

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>01</p> <p>09:30am: Check In 10:30am: Baking Skills 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Wellness Discussion 2:00pm: Games & Social Time 3:00pm: Open Discussion</p>	<p>02</p> <p>LOCAL OUTING BBQ At The Park - \$5.00 Leave at 10:30am</p> <p>Please bring money for lunch</p>	<p>03</p> <p>09:30am: Check In 10:30am: Hearing Voices 10:30am: Mental Health Talk 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Card Making 2:00pm: Games & Social Time 3:00pm: Open Discussion</p>	<p>04</p> <p>09:30am: Check In 10:30am: Fishing Group 10:30am: Meditation 12:30pm: Lunch \$2.50 1:00pm: Music 2:00pm: Open Discussion 3:00pm: Social Time</p>
<p>07</p> <p>LABOUR DAY</p> <p>PUBLIC HOLIDAY</p>	<p>08</p> <p>09:30am: Check In 10:30am: Baking Skills 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Wellness Discussion 2:00pm: Games & Social Time 3:00pm: Open Discussion</p>	<p>09</p> <p>LOCAL OUTING Camden - Shopping Leave at 10:00am</p> <p>Please bring money for lunch and money to spend shopping</p>	<p>10</p> <p>09:30am: Check In 10:30am: Members Meeting 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Creative Art 3:00pm: Games & Social</p>	<p>11</p> <p>09:30am: Check In 10:30am: Project Corner 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Chair Yoga 2:00pm: Games & Social Time 3:00pm: Open Discussion</p>
<p>14</p> <p>09:30am: Check In 10:30am: Meditation 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Local Walk 2:00pm: Games & Social Time 3:00pm: Open Discussion</p>	<p>15</p> <p>09:30am: Check In 10:30am: Baking Skills 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Wellness Discussion 2:00pm: Games & Social Time 3:00pm: Open Discussion</p>	<p>16</p> <p>LOCAL OUTING Featherdale Wildlife - \$35.00 Leave at 10:00 a.m.</p> <p>Please bring money for activity and money for lunch</p>	<p>17</p> <p>09:30am: Check In 10:30am: Hearing Voices 10:30am: Mental Health Talk 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Card Making 2:00pm: Games & Social Time 3:00pm: Open Discussion</p>	<p>18</p> <p>09:30am: Check In 10:30am: Fishing Group 10:30am: Meditation 12:30pm: Lunch \$2.50 1:00pm: Music 2:00pm: Open Discussion 3:00pm: Social Time</p>
<p>21</p> <p>09:30am: Check In 10:30am: Meditation 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Local Walk 2:00pm: Games & Social Time 3:00pm: Open Discussion</p>	<p>22</p> <p>09:30am: Check In 10:30am: Baking Skills 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Wellness Discussion 2:00pm: Games & Social Time 3:00pm: Open Discussion</p>	<p>23</p> <p>LOCAL OUTING Train Museum - \$25.00 Leave at 10:00 a.m.</p> <p>Please bring money for activity and money for lunch</p>	<p>24</p> <p>09:30am: Check In 10:30am: Members Meeting 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Creative Art 3:00pm: Games & Social</p>	<p>25 – Clubhouse Halloween</p> <p>09:30am: Check In 10:30am: Project Corner 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Chair Yoga 2:00pm: Games & Social Time 3:00pm: Open Discussion</p>



Highlights this month:

Halloween Party
 Clubhouse 25/10
 Harmony 31/10

Check-in
 09:30 a.m. every morning


Members Meeting
 Thurs 10:30 a.m.
 (fortnightly)

Featherdale Wildlife Park
 Wed 16/10 - 10:30 a.m.

Creative Arts - CPS
 Thurs - 1:00 p.m.
 (fortnightly)

Hearing Voices
 Thurs 10:30 a.m.
 (fortnightly)

Train Museum
 Wed 23/10 - 10:30 a.m.


<p>28 09:30am: Check In 10:30am: Meditation 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Local Walk 2:00pm: Games & Social Time 3:00pm: Open Discussion</p>	<p>29 09:30am: Check In 10:30am: Baking Skills 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Wellness Discussion 2:00pm: Games & Social Time 3:00pm: Open Discussion</p>	<p>30 LOCAL OUTING BBQ At The Park - \$5.00 Leave at 10:30am Please bring money for lunch</p>	<p>31 – Harmony Halloween Party 09:30am: Check In 10:30am: Hearing Voices 10:30am: Mental Health Talk 11:30am: Cooking Skills 12:30pm: Lunch \$5 1:00pm: Card Making 2:00pm: Games & Social Time 3:00pm: Open Discussion</p>	 Harmony House CAMPBELLTOWN	<p>Baking Skills Tues 10:30 a.m.</p> <p>Project Corner Fri - 10:30 a.m. (fortnightly)</p> <p>Fishing Group Fri - 10:30 a.m. (fortnightly)</p> <p>BBQ At The Park Wed 02/10 & 20/10</p>
---	--	---	--	--	--



Community



Group Discussions



Cooking Skills

Our Mission

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