

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Post Clean Up Australia Day</b></p> <p><b>03</b></p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Gardening 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: Baking Skills 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>	<p><b>Pancake Day</b></p> <p><b>04</b></p> <p>09:30am: Greetings 10:00am: Check In 10:30am: <b>Mental Health Talk</b> 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: Karaoke 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>	<p><b>05</b></p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Hearing Voices 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: <b>Reflection</b> 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>	<p><b>06</b></p> <p>09:30am: Greetings 10:00am: Check In 10:30am: <b>Workforce Development</b> 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: Art Skills 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>	<p><b>07</b></p> <p><b>LOCAL OUTING</b> <b>Fire Museum - \$17.00</b> Leave at 10:00am</p> <p>Please bring money for lunch and the activity.</p>
<p><b>10</b></p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Chair Yoga 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: Meditation 2:30pm: Games &amp; Social Time 3:00pm: Open Discussion</p>	<p><b>11</b></p> <p>09:30am: Greetings 10:00am: Check In 10:30am: <b>IT &amp; Technology Skills</b> 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>12</b></p> <p><b>LOCAL OUTING</b> <b>Calmsley Farm - \$32.00</b> Leave at 10:00am</p> <p>Please bring money for lunch and the activity.</p>	<p><b>13</b></p> <p>09:30am: Greetings 10:00am: Check In 10:30am: <b>Workforce Development</b> 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><b>14</b></p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Project Corner 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: Journalling 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>
<p><b>Saint Patricks Day</b></p> <p><b>17</b></p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Gardening 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: Baking Skills 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>	<p><b>18</b></p> <p>09:30am: Greetings 10:00am: Check In 10:30am: <b>Mental Health Talk</b> 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: Karaoke 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>	<p><b>19</b></p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Hearing Voices 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: <b>Reflection</b> 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>	<p><b>International Happiness Day</b></p> <p><b>20</b></p> <p><b>LOCAL OUTING</b> <b>Dumaresq Cinema - \$8.50</b> Leave at 10:00am</p> <p>Please bring money for lunch and for the activity.</p>	<p><b>Harmony Day</b></p> <p><b>21</b></p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Harmony Day Activities 11:30am: Lunch Prep 12:30pm: Lunch - \$5.00 1:30pm: Clean Up 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>
<p><b>24</b></p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Chair Yoga 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: Meditation 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>	<p><b>Members Meeting</b></p> <p><b>25</b></p> <p>09:30am: Greetings 10:00am: Check In 10:30am: <b>IT &amp; Technology Skills</b> 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>26</b></p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Hearing Voices 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: <b>Reflection</b> 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>	<p><b>27</b></p> <p>09:30am: Greetings 10:00am: Check In 10:30am: <b>Workforce Development</b> 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: CPS – Creative Art 3:30pm: Open Discussion</p>	<p><b>28</b></p> <p>09:30am: Greetings 10:00am: Check In 10:30am: Project Corner 11:30am: Cooking Skills 12:30pm: Lunch - \$5.00 1:30pm: Journalling 2:30pm: Games &amp; Social Time 3:30pm: Open Discussion</p>



One Door. Many Opportunities.

**Highlights this month:**

**IT & Technology Skills**  
Tues 10:30 a.m.  
(fortnightly)

**Mental Health Talk**  
Tues 10:30 a.m.  
(fortnightly)

**Workforce Development**  
Thurs 10:30 a.m.  
(weekly)


**Reflection**  
Wed 1:30 p.m.  
(weekly)

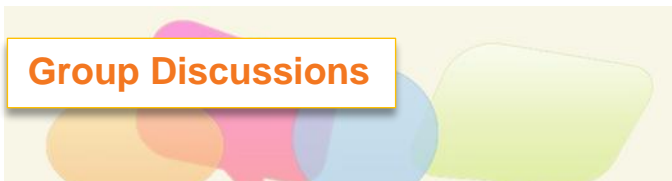
**OUTINGS:**

**Fire Museum**  
Fri - 07/03 - 10:00 a.m.

**Calmsley Farm**  
Wed - 12/03 – 10:00 a.m.

**Dumaresq Cinema**  
Thurs – 20/03 – 10:00 a.m.

<p><b>31</b></p> <p>09:30am: Greetings  10:00am: Check In  10:30am: Gardening  11:30am: Cooking Skills  12:30pm: Lunch - \$5.00  1:30pm: Baking Skills  2:30pm: Games &amp; Social Time  3:30pm: Open Discussion</p>					
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**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.**

