



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

June 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	Policy Writing with Leah	Let's get moving – Exercise Physiology with Sarah 10:30am to 11:30pm  Writing Group with Rex 11am	Art Group with Megan 10am to 11am  Card Making with Megan 11am to 12noon	Open Art Studio	Pioneer Post with Megan	Computer Skills with Jon Paul & Richard
10:30am						
11:00am						
11:30am						
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	Healthy Living Workshop tbc  COMING BACK in JULY Cooking Class with Natalie 2pm to 3pm		FREE Tai Chi 3pm to 3:45pm  Short Story Club to finish the week	
2:30pm		P2P Social Gaming with Richard				
3:00pm						
3:30pm	Subsidised Swimming with Rex			Mindful Stretching and Relaxation with Amara 3pm to 4pm		
4:00pm	Closed	Closed	Closed	Evening Dinner & Music Jam with Rex	Closed	
4pm - 7pm						

## Notice Board

*Everyone is welcome and membership is for life*

*Pioneer Clubhouse provides an ongoing, safe, supportive, respectful community in which people living with mental illness can realise their individual goals, maximise their community integration and enhance their quality of life*

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

*We need people to volunteer in our kitchen, café, garden, on reception and in our office*

*We provide a free continental breakfast every day and an affordable tasty lunch – veggie option every day*

*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?*

*Katherine Owen's is at PCH every Monday between 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 tour*