


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>01</b>                      10:00am: Check In                      10:15am: Coffee Club Walk                      10:30am: <b>Art Group</b>                      10:30am: Gardening                      11:30am: Cooking                      12:30pm: Lunch \$5                      1:00pm: <b>Creative Writing</b>                      2:00pm: Games                      2:30pm: Social Talks</p>	<p><b>02</b>                      10:00am: Check In                      10:15am: Meditation                      10:15am: <b>Shopping</b>                      11:30am: Cooking                      12:30pm: Lunch \$5                      1:00pm: <b>Walk</b>                      1:30pm: Health                      2:30pm: Games                      3:00pm: Social Talks</p>	<p><b>03</b>  <b>LOCAL OUTING</b>  <b>Ten Pin Bowling \$12</b>                      \$6 per game                      Leave at 10:30am - bring Opal card and money for lunch</p>	<p><b>04</b>                      10:00am: Check In                      10:15am: <b>Chair Yoga</b>                      10:15am: Computers                      10:45am: Women's Discussion                      11:30am: Hearing Voices/Cooking                      12:30pm: Lunch \$5                      1:00pm: <b>Walk / Mental Health</b>                      2:00pm: Games &amp; Social Talks</p>	<p><b>05</b>                      10:00am: Check in + Coffee/Walk                      11:00am: <b>Meditation</b>                      11:30am: Cooking                      12:30pm: Lunch \$5                      1:00pm: <b>Music</b>                      1:00pm: <b>Baking</b>                      2:00pm: Mental Health                      3:00pm: Games                      3:00pm: Social Talks</p>	 <p>One Door. Many Opportunities.</p> <p><b>Highlights this month:</b></p> <p><b>Art &amp; Craft</b> Mon 10:30 a.m.</p> <p><b>Life Skills</b> M + T + TH + F at 11:30a.m. Tuesday 10:15 a.m. Friday 1:00 p.m.</p> <p><b>Meditation</b> Tues 10:15 a.m. Friday 11:00 a.m.</p> <p><b>Hearing Voices</b> Thurs 11:30 a.m.</p> <p><b>Computer Skills</b> Thurs 10:15 a.m.</p> <p><b>Gaming: Wii Console</b> Everyday &amp; almost anytime</p> <p><b>Movies &amp; Popcorn (in-centre)</b> Everyday &amp; almost anytime</p> <p><b>Consumers Feedback Meeting</b> Thurs 18/07 10:30 a.m.</p> <p><b>Christmas in July</b> 25/07 10 a.m.</p>
<p><b>08</b>                      10:00am: Check In                      10:15am: Coffee Club Walk                      10:30am: <b>Art Group</b>                      10:30am: Gardening                      11:30am: Cooking                      12:30pm: Lunch \$5                      1:00pm: <b>Creative Writing</b>                      2:00pm: Games                      2:30pm: Social Talks</p>	<p><b>09</b>                      10:00am: Check In                      10:15am: Meditation                      10:15am: <b>Shopping</b>                      11:30am: Cooking                      12:30pm: Lunch \$5                      1:00pm: <b>Walk</b>                      1:30pm: Health                      2:30pm: Games                      3:00pm: Social Talks</p>	<p><b>10</b>  <b>LOCAL OUTING</b>  <b>Auburn Botanical Gardens</b>                      Leave at 10:30 a.m.                      Please bring Opal card and money for lunch</p>	<p><b>11</b>                      10:00am: Check In                      10:15am: <b>Chair Yoga</b>                      10:30am: Computers                      10:30am: Women's Discussion                      11:30am: Hearing Voices/Cooking                      12:30pm: Lunch \$5                      1:00pm: <b>Walk / Mental Health</b>                      2:00pm: Games &amp; Social Talks</p>	<p><b>12</b>                      10:00am: Check in + Coffee/Walk                      11:00am: <b>Meditation</b>                      11:30am: Cooking                      12:30pm: Lunch \$5                      1:00pm: <b>Music</b>                      1:00pm: <b>Baking</b>                      2:00pm: Mental Health                      3:00pm: Games                      3:00pm: Social Talks</p>	
