

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>03</p> <p><b>CLOSED</b></p> <p>Public Holiday</p>	<p>04</p> <p>9:30am: Members' Check-in 10:30am: <b>Mental Health Group</b> 11:30am: Hearing Voices 11:30am: Cooking Skills <b>12:30pm LUNCH \$4</b> 1:30pm: <b>Art for Wellness</b> 2:30pm: PICTONARY 3:30pm: Social Club</p>	<p>05</p> <p><b>LOCAL OUTING</b> <b>Movies \$12</b> Leave at 10:00am - bring Opal card and money for your lunch</p>	<p>06</p> <p>9:30am: Members' Check-in 10:00am: Chair Yoga + Meditation 11:30am: <b>Hearing Voices</b> 11:30am: Cooking Skills <b>12:30pm LUNCH \$4</b> 1:30pm: <b>Life Skills - Nutrition</b> 2:30pm: TRIVIA 3:30pm: Social Club</p>	<p>07</p> <p>9:30am: Members' Check-in 10:00am: Walk for Wellness 10:30am: <b>Mental Health Group</b> 11:30am: Cooking Skills <b>12:30pm LUNCH \$4</b> 1:30pm: <b>Popcorn &amp; Movie</b> 2:30pm: CHARADES 3:30pm: Social Club</p>
<p>10</p> <p>9:30am: Members' Check-in 10:00am: Guided Meditation 10:30am: <b>Mental Health Group</b> 11:30am: Cooking Skills <b>12:30pm LUNCH \$4</b> 1:30pm: <b>Creative Writing</b> 2:30pm: GAMES 3:30pm: Social Club</p>	<p>11</p> <p>9:30am: Members' Check-in 10:30am: <b>Mental Health Group</b> 11:30am: Hearing Voices 11:30am: Cooking Skills <b>12:30pm LUNCH \$4</b> 1:30pm: <b>Art for Wellness</b> 2:30pm: PICTONARY 3:30pm: Social Club</p>	<p>12</p> <p><b>LOCAL OUTING</b> <b>BBQ in the Park</b> Leave at 10:00am - bring Opal card and money for your lunch</p>	<p>13</p> <p>9:30am: Members' Check-in 10:00am: Chair Yoga + Meditation 11:30am: <b>Hearing Voices</b> 11:30am: Cooking Skills <b>12:30pm LUNCH \$4</b> 1:30pm: <b>Life Skills - Nutrition</b> 2:30pm: TRIVIA 3:30pm: Social Club</p>	<p>14</p> <p>9:30am: Members' Check-in 10:00am: Walk for Wellness 10:30am: <b>Mental Health Group</b> 11:30am: Cooking Skills <b>12:30pm LUNCH \$4</b> 1:30pm: <b>Popcorn &amp; Movie</b> 2:30pm: CHARADES 3:30pm: Social Club</p>
<p>17</p> <p>9:30am: Members' Check-in 10:00am: Guided Meditation 10:30am: <b>Mental Health Group</b> 11:30am: Cooking Skills <b>12:30pm LUNCH \$4</b> 1:30pm: <b>Creative Writing</b> 2:30pm: GAMES 3:30pm: Social Club</p>	<p>18</p> <p>9:30am: Members' Check-in 10:30am: <b>Mental Health Group</b> 11:30am: Hearing Voices 11:30am: Cooking Skills <b>12:30pm LUNCH \$4</b> 1:30pm: <b>Art for Wellness</b> 2:30pm: PICTONARY 3:30pm: Social Club</p>	<p>19</p> <p><b>LOCAL OUTING</b> <b>Fairfield Bowling \$12</b> Leave at 10:00am - bring Opal card</p>	<p>20</p> <p>9:30am: Members' Check-in 10:00am: Chair Yoga + Meditation 11:30am: <b>Hearing Voices</b> 11:30am: Cooking Skills <b>12:30pm LUNCH \$4</b> 1:30pm: <b>Life Skills - Nutrition</b> 2:30pm: TRIVIA 3:30pm: Social Club</p>	<p>21</p> <p>9:30am: Members' Check-in 10:00am: Walk for Wellness 10:30am: <b>Mental Health Group</b> 11:30am: Cooking Skills <b>12:30pm LUNCH \$4</b> 1:30pm: <b>Popcorn &amp; Movie</b> 2:30pm: CHARADES 3:30pm: Social Club</p>
<p>24</p> <p>9:30am: Members' Check-in 10:00am: Guided Meditation 10:30am: <b>Mental Health Group</b> 11:30am: Cooking Skills <b>12:30pm Birthday LUNCH \$4</b> 1:30pm: <b>Creative Writing</b> 2:30pm: GAMES 3:30pm: Social Club</p>	<p>25</p> <p>9:30am: Members' Check-in 10:30am: <b>Mental Health Group</b> 11:30am: Hearing Voices 11:30am: Party Preparation <b>12:30pm: LUNCH \$4</b> 1:30pm: Art for Wellness 2:30pm: PICTONARY 3:30pm: Social Club</p>	<p>26</p> <p><b>CLOSED</b></p> <p>Public Holiday</p>	<p>27</p> <p>9:30am: Members' Check-in 10:00am: Chair Yoga + Meditation 11:30am: <b>Hearing Voices</b> 11:30am: Cooking Skills <b>12:30pm LUNCH \$4</b> 1:30pm: <b>Life Skills - Nutrition</b> 2:30pm: TRIVIA 3:30pm: Social Club</p>	<p>28</p> <p>9:30am: Members' Check-in 10:00am: Walk for Wellness 10:30am: <b>Mental Health Group</b> 11:30am: Cooking Skills <b>12:30pm LUNCH \$4</b> 1:30pm: <b>Popcorn &amp; Movie</b> 2:30pm: CHARADES 3:30pm: Social Club</p>
<p>31</p> <p>9:30am: Members' Check-in 10:00am: Guided Meditation 10:30am: <b>Mental Health Group</b> 11:30am: Cooking Skills <b>12:30pm Birthday LUNCH \$5</b> 1:30pm: <b>Creative Writing</b> 2:30pm: GAMES 3:30pm: Social Club</p>				



### Highlights this month:

**Groups are running in centre with Games also online**

Please leave your email address at the office to join online

**Creative Writing**  
Mondays 1:30 p.m.

**Art for Wellness**  
Tuesdays 1:30 p.m.

**Games on-site & online**  
Daily (times vary)

**Mental Health Groups**  
Mon. Tues and Fri

**Life Skills – Nutrition & Healthy Choices**  
Thursdays 1:30 p.m.

**Birthday Lunch \$4**  
Everyone is welcome!  
Monday 24<sup>th</sup>

**NOTE:** Local outings and activities are subject to change due to Covid19 restrictions.

Frangipani House (Harris Park)

P: 02 9689 2600

December 2021 CALENDAR

Address: 7 Crown St Harris Park NSW 2150

Email: [frangipani.house@onedoor.org.au](mailto:frangipani.house@onedoor.org.au)

--	--	--	--	--	--