: Social Talks               | 19 LOCAL OUTING BBQ \$5 Leave at 11:00am – bring money for lunch  Anyone who has / had a Birthday in June eats BBQ for free!                                    | 20 10:00am: Chair Yoga 10:30am: Computers/Women's Discussion 11:30am: Hearing Voices/LS: cook 12:30pm: Lunch \$5 1:00pm: Mental Health / Walk 2:00pm: Social Talks 2:30pm: Games | 21 10:00am: Coffee Club/Walk 11:00am: Meditation 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Music/Life Skills: Baking 2:00pm: Mental Health 3.00pm: Games 3:00pm: Social Talks              |
| 10:00am: Coffee Club/Walk 10:30am: Gardening 10:30am: Art Group 11:30am: Life Skills: Cooking 12:30pm: Lunch \$5 1:00pm: Life Skills Discussion 2:00pm: Games 2:30pm: Social Talks    | CLOSED  One Door Mental Health Staff Day   | 26 LOCAL OUTING Local outing Leave time depends on travel time and activity selection please ask support workers  Please bring an Opal Card and money for lunch | 27 10:00am: Chair Yoga 10:30am: Computers/Women's Discussion 11:30am: Hearing Voices/LS: cook 12:30pm: Lunch \$5 1:00pm: Mental Health / Walk 2:00pm: Social Talks 2:30pm: Games | 28 10:00am: Coffee Club/Walk 11:00am: Meditation 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Music/Life Skills: Baking 2:00pm: Mental Health 3.00pm: Games 3:00pm: Social Talks              |











Art & Craft Mon 10:30 a.m.

Life Skills Monday 1:00 p.m. Friday 1:00 p.m.

## Meditation

Tues 10:00 a.m. Friday 11:00 a.m.

**Hearing Voices** Thurs 11:30 a.m.

Computer Skills Thurs 10:30 a.m.

**Gaming: Wii Console** Friday 10:30 a.m.

**Movies & Popcorn** (in-centre)

Friday 1:00 p.m. 07/06

**Feedback Meetings** 

Friday 07 10:30 a.m. Tues 11 10:30 a.m. Thurs 20 10:30 a.m.

Address: 7 Crown St Harris Park NSW 2150

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

