

The graphic features a background with three distinct sections. The top-left section is a solid dark orange. The middle section is a lighter orange with a repeating geometric pattern of interlocking triangles. The bottom-right section is a solid bright yellow. The text is positioned in the dark orange section.

HERCULES HOUSE
Group Program
July 2022

Monday

Tuesday

Wednesday

Thursday

Friday

01

9:30: Check-in
10:30: Coffee Club
11:30: Wellness Workshop
12:30: Sausage Sizzle (\$5)
1:30: Hearing Voices Group
2:30: Meditation

CLOSED

04 NAIDOC week

9:30: Check-in
10:30: Coffee Club
11:30: Music Picks
12:30: Lunch (\$5)
1:00: Social Art Group
2:30: Creative Writing

05

9:30: Check-in
10:30: Coffee Club
11:00: Visit to Chatswood Library for NAIDOC art presentation
12:30: Pizza (\$5)
1:00: Program Planning
2:30: Sing-along / Music



06

CLOSED

07

9:30: Check-in
10:30: Coffee Club
11:30: Walk n Talk / Cooking Skills
12:30: Lunch (\$5)
1:30: Hearing Voices Group
2:30: Chess / Pool / Board Games

08

9:30: Check-in
10:30: Coffee Club
11:30: Wellness Workshop
12:30: Sausage Sizzle (\$5)
1:30: Hearing Voices Group
2:30: Meditation

11

9:30: Check-in
10:30: Coffee Club
11:30: Trivia / Quiz
12:30: Lunch (\$5)
1:00: Social Art Group
2:30: Creative Writing

12

9:30: Check-in
10:30: Coffee Club
11:30: Music Picks / Cooking Skills
12:30: Lunch (\$5)
1:00: Mens' & Womens' Groups
2:30: Colouring for Relaxation

13

CLOSED

14

9:30: Check-in
10:30: Coffee Club
11:30: Music Picks
12:30: Food Markets (Chatswood)
1:30: Hearing Voices Group
2:30: Chess / Pool / Board Games

15

9:30: Check-in
10:30: Coffee Club
11:30: Wellness Workshop
12:30: Sausage Sizzle (\$5)
1:30: Hearing Voices Group
2:30: Meditation

18

9:30: Check-in
10:30: Coffee Club
11:30: Music Picks
12:30: Lunch (\$5)
1:00: Social Art Group
2:30: Creative Writing

19

9:30: Check-in
10:30: Coffee Club
11:30: Craft / Cooking Skills
12:30: Lunch (\$5)
1:00: Trivia / Quiz
2:30: Sing-along / Music

20

CLOSED

21

9:30: Check-in
10:30: Coffee Club
11:30: Walk n Talk / Cooking Skills
12:30: Lunch (\$5)
1:30: Hearing Voices Group
2:30: Chess / Pool / Board Games

22

9:30: Check-in
10:30: Coffee Club
11:30: Wellness Workshop
12:30: Sausage Sizzle (\$5)
1:30: Hearing Voices Group
2:30: Meditation

25

9:30: Check-in
10:30: Coffee Club
11:30: Trivia / Quiz
12:30: Lunch (\$5)
1:00: Social Art Group
2:30: Creative Writing

26

9:30: Check-in
10:30: Coffee Club
11:30: Music Picks / Cooking Skills
12:30: Lunch (\$5)
1:00: Discussion Group
2:30: Colouring for Relaxation

27

CLOSED

28

9:30: Check-in
10:30: Coffee Club
11:30: Music Picks
12:30: Food Markets (Chatswood)
1:30: Hearing Voices Group
2:30: Chess / Pool / Board Games

29

9:30: Check-in
10:30: Coffee Club
11:30: Wellness Workshop - Introduction to Counselling and Psychology services and Q&A
12:30: Sausage Sizzle (\$5)
1:30: Hearing Voices Group
2:30: Meditation



Music

We have guitars, keyboards and percussion instruments available for use at any time. We regularly get together to listen to our favourite tunes and to enjoy a sing-along with friends.



Coffee Club

Join us for a cuppa and chat at a local café. The perfect way to start the day!



Gardening

If you have a green thumb or simply enjoy sticking your hands in the soil, come and join us! We have pot plants and raised beds to attend to. We especially enjoy growing produce to use in our cooking sessions.



Hearing Voices Group

A peer support group for people with lived experience. A safe and welcoming space. Group is facilitated by a trained Support Worker.



Get Connected

At Hercules you can access computers and a printer. We have staff available to help you learn basic computer skills, get to grips with using your own smart phone or laptop, and learn how to safely navigate the internet and social media.



Art and Crafts

At Hercules House we have a vibrant art room for you to explore your creativity. Join us for our regular social art group or use the space and materials for your own art and craft projects.



Relaxation and Well-being

We have a comfortable quiet room just waiting for you to come to relax and unwind. Meditation and relaxation activities are a regular feature of our program, as are Wellness Workshops - where we share information and discuss topics relating to health and well-being.



Cooking

Do you love to cook, or would you like to pick up some new skills in the kitchen? There is nothing like a nutritious, home-cooked meal shared with friends to boost your mood!



Walk 'n' Talk

Get out and about for some gentle exercise, as we go to the local park and enjoy some conversation along the way.