

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>02</b></p> <p>9:30am: Members' Check-in                      10:00am: Meditation                      10:30am: <b>Mental Health Group</b>                      11:30am: Cooking Skills  <b>12:30pm LUNCH \$4</b>                      1:30pm: <b>Craft Activity</b>                      2:30pm: Games                      2:30pm: Trivia                      3:30pm: Social Club</p>	<p><b>03</b></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>Technology Skills</b>                      2:30pm: Games                      3:30pm: Social Club</p>	<p><b>04</b></p> <p><b>LOCAL OUTING</b>  <b>Bowling \$13</b>                      Leave at 10:00am - bring Opal card and money for your lunch</p>	<p><b>05</b></p> <p>9:30am: Members' Check-in                      10:00am: <b>Chair Yoga &amp; Meditation</b>                      10:30am: Women's Group                      11:30am: Hearing Voices                      11:30am: Cooking Skills  <b>12:30pm LUNCH \$4</b>                      1:30pm: Art for Wellness                      2:00pm: <b>Nutrition</b>                      2:30pm: Games</p>	<p><b>06</b></p> <p>9:30am: Members' Check-in                      10:00am: Computer Skills                      10:30am: <b>Mental Health Group</b>                      11:30am: Cooking Skills  <b>12:30pm LUNCH \$4</b>                      1:30pm: <b>Current Events Chat</b>                      1:30pm: Popcorn &amp; Movies                      2:30pm: Games                      3:30pm: Social Club</p>
<p><b>09</b></p> <p>9:30am: Members' Check-in                      10:00am: Meditation                      10:30am: <b>Mental Health Group</b>                      11:30am: Cooking Skills  <b>12:30pm LUNCH \$4</b>                      1:30pm: <b>Craft Activity</b>                      2:30pm: Games                      2:30pm: Trivia                      3:30pm: Social Club</p>	<p><b>10</b></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>Technology Skills</b>                      2:30pm: Games                      3:30pm: Social Club</p>	<p><b>11</b></p> <p><b>LOCAL OUTING</b>  <b>Lower Blue Mountains \$6</b>                      Leave at 9:00am - bring Opal card and money for your lunch</p>	<p><b>12</b></p> <p>9:30am: Members' Check-in                      10:00am: <b>Chair Yoga &amp; Meditation</b>                      10:30am: Women's Group                      11:30am: Hearing Voices                      11:30am: Cooking Skills  <b>12:30pm LUNCH \$4</b>                      1:30pm: Art for Wellness                      2:00pm: <b>Nutrition</b>                      2:30pm: Games</p>	<p><b>13</b></p> <p>9:30am: Members' Check-in                      10:00am: Computer Skills                      10:30am: <b>Mental Health Group</b>                      11:30am: Cooking Skills  <b>12:30pm LUNCH \$4</b>                      1:30pm: <b>Current Events Chat</b>                      1:30pm: Popcorn &amp; Movies                      2:30pm: Games                      3:30pm: Social Club</p>
<p><b>16</b></p> <p>9:30am: Members' Check-in                      10:00am: Meditation                      10:30am: <b>Mental Health Group</b>                      11:30am: Cooking Skills  <b>12:30pm LUNCH \$4</b>                      1:30pm: <b>Craft Activity</b>                      2:30pm: Games                      2:30pm: Trivia                      3:30pm: Social Club</p>	<p><b>17</b></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>Technology Skills</b>                      2:30pm: Games                      3:30pm: Social Club</p>	<p><b>18</b></p> <p><b>LOCAL OUTING</b>  <b>Botanical Gardens, \$6</b>                      Leave at 10:00am - bring Opal card and money for lunch</p>	<p><b>19</b></p> <p>9:30am: Members' Check-in                      10:00am: <b>Chair Yoga &amp; Meditation</b>                      10:30am: Women's Group                      11:30am: Hearing Voices                      11:30am: Cooking Skills  <b>12:30pm LUNCH \$4</b>                      1:30pm: Art for Wellness                      2:00pm: <b>Home Remedies</b>                      2:30pm: Games</p>	<p><b>20</b></p> <p>9:30am: Members' Check-in                      10:00am: Computer Skills                      10:30am: <b>Mental Health Group</b>                      11:30am: Cooking Skills  <b>12:30pm LUNCH \$4</b>                      1:30pm: <b>Current Events Chat</b>                      1:30pm: Popcorn &amp; Movies                      2:30pm: Games                      3:30pm: Social Club</p>
<p><b>23</b></p> <p>9:30am: Members' Check-in                      10:00am: Meditation                      10:30am: <b>Mental Health Group</b>                      11:30am: Cooking Skills  <b>12:30pm LUNCH \$4</b>                      1:30pm: <b>Craft Activity</b>                      2:30pm: Games                      2:30pm: Trivia                      3:30pm: Social Club</p>	<p><b>24</b></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>Technology Skills</b>                      2:30pm: Games                      3:30pm: Social Club</p>	<p><b>25</b></p> <p><b>LOCAL OUTING</b>  <b>Movies \$15</b>                      Leave at 10:00am - bring Opal card and money for your lunch</p>	<p><b>26</b></p> <p>9:30am: Members' Check-in                      10:00am: <b>Chair Yoga &amp; Meditation</b>                      10:30am: Women's Group                      11:30am: Hearing Voices                      11:30am: Cooking Skills  <b>12:30pm LUNCH \$4</b>                      1:30pm: Art for Wellness                      2:00pm: <b>Home Remedies</b>                      2:30pm: Games</p>	<p><b>27</b></p> <p>9:30am: Members' Check-in                      10:00am: Computer Skills                      10:30am: <b>Mental Health Group</b>                      11:30am: Cooking Skills  <b>12:30pm LUNCH \$4</b>                      1:30pm: <b>Current Events Chat</b>                      1:30pm: Popcorn &amp; Movies                      2:30pm: Games                      3:30pm: Social Club</p>
<p><b>30</b></p> <p>9:30am: Members' Check-in                      10:00am: Meditation                      10:30am: <b>Mental Health Group</b>                      11:30am: Cooking Skills  <b>12:30pm LUNCH \$4</b>                      1:30pm: <b>Craft Activity</b>                      2:30pm: Games                      2:30pm: Trivia                      3:30pm: Social Club</p>	<p><b>31</b></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>Technology Skills</b>                      2:30pm: Games                      3:30pm: Social Club</p>			



**Highlights this month:**

**Mental Health Groups**  
Monday, Tuesday and Friday

**Hearing Voices**  
Tuesday and Thursday

**Technology Skills**  
Tuesday 1:30 p.m.

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

**Popcorn & Movie**  
Friday 1:30 p.m.

**Games**  
Every day at 2:30 p.m.

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

**Frangipani House (Harris Park)**

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**May 2022 CALENDAR**