<p><b>15</b>                      10:00am: Check In                      10:15am: Coffee Club Walk                      10:30am: <b>Art Group</b>                      10:30am: Gardening                      11:30am: Cooking                      12:30pm: Lunch \$5                      1:00pm: <b>Creative Writing</b>                      2:00pm: Games                      2:30pm: Social Talks</p>	<p><b>16</b>                      10:00am: Check In                      10:15am: Meditation                      10:15am: <b>Shopping</b>                      11:30am: Cooking                      12:30pm: Lunch \$5                      1:00pm: <b>Walk</b>                      1:30pm: Health                      2:30pm: Games                      3:00pm: Social Talks</p>	<p><b>17</b>  <b>LOCAL OUTING</b>  <b>Cabramatta</b>                      Leave at 10:30 a.m.                      Please bring Opal card and money for lunch</p>	<p><b>18</b>                      10:00am: Check In                      10:15am: Chair Yoga                      10:30am: <b>Consumers Program</b>  <b>Feedback Meeting</b>                      11:30am: Hearing Voices/Cooking                      12:30pm: Lunch \$5                      1:00pm: <b>Walk / Mental Health</b>                      2:00pm: Social Talks                      2:30pm: Games</p>	<p><b>19</b>                      10:00am: Check in + Coffee/Walk                      11:00am: <b>Meditation</b>                      11:30am: Cooking                      12:30pm: Lunch \$5                      1:00pm: <b>Music</b>                      1:00pm: <b>Baking</b>                      2:00pm: Mental Health                      3:00pm: Games                      3:00pm: Social Talks</p>	
<p><b>22</b>                      10:00am: Check In                      10:15am: Coffee Club Walk                      10:30am: <b>Art Group</b>                      10:30am: Gardening                      11:30am: Cooking                      12:30pm: Lunch \$5                      1:00pm: <b>Creative Writing</b>                      2:00pm: Games                      2:30pm: Social Talks</p>	<p><b>23</b>                      10:00am: Check In                      10:15am: Meditation                      10:15am: <b>Shopping</b>                      11:30am: Cooking                      12:30pm: Lunch \$5                      1:00pm: <b>Walk</b>                      1:30pm: Health                      2:30pm: Games                      3:00pm: Social Talks</p>	<p><b>24</b>  <b>LOCAL OUTING</b>  <b>BBQ \$5</b>                      Leave at 11:00am – bring money for lunch                       Anyone who has / had a Birthday in July eats BBQ for free!</p>	<p><b>25</b>                      10:00am: Check In</p> <p style="text-align: center;"><b>Christmas in July</b></p>	<p><b>26</b>                      10:00am: Check in + Coffee/Walk                      11:00am: <b>Meditation</b>                      11:30am: Cooking                      12:30pm: Lunch \$5                      1:00pm: <b>Music</b>                      1:00pm: <b>Baking</b>                      2:00pm: Mental Health                      3:00pm: Games                      3:00pm: Social Talks</p>	

<p><b>29</b>                  10:00am: Check In                  10:15am: Coffee Club Walk                  10:30am: Art Group                  10:30am: Gardening                  11:30am: Cooking                  12:30pm: Lunch \$5                  1:00pm: Creative Writing                  2:00pm: Games                  2:30pm: Social Talks</p>	<p><b>30</b>                  10:00am: Check In                  10:15am: Meditation                  10:15am: Shopping                  11:30am: Cooking                  12:30pm: Lunch \$5                  1:00pm: Walk                  1:30pm: Health                  2:30pm: Games                  3:00pm: Social Talks</p>	<p><b>10</b>  <b>LOCAL OUTING</b>  <b>Movies \$17</b>                  Leave at 9:30 a.m.                  Please bring Opal card and money for lunch</p>	<p><b>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</b></p>	
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**Community**



**Group Discussions**



**Cooking Skills**



**Meditation**

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



**Life Skills**



**Art & Crafting**