

Address: 103 Hoddle Avenue Bradbury NSW 2560

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31</p> <p>9:30am Local walk 10.00am Check in 10.30am Discussion group If you were an animal</p> <p>11.00 am Bingo 12.00pm Trivia 12.30pm Lunch 1.00pm Movie afternoon 3.30pm Espresso Yourself Coffee Club</p>	<p>1</p> <p>9:30am Local walk 10.00am Check in 10.30am Discussion group If you were an animal</p> <p>11.00 am Bingo 12.00pm Trivia 12.30pm Lunch 1.00pm Movie afternoon 3.30pm Espresso Yourself Coffee Club</p>	<p>2</p> <p>9:30am Local walk 10.00am Check in 10.30am My emotions workshop</p> <p>11.30 am Word games 12.30pm Lunch 1.00pm Women's Group Men's Group</p> <p>2.30pm Brain training 3.30pm Meditation</p>	<p>3</p> <p>9:30am Local walk 10.00am Check in 10.30am Art Group - Consumer choice</p> <p>11.30am Mental Health Support group</p> <p>12.30pm Lunch 1.30 pm Board Games 3.30pm Mindfulness Exercises</p>	<p>4</p> <p>9:30am Local walk 10.30am Check in 11.00am Art Group - Consumer choice</p> <p>12.00pm Gardening 12.30pm Lunch 1:30 pm Scrap Booking 2:30 pm Hearing Voices - Support Group</p> <p>3:30 pm Relaxation group</p> <p>Local Outing – leave 10.30am</p>
<p>7</p> <p>9:30am Local Walk 10.00am Check in 10.30am Art Group - Consumer choice</p> <p>11:30am Mental Health Support group</p> <p>12.30pm Lunch 1.30pm Hearing Voices - Support Group</p> <p>2.30pm Relaxation Group 3.30pm Colouring in</p>	<p>8</p> <p>9:30am Local walk 10.00am Check in 10.30am Discussion group Current Affairs</p> <p>11.00 am Bingo 12.00pm Trivia 12.30pm Lunch 1.00pm Movie afternoon 3.30pm Espresso Yourself Coffee Club</p>	<p>9</p> <p>9:30am Local walk 10.00am Check in 10.30am My emotions workshop</p> <p>11.30 am Word games 12.30pm Lunch 1.00pm Women's Group Men's Group</p> <p>2.30pm Brain training 3.30pm Meditation</p>	<p>10</p> <p>9:30am Local walk 10.00am Check in 10.30am Art Group - Consumer choice</p> <p>11.30am Mental Health Support group</p> <p>12.30pm Lunch 1.30 pm Board Games 3.30pm Mindfulness Exercises</p>	<p>11</p> <p>9:30am Local walk 10.30am Check in 11.00am Art Group - Consumer choice</p> <p>12.00pm Gardening 12.30pm Lunch 1:30 pm Scrap Booking 2:30 pm Hearing Voices - Support Group</p> <p>3:30 pm Relaxation group</p> <p>Local Outing – leave 10.30am</p>
<p>14</p> <p>9:30am Local Walk 10.00am Check in 10.30am Art Group - Consumer choice</p> <p>11:30am Mental Health Support group</p> <p>12.30pm Lunch 1.30pm Hearing Voices - Support Group</p> <p>2.30pm Relaxation Group 3.30pm Colouring in</p>	<p>15</p> <p>9:30am Local walk 10.00am Check in 10.30am Discussion group Consumer choice</p> <p>11.00 am Bingo 12.00pm Trivia 12.30pm Lunch 1.00pm Movie afternoon 3.00pm Espresso Yourself Coffee Club</p>	<p>16</p> <p>9:30am Local walk 10.00am Check in 10.30am My emotions workshop</p> <p>11.30 am Word games 12.30pm Lunch 1.00pm Women's Group Men's Group</p> <p>2.30pm Brain training 3.30pm Meditation</p>	<p>17</p> <p>9:30am Local walk 10.00am Check in 10.30am Art Group - Consumer choice</p> <p>11.30am Mental Health Support group</p> <p>12.30pm Lunch 1.30 pm Board Games 3.30pm Mindfulness Exercises</p>	<p>18</p> <p>9:30am Local walk 10.30am Check in 11.00am Art Group - Consumer choice</p> <p>12.00pm Gardening 12.30pm Lunch 1:30 pm Scrap Booking 2:30 pm Hearing Voices - Support Group</p> <p>3:30 pm Relaxation group</p> <p>Local Outing – leave 10.30am</p>
<p>21</p> <p>9:30am Local Walk 10.00am Check in 10.30am Art Group - Consumer choice</p> <p>11:30am Mental Health Support group</p> <p>12.30pm Lunch 1.30pm Hearing Voices - Support Group</p> <p>2.30pm Relaxation Group 3.30pm Colouring in</p>	<p>22</p> <p>9:30am Local walk 10.00am Check in 10.30am Discussion group Empathy</p> <p>11.00 am Bingo 12.00pm Trivia 12.30pm Lunch 1.00pm Movie afternoon 3.30pm Espresso Yourself Coffee Club</p>	<p>23</p> <p>9:30am Local walk 10.00am Check in 10.30am My emotions workshop</p> <p>11.30 am Word games 12.30pm Lunch 1.00pm Women's Group Men's Group</p> <p>2.30pm Brain training 3.30pm Meditation</p>	<p>24</p> <p>9:30am Local walk 10.00am Check in 10.30am Art Group - Consumer choice</p> <p>11.30am Mental Health Support group</p> <p>12.30pm Lunch 1.30 pm Board Games 3.30pm Mindfulness Exercises</p> <p>South African Cultural Day</p>	<p>25</p> <p>9:30am Local walk 10.30am Check in 11.00am Art Group - Consumer choice</p> <p>12.00pm Gardening 12.30pm Lunch 1:30 pm Scrap Booking 2:30 pm Hearing Voices - Support Group</p> <p>3:30 pm Relaxation group</p> <p>Local Outing – leave 10.30am</p>
<p>28</p> <p>9:30am Local Walk 10.00am Check in 10.30am Art Group - Consumer choice</p> <p>11:30am Mental Health Support group</p> <p>12.30pm Lunch 1.30pm Hearing Voices - Support Group</p> <p>2.30pm Relaxation Group 3.30pm Colouring in</p>	<p>29</p> <p>9:30am Local walk 10.00am Check in 10.30am Discussion group Travel</p> <p>11.00 am Bingo 12.00pm Trivia 12.30pm Lunch 1.00pm Movie afternoon 3.30pm Espresso Yourself Coffee Club</p>	<p>30</p> <p>9:30am Local walk 10.00am Check in 10.30am My emotions workshop</p> <p>11.30 am Word games 12.30pm Lunch 1.00pm Women's Group Men's Group</p> <p>2.30pm Brain training 3.30pm Meditation</p>		



