



HOPE, PURPOSE, COMMUNITY  
A PLACE OF OPPORTUNITY

# Pioneer Clubhouse Weekly Timetable

Lot 2 Quirk Road, Balgowlah 2093

Ph: 02 9907 9999



## VOLUNTARY OPPORTUNITIES AVAILABLE ALL DAY IN THE OFFICE, RECEPTION, KITCHEN, CAFÉ AND GARDEN

July 2019	Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Oz Harvest Delivery</i>				
8:00am	Open	Open	Open	Open	Open
8:30am	Free Breakfast	Free Breakfast	Free Breakfast	Free Breakfast	Free Breakfast
9:30am	Morning Planning Meeting	Morning Planning Meeting	Morning Planning Meeting	Morning Planning Meeting	Morning Planning Meeting
10:00am	COMING SOON Clubhouse Readings	Let's get moving – Exercise Physiology with Sarah 10:30am to 11:30pm	Art Group with Megan 10am to 11am	Open Art Studio	Computer Skills with Jon Paul & Richard
10:30am					
11:00am					
11:30am		Writing Group with Rex 11:30am	Card Making with Megan 11am to 12noon		Topic - Crowd Fundraising
12:00noon					
12:30pm	Lunch	Lunch	Healthy Lunch	Veggie Lunch	BBQ
1:00pm	Daily Walking Group - Richard	Daily Walking Group - Nat	Daily Walking Group - Leah	Daily Walking Group – Rex	Daily Walking Group - Megan
2pm - 4pm	Community Support with Rex 2pm to 4pm	Community Support with Natalie 2pm to 4pm	Community Support with Leah 2pm to 4pm	Community Support with Megan/Tristy 2:30pm to 4pm	Community Support with Richard 2pm to 4pm
1:30pm	Afternoon Planning Meeting	Afternoon Planning Meeting	Afternoon Planning Meeting	Weekly Review Meeting 1:30pm to 2:30pm	Afternoon Planning Meeting
2:00pm	Gardening Group with Richard	Meal Planning with Nat & Rex	From 10 <sup>th</sup> JULY  4-week Cooking Class with Natalie & Radim 2pm to 3pm		FREE Tai Chi 3pm to 3:45pm
2:30pm		P2P Social Gaming with Richard			
3:00pm				FREE Swimming with Rex	
3:30pm				Short Story Club	
4:00pm	Closed	Closed	Closed	Evening Dinner & Music Jam with Rex	Closed
4pm - 7pm					

## Notice Board

*Pioneer Clubhouse is a safe, supportive, respectful community of people with lived experience of mental illness.*

*Pioneer Clubhouse is a place to come, a place to return, a place of meaningful work and a place for meaningful relationships.*

*Membership is open to adults with a history of mental illness.*

*Membership is free and for life.*

*Each member is valued, needed and wanted.*

*Members and staff work side-by-side in the running of the Clubhouse, to complete daily tasks in the kitchen, café, creative hub, garden and in the office as part of a structured work ordered day.*

*Through participation members gain access to opportunities to rejoin the worlds of friendships, family, employment and education, and to the services and supports they may individually need to continue their recovery.*

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

*We arrange regular social events for members including a weekly evening meal & music jam and a monthly movie night.*

*We support each other, care for each other's wellbeing and celebrate each other's successes.*

*We are open Monday to Friday 8am to 4pm (Thursday 8am to 7pm, closed public holidays)*

[Call us to arrange a tour](#)