

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			01 Central Gardens Nature Reserve Merrylands.	02 PUBLIC HOLIDAY Good Friday	 <p>One Door Mental Health</p> <p>One Door. Many Opportunities</p>
05 PUBLIC HOLIDAY Easter Monday	06 Movie/ Com Pantry 9:30am: Local Walk 10:00am: Group Check-in 10:30am: Mental Health Circle 11:30am: Dip and Sip 12:30pm: Lunch 1:30pm: Music Group 2:30pm: Coffee Chat Check-in 3:30pm: Pictionary	07 Wild Wednesday - Bugs of the Bush - Smith's Creek Reserve 9am to 11am	08 Camden Historical Walk Cafe Social Group	09 9:30am: Local Walk 10:00am: Group Check-in 10:30am: Creative Writing 11:30am: Gardening 12:30pm: Lunch 1:30pm: Funny Friday 2:30pm: Coffee Chat Check-in 3:30pm: Trivia	
12 9:30am: Local Walk 10:00am: Group Check-in 10:30am: Mental Health Circle 11:30am: Dip and Sip 12:30pm: Lunch 1:30pm: Music Group 2:30pm: Coffee Chat Check-in 3:30pm: Trivia	13 Com Pantry 9:30am: Local Walk 10:00am: Group Check-in 10:30am: Hearing Voices 12:30pm: Lunch 1:30pm: Baking 2:30pm: Coffee Chat Check-in 3:30pm: Bingo	14 City by Train Buy Your Own Lunch Leaving at 10AM	15 Community Gardens 9:30am: Local Walk 10:00am: Group Check-in 10:30am: Mandela colouring 11:30am: Hearing Voices 12:30pm: Lunch 1:30pm: Games/Creative Writing 2:30pm: Coffee Chat Check-in 3:30pm: Pictionary	16 Bushwalk Kentlin 9:30am: Local Walk 10:00am: Group Check-in 10:30am: Creative Writing 11:30am: Gardening / Quiz 12:30pm: BBQ Lunch 1:30pm: Funny Friday 2:30pm: Coffee Chat Check-in 3:30pm: Celebrity Heads	
19 9:30am: Local Walk 10:00am: Group Check-in 10:30am: Hearing Voices 11:30am: Chess Board Games 12:30pm: Lunch 1:30pm: Baking 2:30pm: Coffee Cookie Check-in 3:30pm: Bingo	20 Com Pantry 9:30am: Local Walk 10:00am: Group Check-in 10:30am: Art Group: Dip & Sip 12:30pm: Lunch 1:30pm: Music Group 2:30pm: Coffee Chat Check-in 3:30pm: Trivia	21 Bowling 9:30am: Local Walk 10:00am: Group Check-in 10:30am: Games/Creative Writing 11:30am: Hearing Voices 12:30pm: Lunch 1:30pm: Women/ Men's Corner 2:30pm: Coffee Chat Check-in 3:30pm: Pictionary	22 Bird Watch Marvels of Migration - Scattergood Reserve 9am to 11am 12pm Guest speaker Mental Health Presentation	23 9:30am: Local Walk 10:00am: Group Check-in 10:30am: Music Group 11:30am: Gardening 12:30pm: Lunch 1:30pm: Funny Friday 2:30pm: Coffee Chat Check-in 3:30pm: Celebrity Heads	
26 9:30am: Local Walk 10:00am: Group Check-in 10:30am: Mental Health Circle 11:30am: Brain Training 12:30pm: Lunch 1:30pm: Music Group 2:30pm: Coffee Cookie Check-in 3:30pm: Trivia	27 Movie/ Com Pantry 9:30am: Local Walk 10:00am: Group Check in 10:30am: Mandala Colouring in 11:30am: Hearing Voices 12:30pm: Lunch. 1:30pm: Baking 2:30pm: Coffee Chat Check-in 3:30pm: Bingo	28 Salvo's Thrift Shop/ Chipping Norton Lakes, BBQ Lunch Homestead Avenue, Social Group	29 Birthday BBQ 9:30am: Local Walk 10:00am: Group Check-in 10:30am: Art Group: Dip & Sip 11:30am: Creative Writing 12:30pm: Lunch BBQ 1:30pm: Self-Care Tips 2:30pm: Coffee Chat Check-in 3:30pm: Celebrity Heads	30 9:30am: Local Walk 10:00am: Group Check in 10:30am: Music Group 11:30am: Gardening 12:30pm: Lunch 1:30pm: Funny Friday 2:30pm: Coffee Chat Check-in 3:30pm: Pictionary	

- Highlights this month:**
- In-house lunch requires a \$4 contribution.
 - **Hearing Voices support group** – every Monday and Tuesday
 - **Women's Corner**
 - **Men's Talk**
 - 1-1 Support offered in the centre.
 - Guided meditation on offer
 - Support with Technology
 - **Reiki by Ethel – Wednesdays**
 - **All Outings (Subject to change)**
- NOTE:** Lunch and Outings will follow standard Covid19 safety restrictions.

Harmony House (Monday, Tuesday, Wednesday, Thursday, Friday 8:30AM – 4.30PM) Ph: 02 4620 8888

Address: 103 Hoddle Avenue Bradbury NSW 2560 Email: harmonyteam@onedoor.org.au

April 2021 CALENDAR