

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Colour Code</p> <p>Mental Health Games/Gaming Cooking/Baking Creative Outings Art Group</p>		<p>1</p> <p>Closed</p> <p>Public Holiday</p>	<p>2</p> <p>09:00 Check in and Cuppa 09:30 Members Meeting 10:30 Baking Group 11:30 Lunch Cooking Group 12:00 Chicken Caesar Salad 13:00 Art Canvas Creations 15:00 Chill Out-Hello Harry/Op shop</p>	<p>3</p> <p>09:00 Check in and Cuppa 09:30 Creative Space (Music/Art) 11:00 Lunch Cooking Group 12:00 Mini Pizzas 12:30 Project Corner 12:30 Games / Pool Group</p>
<p>6</p> <p>09:00 Check in and Cuppa 09:30 Mental Health Chat "Its OK not to be OK" 10:00 Art Canvas Creations 11:00 Lunch Cooking Group 12:00 Chicken Curry 13:00 Board Games/Video Gaming</p>	<p>7</p> <p>09:00 Check in and Cuppa 09:30 Mindfulness 10:00 Members Meeting 11:00 Lunch Cooking Grp 12:00 Beef Stir Fry 13:00 Creative Space (Art/Craft/Music/Drama)</p>	<p>8</p> <p>09:00 Check in and Cuppa 10:00-14:00 Men's Group Dandaloo Hotel</p> <p>10:30—14:00 Drop in Coffee & Connect</p>	<p>9</p> <p>09:00 Check in and Cuppa 09:30 Members Meeting 10:00 Baking Group 11:30 Lunch Cooking Group 12:00 Hamburgers + Chips 13:00 Art Canvas Creations 15:00 Chill Out Stuart Park BBQ</p>	<p>10</p> <p>09:00 Check in and Cuppa 09:30 Creative Space (Music/Art) 11:00 Lunch Cooking Group 12:00 Spaghetti Bolognese 12:30 Project Corner 12:30 Games/Pool Group</p>
<p>13</p> <p>09:00 Check in and Cuppa 09:30 Mental Health Chat "Bad days v's Good days" 10:00 Art Canvas Creations 11:00 Lunch Cooking Group 12:00 Chicken Caesar Salad 13:00 Board Games/Video Gaming</p>	<p>14</p> <p>09:00 Check in and Cuppa 09:30 Mindfulness 10:00 Members Meeting 10:30 Chill at Clubhouse</p> <p>OR Outing Oyster Farm/Lunch 10:30-14:30 (\$20)</p>	<p>15</p> <p>09:00 Check in and Cuppa 10:00-14:00 Men's Group Stuart Park 10:00 'Lets Talk' (Positive Communication) 12:00 Light Lunch 13:00 Clubhouse Close</p>	<p>16</p> <p>09:00 Check in and Cuppa 09:30 Members Meeting 10:00 Baking Group 11:00 Lunch Cooking Group 12:00 Butter Chicken 13:00 Art Canvas Creations 15:00 Chill Out Golden Loy</p>	<p>17</p> <p>09:00 Check in and Cuppa 09:30 Creative Space (Music/Art) 11:00 Lunch Cooking Group 12:00 Lasagna and Salad 12:30 Project Corner 12:30 Games/Pool Group</p>
<p>20</p> <p>09:00 Check in and Cuppa 09:30 Mental Health Chat "Celebrating Differences" 10:00 Art Group Canvas Creations 11:00 Lunch Cooking Group 12:00 Tacos 13:00 Board Games/Video Gaming</p>	<p>21</p> <p>09:00 Check in and Cuppa 09:30 Mindfulness 10:00 Members Meeting 11:00 Lunch Cooking Grp 12:00 Chicken Curry 13:00 Creative Space (Art/Craft/Music/Drama)</p>	<p>22</p> <p>09:00 Check in and Cuppa 10:00-14:00 Men's Group Botanical Gardens</p> <p>10:30—14:00 Drop in Coffee & Connect</p>	<p>23</p> <p>09:00 Check in and Cuppa 09:30 Members Meeting 10:00 Baking Group 11:00 Lunch Cooking Group 12:00 Spaghetti Bolognise 13:00 Art Canvas Creations 15:00 Chill Out Mt Keira lookout & Korean BBQ</p>	<p>24</p> <p>09:00 Check in and Cuppa 09:30 Creative Space (Music/Art) 11:00 Lunch Cooking Group 12:00 Chicken Stir Fry 12:30 Project Corner 12:30 Games/Pool Group</p>
<p>27</p> <p>Closed</p> <p>Public Holiday</p>	<p>28</p> <p>09:00 Check in and Cuppa 09:30 Mindfulness 10:00 Members Meeting 10:30 Chill at Clubhouse</p> <p>OR Outing Op Shop & Lunch (\$20 + spending money)</p>	<p>29</p> <p>09:00 Check in and Cuppa 10:00-14:00 Men's Group Towradgi Beach Park 10:00 'Lets Talk' (Saying No without Guilt) 12:00 Light Lunch 13:00 Clubhouse Close</p>	<p>30</p> <p>09:00 Check in and Cuppa 09:30 Members Meeting 10:00 Baking Group 11:00 Lunch Cooking Group 12:00 Tacos 13:00 Art Canvas Creations 15:00 Chill Out Dandaloo Hotel</p>	<p>31</p> <p>09:00 Check in and Cuppa 09:30 Creative Space (Music/Art) 11:00 Group Lunch Cooking 12:00 Hamburgers + Chips 12:30 Project Corner 12:30 Games/Pool Group 17:00 Clubhouse Connect (18-29)</p>