

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
01 9:30am: Check-in 10:30am: Coffee Club 11:30am: Music Picks  1:00pm: Art 2:00pm: Creative Writing	02 <b>MELBOURNE CUP</b> 9:30am: Check-in 10:30am: Coffee Club 11:30am: Mens / Womens Group 1:00pm: Social Group with Trivia / Quiz 3:00pm: Melbourne Cup Fun Sweep!	03 <b>CLOSED</b>	04 <b>DIWALI</b> 9:30am: Check-in 10:30am: Coffee Club 11:30: Walking for Wellness  1:30pm: Hearing Voices Group 2:30pm: Colouring for Relaxation	05 9:30am: Check-in 10:30am: Coffee Club 11:30am: Meditation / Relaxation  1:30pm: Hearing Voices Group
08 9:30am: Check-in 10:30am: Coffee Club 11:30 am: Cooking Skills 12:30pm: Lunch (\$4) 1:00pm: Art 2:00pm: Creative Writing	09 9:30am: Check-in 10:30am: Coffee Club 11:30am: Music Picks 11:30 am: Cooking Skills 12:30pm: Lunch (\$4) 1:00pm: Social Group with Trivia 2:00pm: Movie and Popcorn	10 <b>CLOSED</b>	11 <b>REMEMBRANCE DAY</b> 9:30am: Check-in 10:30am: Coffee Club 11:30: Walking for Wellness 11:30 am: Cooking Skills 12:30pm: Lunch (\$4) 1:30pm: Hearing Voices Group 2:30pm: Making Poppies	12 9:30am: Check-in 10:30am: Coffee Club 11:30am: Wellbeing Workshop 11:30 am: Cooking Skills 12:30pm: Lunch (\$4) 1:30pm: Hearing Voices Group
15 9:30am: Check-in 10:30am: Coffee Club 11:30 am: Cooking Skills 12:30pm: Lunch (\$4) 1:00pm: Art 2:00pm: Creative Writing	16 9:30am: Check-in 10:30am: Coffee Club 11:30 am: Program Planning 11:30am: Cooking Skills 12:30pm: Lunch (\$4) 1:00pm: Social Group with Music Picks 2:00pm: Gardening	17 <b>CLOSED</b>	18 9:30am: Check-in 10:30am: Coffee Club 11:30am: Walking for Wellness 12:30pm: Lunch at Chatswood Food Markets 1:30pm: Hearing Voices Group 2:30pm: Colouring for Relaxation	19 <b>International Men's Day</b> 19:30am: Check-in 10:30am: Coffee Club 11:30am: Mens / Womens Group 11:30 am: Cooking Skills 12:30pm: Lunch (\$4) 1:30pm: Hearing Voices Group
22 9:30am: Check-in 10:30am: Coffee Club 11:30 am: Cooking Skills 12:30pm: Lunch (\$4) 1:00pm: Art 2:00pm: Creative Writing	23 9:30am: Check-in 10:30am: Coffee Club 11:30am: Meditation / Relaxation 11:30 am: Cooking Skills 12:30pm: Lunch (\$4) 1:00pm: Social Group with Trivia 2:00pm: Movie and Popcorn	24 <b>CLOSED</b>	25 9:30am: Check-in 10:30am: Coffee Club 11:30am: Walking for Wellness 11:30 am: Cooking Skills 12:30pm: Lunch (\$4) 1:30pm: Hearing Voices Group 2:30pm: Colouring for Relaxation	26 9:30am: Check-in 10:30am: Coffee Club 11:30am: Wellbeing Workshop 11:30 am: Cooking Skills 12:30pm: Lunch (\$4) 1:30pm: Hearing Voices Group
29 9:30am: Check-in 10:30am: Coffee Club 11:30 am: Cooking Skills 12:30pm: Lunch (\$4) 1:00pm: Art 2:00pm: Creative Writing	30 9:30am: Check-in 10:30am: Coffee Club 11:30 am: 11:30am: Cooking Skills 12:30pm: Lunch (\$4) 1:00pm: Social Group with Music Picks 2:00pm: Gardening	01 Dec <b>CLOSED</b>	02 Dec 9:30am: Check-in 10:30am: Coffee Club 11:30am: Walking for Wellness 12:30pm: Lunch at Chatswood Food Markets 1:30pm: Hearing Voices Group 2:30pm: Colouring for Relaxation	03 Dec 9:30am: Check-in 10:30am: Coffee Club 11:30am: Meditation / Relaxation 11:30 am: Cooking Skills 12:30pm: Lunch (\$4) 1:30pm: Hearing Voices Group

November 2021

Hercules House Chatswood  
02 9199 6190  
51 Hercules Street  
Chatswood 2067

[www.onedoor.org.au/services/centre-based-services/hercules-house-chatswood](http://www.onedoor.org.au/services/centre-based-services/hercules-house-chatswood)

[herculeshouse@onedoor.org.au](mailto:herculeshouse@onedoor.org.au)



One Door. Many Opportunities.

### New to this month

**Art Group:** We will be virtually visiting some museum collections and getting inspiration for our own creations.

**Coffee Club is back!** Join us for a cuppa and a chat at a local café.

**Visit to food markets:** Enjoy a selection of food from around the world at our local food markets.

**Cooking skills / lunches** are recommencing from Mon 08 Nov (\$4).

### Popular activities

**Wellbeing Workshop:** Talking about various topics within psychology and health.

**Hearing Voices Group:** A supportive group for people with lived experience of hearing voices.

*Check-in groups are running online as well as in-centre, and other groups are available online if requested. Please contact staff for details of how to join.*

Hercules House is open 9am – 5pm, Mon, Tue, Thu and Fri