

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>02</b></p> <p>09:30am: Check In                      10:30am: Local Walk                      11:30am: Cooking Skills                      12:30pm: Lunch - \$5.00                      1:00pm: Meditation                      2:00pm: Games &amp; Social Time                      3:00pm: Open Discussion</p>	<p><b>03</b></p> <p>09:30am: Check In                      10:30am: Body &amp; Movement                      11:30am: Cooking Skills                      12:30pm: Lunch - \$5.00                      1:00pm: Digital &amp; Internet Skills                      2:00pm: Games &amp; Social Time                      3:00pm: Open Discussion</p>	<p><b>04</b></p> <p><b>LOCAL OUTING</b>                      Movies – Dumaresq Street                      Leave at 10:00am</p> <p>\$ 8. 50 – Ticket</p> <p>Please bring money for activity and money for lunch</p>	<p><b>05</b></p> <p>09:30am: Check In                      10:00am: Members Meeting                      10:30am: Hearing Voices                      10:30am: Mental Health Talk                      11:30am: Cooking Skills                      12:30pm: Lunch - \$5.00                      1:00pm: CPS – Creative Art                      3:00pm: Open Discussion</p>	<p><b>06</b></p> <p>09:30am: Check In                      10:30am: Project Corner                      11:30am: Cooking Skills                      12:30pm: Lunch - \$5.00                      1:00pm: Gardening                      2:00pm: Games &amp; Social Time                      3:00pm: Open Discussion</p>
<p><b>9</b></p> <p>09:30am: Check In                      10:30am: Meditation                      11:30am: Cooking Skills                      12:30pm: Lunch - \$5.00                      1:00pm: Local Walk                      2:00pm: Games &amp; Social Time                      3:00pm: Open Discussion</p>	<p><b>10</b></p> <p>09:30am: Check In                      10:30am: Baking Skills                      11:30am: Cooking Skills                      12:30pm: Lunch - \$5.00                      1:00pm: Creative Space - XMAS                      2:00pm: Games &amp; Social Time                      3:00pm: Open Discussion</p>	<p><b>11</b></p> <p><b>LOCAL OUTING</b>                      Swimming - Billabong                      Leave at 10:00am</p> <p>Please bring money for activity and money for lunch</p>	<p><b>12</b></p> <p>09:30am: Check In                      10:30am: Hearing Voices                      10:30am: Mental Health Talk                      11:30am: Cooking Skills                      12:30pm: Lunch - \$5.00                      1:00pm: XMAS Card Making                      2:00pm: Games &amp; Social Time                      3:00pm: Open Discussion</p>	<p><b>13</b></p> <p>09:30am: Check In                      10:00am: Members Meeting                      10:30am: Project Corner                      11:30am: Cooking Skills                      12:30pm: Lunch - \$5.00                      1:00pm: Wellness Discussion                      2:00pm: Games &amp; Social Time                      3:00pm: Open Discussion</p>
<p><b>16</b></p> <p>09:30am: Check In                      10:30am: Local Walk                      11:30am: Cooking Skills                      12:30pm: Lunch - \$5.00                      1:00pm: Meditation                      2:00pm: Games &amp; Social Time                      3:00pm: Open Discussion</p>	<p><b>17</b></p> <p>09:30am: Check In                      10:30am: Body &amp; Movement                      11:30am: Cooking Skills                      12:30pm: Lunch - \$5.00                      1:00pm: Digital &amp; Internet Skills                      2:00pm: Games &amp; Social Time                      3:00pm: Open Discussion</p>	<p><b>18</b></p> <p><b>HARMONY HOUSE CHRISTMAS PARTY</b></p> <p>Starts at 10:00am                      Finishes at 2:00pm</p> <p>Please bring \$10 for catered lunch</p>	<p><b>19</b></p> <p>09:30am: Check In                      10:00am: Members Meeting                      10:30am: Hearing Voices                      10:30am: Mental Health Talk                      11:30am: Cooking Skills                      12:30pm: Lunch - \$5.00                      1:00pm: CPS – Creative Art                      3:00pm: Open Discussion</p>	<p><b>20</b></p> <p>09:30am: Check In                      10:30am: Project Corner                      11:30am: Cooking Skills                      12:30pm: Lunch - \$5.00                      1:00pm: Gardening                      2:00pm: Games &amp; Social Time                      3:00pm: Open Discussion</p>
<p><b>23</b></p> <p>09:30am: Check In                      10:30am: Meditation                      11:30am: Cooking Skills                      12:30pm: Lunch - \$5.00                      1:00pm: Local Walk                      2:00pm: Games &amp; Social Time                      3:00pm: Open Discussion</p>	<p><b>24</b></p> <p>09:30am: Check In                      10:30am: Baking Skills                      11:30am: Cooking Skills                      12:30pm: Lunch - \$5.00                      1:00pm: Creative Space - XMAS                      2:00pm: Games &amp; Social Time                      3:00pm: Open Discussion</p>	<p><b>25</b></p> <p><b>Harmony House - CLOSED</b></p> <p><b>Christmas Day</b></p>	<p><b>26</b></p> <p><b>Harmony House - CLOSED</b></p> <p><b>Boxing Day</b></p>	<p><b>27</b></p> <p>09:30am: Check In                      10:00am: Members Meeting                      10:30am: Project Corner                      11:30am: Cooking Skills                      12:30pm: Lunch - \$5.00                      1:00pm: Wellness Discussion                      2:00pm: Games &amp; Social Time                      3:00pm: Open Discussion</p>



One Door. Many Opportunities.

**Highlights this month:**

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


**Harmony House Christmas Party**  
 18/12

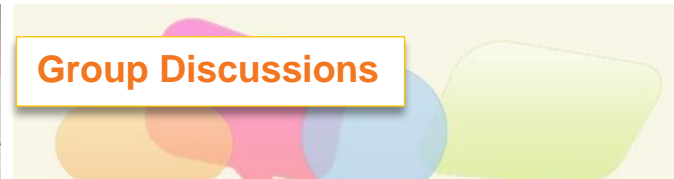
**Members Meeting**  
 Thurs & Fri (fortnightly)

**Creative Space - XMAS**  
 Tues 1:00 p.m. (10/12 & 24/12)

**Wellness Discussion**  
 Fri 1:00 p.m. (fortnightly)

**Gardening**  
 Fri 1:00 p.m. (fortnightly)

<p><b>30</b>                  09:30am: Check In                  10:30am: Local Walk                  11:30am: Cooking Skills                  12:30pm: Lunch - \$5.00                  1:00pm: Meditation                  2:00pm: Games &amp; Social Time                  3:00pm: Open Discussion</p>	<p><b>NEW YEAR'S EVE</b>  <b>31</b>                  09:30am: Check In                  10:30am: Baking Skills                  11:30am: Cooking Skills                  12:30pm: Lunch - \$5.00                  1:00pm: Creative Space                  2:00pm: Games &amp; Social Time                  3:00pm: Open Discussion</p>				<p><b>Movies</b>                  Wed 04/12 - 10:00 a.m.</p> <p><b>Swimming</b>                  Wed 11/12 - 10:00 a.m.</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.**

