

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| <p>04</p> <p>9:30am: Local Walk 10:00am: Check in 10:30am: New Year's wishing well 11:30am: Hearing Voices Support Group 12:30pm: LUNCH \$4 1:30pm: Music Group 2:30pm: Men's/Women's Group 3:30pm: Guided Meditation</p> | <p>05</p> <p>9:30am: Local Walk 10:00am: Check in 10:30am: New Year Vision Board Quiz 12:30pm: LUNCH \$4 1:30pm: Board Games 2:30pm: Baking 3:30pm: Brain Training</p> | <p>06</p> <p>9:30am: Local Walk 10:00am: Check in 10:30am: Quiz / Creative Writing 11:30am: Hearing Voices Support Group 12:30pm: LUNCH \$4 1:30pm: Celebrity heads 2:30pm: Men's/Women's Group 3:30pm: Guided Meditation</p> | <p>07</p> <p>9:30am: Local Walk 10:00am: Check in 10:30am: Art Group: Dip & Sip 11:30am: Technology Group 12:30pm: LUNCH \$4 1:30pm: New Year's Resolutions 2:30pm: Movie Afternoon 3:30pm: Mindfulness Exercises</p> | <p>08</p> <p>9:30am: Walk for Wellness 10:00am: Check in 10:30am: Music Group 11:30am: Gardening 11:30am: Jewellery Making 12:30pm: LUNCH \$4 1:30pm: Movie & Popcorn 2:30pm: Relaxation Group 3:30pm: Social Group</p> |
| <p>11</p> <p>9:30am: Local Walk 10:00am: Bowling – Meet there 10:30am: Games 11:30am: Hearing Voices Support Group 12:30pm: LUNCH \$4 1:30pm: Music Group 2:30pm: Men's/Women's Group 3:30pm: Guided Meditation</p> | <p>12</p> <p>9:30am: Local Walk 10:00am: Check in 10:30am: Art Group: Dip & Sip 11:30am: Charades 12:30pm: LUNCH \$4 1:30pm: Board Games 2:30pm: Baking 3:30pm: Brain Training</p> | <p>13</p> <p>9:30am: Local Walk 10:00am: Check in 10:30am: Games/Creative Writing 11:30am: Hearing Voices Support Group 12:30pm: LUNCH \$4 1:30pm: Music Group 3:00pm: Celebrity Heads</p> | <p>14</p> <p>9:30am: Local Walk 10:00am: Check in 10:30am: Art Group: Dip & Sip 11:30am: Technology Group 12:30pm: LUNCH \$4 1:30pm: Stress Less Tips 2:30pm: Movie Afternoon 3:30pm: Mindfulness Exercises</p> | <p>15</p> <p>9:30am: Walk for Wellness 10:00am: Check in 10:30am: Music Group 11:30am: Gardening 11:30am: Creative Writing 12:30pm: LUNCH \$4 1:30pm: Movie & popcorn 2:30pm: Relaxation Group 3:30pm: Social Group</p> |
| <p>18</p> <p>9:30am: Local Walk 10:00am: Check in 10:30am: Charades 11:30am: Hearing Voices Support Group 12:30pm: LUNCH \$4 1:30pm: Music Group 2:30pm: Men's/Women's Group 3:30pm: Stretching</p> | <p>19</p> <p>9:30am: Local Walk 10:00am: Check in 10:30am: Art Group: Dip & Sip 11:30pm: Charades 12:30pm: LUNCH \$4 1:30pm: Board Games 2:30pm: Baking 3:30pm: Brain Training</p> | <p>20</p> <p>9:30am: Local Walk 10:00am: Check in 10:30am: Games/Creative Writing 11:30am: Hearing Voices Support Group 12:30pm: LUNCH \$4 1:30pm: Music Group / Quiz 2:30pm: Men's/Women's Group 3:30pm: Guided Meditation</p> | <p>21 <u>The Rocks outing!</u></p> <p>9:30am: Local Walk 10:00am: Check in 10:30am: Art Group: Dip & Sip 11:30am: Technology Group 12:30pm: LUNCH \$4 1:30pm: Workshop: Time Management 2:30pm: Movie Afternoon / Quiz 3:30pm: Mindfulness Exercises</p> | <p>22 <u>Let's Celebrate!</u></p> <p>9:30am: Walk for Wellness 10:00am: Check in 10:30am: Music Group 11:30am: Gardening 11:30am: Creative Writing 12:30pm: Birthday BBQ 1:30pm: Movie & popcorn 2:30pm: Jewellery Making 3:30pm: Celebrity Heads</p> |
| <p>25</p> <p>9:30am: Local Walk 10:00am: Bowling – Meet there 10:30am: Quiz 11:30am: Hearing Voices Support Group 12:30pm: LUNCH \$4 1:30pm: Music Group 2:30pm: Men's/Women's Group 3:30pm: Guided Meditation</p> | <p>26</p> <p>AUSTRALIA DAY</p> <p>PUBLIC HOLIDAY</p> <p>CLOSED</p> | <p>27 <u>BBQ Picnic!</u></p> <p>9:30am: Local Walk 10:00am: Check in 10:30am: Games Creative Writing 11:30am: Hearing Voices Support Group 12:30pm: LUNCH \$4 1:30pm: Music Group / Quiz 2:30pm: Men's/Women's Group 3:30pm: Guided Meditation</p> | <p>28</p> <p>9:30am: Local Walk 10:00am: Check in 10:30am: Art Group: Dip & Sip 11:30am: Stretching exercises 12:30pm: LUNCH \$4 1:30pm: Creative Writing /Technology Group 2:30pm: Movie Afternoon 3:30pm: Mindfulness Exercises</p> | <p>29</p> <p>Staff Development</p> <p>CLOSED</p> |



One Door. Many Opportunities

Highlights this month:

- **Outings: The Rocks 21/1
BBQ Picnic 27/1
Bowling 11 & 25/1**
- **Hearing Voices support group – every Monday and Wednesday**
- **Women's and Men's group - every Monday and Wednesday**
- **Music Group – Monday's and Friday's**
- **Dip & Sip – Dip your paint brush & Sip your smoothie**
- **Lunch is a \$4 grocery contribution**