

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 9:30am: Members' Check-in 10:00am: Music Jam 10:30am: Mental Health Group 11:30am: Hearing Voices 11:30am: Art for Wellness 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Balanced Lifestyle Workshop 2:30pm: Pictionary 3:30pm: Social Club	<b>2 BBQ at the park</b> 9:30am: Members' Check-in 10:00am: LOCAL OUTING Leave at 10:00am bring Opal card 11:30am: Guided Meditation 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Movies 2:30pm: GAMES 3:30pm: Social Club	<b>3</b> 9:30am: Members' Check-in 10:00am: Chair Yoga 10:30am: Mindfulness 11:30am: Hearing Voices 11:30am: Computer Skills 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Life Skills – Food Labels 2:30pm: CHARADES 3:30pm: Social Club	<b>4</b> 9:30am: Members' Check-in 10:00am: Walk for Wellness 10:30am: Men / Women's Groups 11:30am: Art Group 11:30am: Computer Skills 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Popcorn & Movie 2:30pm: TRIVIA 3:30pm: Social Club
<b>7</b> 9:30am: Members' Check-in 10:00am: Guided Meditation 10:30am: Mental Health Group 11:30am: Computer Skills 11:30am: Q&A: NDIS Companion Card 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Indoor Games 2:30pm: BINGO 3:30pm: Social Club	<b>8</b> 9:30am: Members' Check-in 10:00am: Music Jam 10:30am: Mental Health Group 11:30am: Hearing Voices 11:30am: Art for Wellness 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Balanced Lifestyle Workshop 2:30pm: Pictionary 3:30pm: Social Club	<b>9 Pancakes on the Rocks</b> 9:30am: Members' Check-in 10:00am: LOCAL OUTING Leave at 10:00am bring Opal card 11:30am: Guided Meditation 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Movies 2:30pm: GAMES 3:30pm: Social Club	<b>10</b> 9:30am: Members' Check-in 10:00am: Chair Yoga 10:30am: Mindfulness 11:30am: Hearing Voices 11:30am: Q&A: NDIS Companion Card 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Life Skills – Food Labels 2:30pm: CHARADES 3:30pm: Social Club	<b>11</b> 9:30am: Members' Check-in 10:00am: Walk for Wellness 10:30am: Men / Women's Groups 11:30am: Art Group 11:30am: Q&A: NDIS Companion Card 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Popcorn & Movie 2:30pm: TRIVIA 3:30pm: Social Club
<b>14</b> 9:30am: Members' Check-in 10:00am: Guided Meditation 10:30am: Mental Health Group 11:30am: Computer Skills 11:30am: Social Skills - Social Etiquette 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Indoor Games 2:30pm: BINGO 3:30pm: Social Club	<b>15</b> 9:30am: Members' Check-in 10:00am: Music Jam 10:30am: Mental Health Group 11:30am: Hearing Voices 11:30am: Art for Wellness 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Balanced Lifestyle Workshop 2:30pm: Pictionary 3:30pm: Social Club	<b>16 Featherdale Zoo</b> 9:30am: Members' Check-in 10:00am: LOCAL OUTING Leave at 10:00am bring Opal card 11:30am: Guided Meditation 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Movies 2:30pm: GAMES 3:30pm: Social Club	<b>17</b> 9:30am: Members' Check-in 10:00am: Chair Yoga 10:30am: Mindfulness 11:30am: Hearing Voices 11:30am: Craft Activities 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Life Skills – Food Labels 2:30pm: CHARADES 3:30pm: Social Club	<b>18</b> 9:30am: Members' Check-in 10:00am: Walk for Wellness 10:30am: Men / Women's Groups 11:30am: Art Group 11:30am: Computer Skills 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Popcorn & Movie 2:30pm: TRIVIA 3:30pm: Social Club
<b>21</b> 9:30am: Members' Check-in 10:00am: Guided Meditation 10:30am: Mental Health Group 11:30am: Computer Skills 11:30am: Social Skills - Social Etiquette 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Indoor Games 2:30pm: BINGO 3:30pm: Social Club	<b>22</b> 9:30am: Members' Check-in 10:00am: Music Jam 10:30am: Mental Health Group 11:30am: Hearing Voices 11:30am: Art for Wellness 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Balanced Lifestyle Workshop 2:30pm: Pictionary 3:30pm: Social Club	<b>23 Fairfield Bowling</b> 9:30am: Members' Check-in 10:00am: LOCAL OUTING Leave at 10:00am bring Opal card 11:30am: Guided Meditation 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Movies 2:30pm: GAMES 3:30pm: Social Club	<b>24</b> 9:30am: Members' Check-in 10:00am: Chair Yoga 10:30am: Mindfulness 11:30am: Hearing Voices 11:30am: Craft Activities 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Life Skills – Food Labels 2:30pm: CHARADES 3:30pm: Social Club	<b>25</b> 9:30am: Members' Check-in 10:00am: Walk for Wellness 10:30am: Men / Women's Groups 11:30am: Art Group 11:30am: Computer Skills 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Popcorn & Movie 2:30pm: TRIVIA 3:30pm: Social Club
<b>28 BIRTHDAY BBQ LUNCH</b> 9:30am: Members' Check-in 10:00am: Guided Meditation 10:30am: Mental Health Group 11:30am: Computer Skills 11:30am: Social Skills - Social Etiquette 11:30am: Cooking Skills 12:00pm: <b>BBQ Lunch \$5</b> 1:30pm: Indoor Games 2:30pm: BINGO 3:30pm: Social Club	<b>29</b> 9:30am: Members' Check-in 10:00am: Music Jam 10:30am: Mental Health Group 11:30am: Hearing Voices 11:30am: Art for Wellness 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Balanced Lifestyle Workshop 2:30pm: Pictionary 3:30pm: Social Club	<b>30 Movies</b> 9:30am: Members' Check-in 10:00am: LOCAL OUTING Leave at 10:00am bring Opal card 11:30am: Guided Meditation 11:30am: Cooking Skills 12:30pm: LUNCH \$4 1:30pm: Movies 2:30pm: GAMES 3:30pm: Social Club		

## June 2021 Frangipani House

02 9689 2600  
7 Crown Street  
Harris Park NSW 2150  
frangipanihouse@onedoor.org.au



One Door. Many Opportunities.

Highlights this month:

- **NSW DINE & DISCOVER VOUCHER**  
Bring your vouchers to our outings:  
9th June @ Pancakes on the Rocks  
16th June @ Featherdale Zoo

- **BIRTHDAY BBQ LUNCH**  
Everyone is welcome!  
28th June, Monday  
12pm – 1pm  
at Frangipani House  
Cost: \$5

- **NEW WORKSHOPS**  
Indoor Games  
Balanced Lifestyle (Natural Therapies)  
Life Skills - Food Labels  
Life Skills - Social Etiquette

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