

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01 CLOSED NEW YEAR'S DAY
04 10:00am: Daily check-in 10:45am: Coffee club 11:30am: Walking for Wellness 11:30am: Cooking Skills 12:30pm: Lunch (\$4) 1:00pm: Art Group 2:00pm: Creative Writing	05 10:00am: Daily check-in 10:45am: Coffee Club 11:30am: Music Appreciation 11:30am: Cooking Skills 12:30pm: Lunch (\$4) 1:30pm: New Year's Resolution Discussion: Fact or Fiction? 2:30pm: Relaxation Group	06 CLOSED	07 10:00am: Daily check-in 10:45am: Coffee Club 11:30am: Men's/Women's Groups 11:30am: Cooking skills 12:30pm: Lunch (\$4) 1:30pm: Book Club: Favourite Books and Authors 2:30pm: Board Games/Pool	08 10:00am: Daily check-in 10:45am: Coffee Club 11:30am: Cooking Skills 11:30am: Workshop: Psychology Jargon Trivia 12:30pm: Lunch (\$4) 1:30pm: Hearing Voices support group ("Beautiful Minds") 2:30pm: Relaxation group
11 10:00am: Daily check-in 10:45am: Coffee club 11:30am: Walking for Wellness 11:30am: Cooking Skills 12:30pm: Lunch (\$4) 1:00pm: Art Group 2:00pm: Creative Writing	12 10:00am: Daily check-in 10:45am: Coffee Club 11:30am: Music Group 11:30am: Cooking Skills 12:30pm: Lunch (\$4) 1:30pm: Drama Games 2:30pm: Bake a Cake and Eat it!	13 CLOSED	14 10:00am: Daily check-in 10:45am: Coffee Club 11:30am: Walking for Wellness 1:00pm: Outing to Food Markets at Chatswood Mall (Bring some money for lunch) 1:30pm: Colouring for Relaxation 2:30pm: Art & Crafts.	15 10:00am: Daily check-in 10:45am: Coffee Club 11:30am: Cooking Skills 11:30am: Workshop: Psychological Myths 12:30pm: Lunch (\$4) 1:30pm: Hearing Voices support group ("Beautiful Minds") 2:30pm: Relaxation group
18 10:00am: Daily check-in 10:45am: Coffee Club 11:30am: Say HELLO to 2021: Your Thoughts on This Year and Last Year 11:30am: Cooking Skills 12:30pm: Lunch (\$4) 1:00pm: Art Group 2:00pm: Creative Writing	19 Culture Day JAPAN 🇯🇵 10:00am: Daily check-in 10:45am: コーヒークラブ (Coffee Club) 11:30am: Men's/ Women's Group. 11:30am: Cooking Skills 12:30pm: Lunch (\$4) 1:30pm: Trivia/Quiz 3:00pm: Discussion Group	20 CLOSED	21 10:00am: Daily check-in 10:45am: Coffee Club 11:30am: Walking for Wellness 11:30am: Cooking Skills 12:30pm: Lunch (\$4) 1:30pm: Program Planning Meeting: Have Your Say! 2:30pm: Drama Games	22 10:00am: Daily check-in 10:45am: Coffee Club 11:30am: Cooking Skills 11:30am: Workshop: Psychological Experiments 12:30pm: BBQ Lunch (\$4) 1:30pm: Hearing Voices support group ("Beautiful Minds") 2:30pm: Relaxation group
25 10:00am: Daily check-in 10:45am: Coffee Club 11:30am: Walking for Wellness 11:30am: Cooking Skills 12:30pm: Lunch (\$4) 1:00pm: Art Group 2:00pm: Creative Writing	26 CLOSED AUSTRALIA DAY	27 CLOSED	28 10:00am: Daily check-in 10:45am: Coffee Club 11:30am: Walking for Wellness 1:00pm: Outing to Food Markets at Chatswood Mall (Bring some money for lunch) 2:30pm: Music Appreciation	29 10:00am: Daily check-in 10:45am: Coffee Club 11:30am: Cooking Skills 11:30am: Workshop: Theory of Planned Behaviour 12:30pm: Lunch (\$4) 1:30pm: Hearing Voices support group ("Beautiful Minds") 2:30pm: Relaxation group

January 2021

Hercules House Chatswood
02 9199 6190
51 Hercules Street
Chatswood 2067

www.onedoor.org.au/services/centre-based-services/hercules-house-chatswood

herculeshouse@onedoor.org.au



One Door. Many Opportunities.

New to this month

Life Skills/ Men's/ Women's Group: Discuss important skills, such as conversation, and styling and personal presentation.

Popular activities

Online groups: Most groups available online on request. Please ask HH staff for details.

Coffee Club: Join us for a cuppa and chat at a local café.

Beautiful Minds: A supportive group for people with experience of hearing voices.