



HOPE, PURPOSE, COMMUNITY
A PLACE OF OPPORTUNITY

Pioneer Clubhouse Weekly Timetable

Lot 2 Quirk Road, Balgowlah 2093

Ph: 02 9907 9999



March 2019	Monday		Tuesday		Wednesday		Thursday		Friday	
	Oz Harvest Delivery									
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	Employment & Education Hub with Leah and Hayley	Business Unit Planning with Tristy	Business Unit Planning With Tristy	Let's get moving with Natalie and Sarah	Art Group with Megan	COMING SOON Job Readiness Session with Leah and Hayley	Employment & Education Hub with Leah	Open Art Studio	Pioneer Post with Megan	Computer Skills with Jon Paul & Richard
10:30am										
11:00am										
11:30am				Writing Group	Card Making with Megan					
12:00noon										
12:30pm	Lunch with Rex		Lunch with Rex		Healthy Lunch with Natalie		Veggie Lunch with Natalie		BBQ with Rex	
1:00pm	Daily Walking Group - Tristy		Daily Walking Group - Richard		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	Policy Writing with Leah	Gardening Group with Richard	Swimming Group with Rex	Cooking Class with Natalie 2pm to 3pm	Mindful Stretching and Relaxation with Amara 3pm to 4pm				Everyone's a Dancer "dance your stress away" 2pm to 3pm Last class 15 th March 2019 then from 22 nd March 2019 Weaving and Healing Circle 2pm to 3:30pm	
2:30pm										
3:00pm										
3:30pm		Meal Planning with Rex and Natalie	P2P Social Gaming with Richard							
4:00pm	Closed		Closed		Closed		Evening Dinner & Music Jam with Rex		Closed	
4pm - 7pm										