September 2020

Highlights –

- New support group – Mental Health
- Cultural Day – South African
- Espresso Yourself Coffee Club – great opportunity for members to socialise
- Plenty of meditation and art groups for everyone!

Reiki with Ethel available every Wednesday

Address: 103 Hoddle Avenue Bradbury NSW 2560

	Tuesday 01/09	Wednesday 02/09	Thursday 03/09	Friday 04/09
	Spaghetti + meatballs	Consumer 1:1 – decided 1 week prior	Consumer 1:1 – decided 1 week prior	Satay Chicken w/Rice
Monday 07/09	Tuesday 08/09	Wednesday 09/09	Thursday 10/09	Friday 11/09
Mexican chicken	Pasta Bake	Consumer 1:1 – decided 1 week prior	Consumer 1:1 – decided 1 week prior	Chicken Caesar Salad
Monday 14/09	Tuesday 15/09	Wednesday 16/09	Thursday 17/09	Friday 18/09
Butter chicken	Toasties	Consumer 1:1 – decided 1 week prior	Consumer 1:1 – decided 1 week prior	Stir fry
Monday 21/09	Tuesday 22/09	Wednesday 23/09	Thursday 24/09	Friday 25/09
Chicken wraps	Tuna Pasta bake	Consumer 1:1 – decided 1 week prior	South African Surprise	Burgers
Monday 28/09	Tuesday 29/09	Wednesday 30/09		
Carbonara	Shepherd's pie	Consumer 1:1 – decided 1 week prior		