

One Door Pioneer Clubhouse
www.pioneerclubhouse.org.au

Address: Lot 2 Quirk Road, Balgowlah, NSW 2093

Ph: 02 9907 7777
December 2018

DEC	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Oz Harvest delivery									
8 am	Open		Open		Open		Open		Open	
8:30	FREE BREAKFAST		FREE BREAKFAST		FREE BREAKFAST		FREE BREAKFAST		FREE BREAKFAST	
9:30	Morning Planning Meeting		Morning Planning Meeting		Morning Planning Meeting		Morning Planning Meeting		Morning Planning Meeting	
10 am	COMING SOON Employment & Education Hub and Policy Writing with Leah	NEW Business Unit Planning with Tristy	Gardening Group with Richard	COMING SOON Let's get moving with Natalie and Exercise Physiologist Writing Group	Art Group with Megan	COMING SOON Employment & Education Hub with Leah	Card Making with Megan	COMING SOON Employment & Education Hub with Leah	NEW Pioneer Post with Megan	NEW Computer Skills with Richard
10:30										
11 am										
11:30										
12 pm										
12:30	Lunch with Rex		Lunch with Rex		Healthy Lunch with Natalie		Veggie Lunch with Natalie		BBQ with Rex	
1 pm	Daily Walking Group		Daily Walking Group		Daily Walking Group		Daily Walking Group		Daily Walking Group	
2-4pm	Community Support with Richard 2pm to 4pm		Community Support with Natalie 2pm to 4pm		Community Support with Leah 2pm to 4pm		Community Support with Rex 2:30pm to 4pm		Community Support with Megan 2pm to 4pm	
1:30	Afternoon Planning Meeting		Afternoon Planning Meeting		Afternoon Planning Meeting		Weekly Review Meeting 1:30-2:30		Afternoon Planning Meeting	
2 pm			Swimming Group with Rex	NEW P2P Social Gaming with Richard	COMING SOON				Everyone's a Dancer "dance your stress away" 2pm to 3pm	
2:30					Cooking Class with Natalie					
3 pm					Member led women's swimming group					
3:30					Meal Planning with Rex and Natalie					
4-7 pm	CLOSED		CLOSED		CLOSED		Late Night Dinner & Music Jam Evening with Rex		CLOSED	



OPENING HOURS
Monday to Friday
9 am – 4 pm

NOTICE BOARD

Everyone is welcome and membership is for life

Pioneer Clubhouse is a welcoming safe place to develop and practice useful life skills

We need people to help us in the kitchen, café, garden, on reception and in the office

We provide a free continental breakfast every day and an affordable tasty lunch

We arrange regular social events for members including a weekly evening meal with music and a monthly movie night

On a Saturday at 6pm Street Mission host a Dinner
(free of charge)

Need NDIS Assistance?

Local Area Coordinators at PCH every 3rd Wednesday of the month 10am to 12noon

Need assistance with Centrelink?

Kim for Human Services is at PCH last Thursday of each month from 11am

Call us to arrange a visit

PIONEER CLUBHOUSE , LOT 2 QUIRK ROAD, BALGOWLAH 2093

TEL: **02 9907 9999**

EMAIL: **pioneerclubhouse@onedoor.org.au**