

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>01</p> <p><b>NEW YEARS DAY</b> (PUBLIC HOLIDAY)</p>	<p>02</p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Hearing Voices 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: CPS – Creative Art 3:30pm: Open Discussion</p>	<p><b>Members Meeting</b></p> <p>03</p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Project Corner 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: <b>Journaling</b> 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>
<p>06</p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Gem Art 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: Chair Yoga 2:00pm: Games &amp; Social Time 3:00pm: Open Discussion</p>	<p>07</p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Baking Skills 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: Wellness Discussion 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>	<p>08</p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Hearing Voices 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: Mental Health Chat 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>	<p>09</p> <p><b>LOCAL OUTING</b> <b>Three Sisters – Blue Mountains</b> Leave at 10:00am</p> <p>Please bring money for lunch</p>	<p>10</p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Project Corner 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: <b>Journaling</b> 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>
<p>13</p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Meditation 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: Chair Yoga 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>	<p><b>Members Meeting</b></p> <p>14</p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Pastry Skills 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: Gardening 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>	<p>15</p> <p><b>LOCAL OUTING</b> <b>OP Shop - Picton</b> Leave at 10:00am</p> <p>Please bring money for lunch and for shopping</p>	<p>16</p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Hearing Voices 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: CPS – Creative Art 3:30pm: Open Discussion</p>	<p>17</p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Project Corner 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: <b>Journaling</b> 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>
<p>20</p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Gem Art 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: Chair Yoga 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>	<p>21</p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Baking Skills 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: Wellness Discussion 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>	<p>22</p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Hearing Voices 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: Mental Health Chat 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>	<p>23</p> <p><b>LOCAL OUTING</b> <b>BBQ Mittagong Duck Pond</b> Leave at 10:00am</p> <p>Please bring money for lunch</p>	<p><b>Members Meeting</b></p> <p>24</p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Project Corner 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: <b>Gardening</b> 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>



One Door. Many Opportunities.

**Highlights this month:**

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

**Members Meeting**  
Tues & Fri  
(fortnightly)

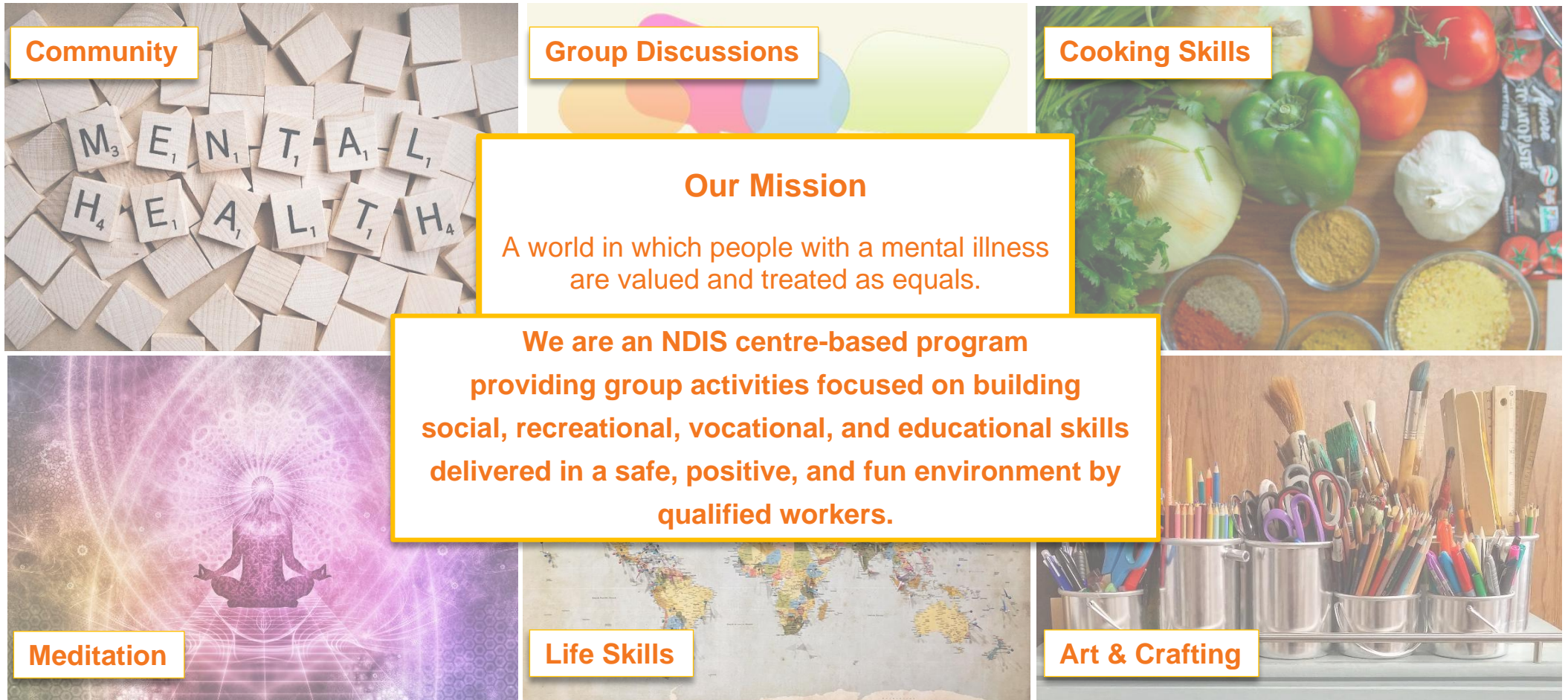
**Journaling**  
Fri 1:30 p.m.  
(fortnightly)

**Gardening**  
Tues 1:30 p.m.  
(fortnightly)

**Three Sisters**  
Thur 09/01 - 10:00 a.m.

**OP Shop - Picton**  
Wed 15/01 - 10:00 a.m.

<p><b>27</b>                  09:30am: Greetings                  10:00am: Check In                  10:30am: Meditation                  11:30am: Cooking Skills                  12:30pm: Lunch - \$5.00                  1:30pm: Chair Yoga                  2:30pm: Games &amp; Social Time                  3:30pm: Open Discussion</p>	<p><b>Members Meeting</b>  <b>28</b>                  09:30am: Greetings                  10:00am: Check In                  10:30am: Pastry Skills                  11:30am: Cooking Skills                  12:30pm: Lunch - \$5.00                  1:30pm: Gardening                  2:30pm: Games &amp; Social Time                  3:30pm: Open Discussion</p>	<p><b>29</b>  <b>LOCAL OUTING</b>                  Rashays – Mac Square                  Leave at 10:00am                   Please bring money for lunch</p>	<p><b>30</b>                  09:30am: Greetings                  10:00am: Check In                  10:30am: Hearing Voices                  11:30am: Cooking Skills                  12:30pm: Lunch - \$5.00                  1:30pm: CPS – Creative Art                  3:30pm: Open Discussion</p>		<p><b>BBQ Mittagong</b>                  Thur 23/01 - 10:00 a.m.</p> <p><b>Rashays</b>                  Wed 29/01 – 10:00 a.m.</p>
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**Community**

**Group Discussions**

**Cooking Skills**

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

**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.**

**Meditation**

**Life Skills**

**Art & Crafting**