



HOPE, PURPOSE, COMMUNITY
A PLACE OF OPPORTUNITY

Pioneer Clubhouse Weekly Timetable

Lot 2 Quirk Road, Balgowlah 2093

Ph: 02 9907 9999



May 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	Employment & Education Hub with Leah and Hayley	Business Unit Planning with Tristy	Business Unit Planning With Tristy	<i>Let's get moving</i> with Natalie and Sarah	Art Group with Megan	Job Readiness Session with Leah and Hayley	Employment & Education Hub with Leah	Open Art Studio	Pioneer Post with Megan	Computer Skills Web design 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	P2P Social Gaming with Richard	COMING BACK SOON Cooking Class with Natalie 2pm to 3pm				<i>COMING SOON Health and Wellness</i>	
2:30pm										
3:00pm										
3:30pm			Meal Planning with Rex and Natalie			Mindful Stretching and Relaxation with Amara 3pm to 4pm		<i>Looking into Tai Chi</i>		
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?

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 tour