

MONDAY 9am - 3pm	TUESDAY 10am - 4pm	WEDNESDAY 10am - 4pm Please express interest	THURSDAY 9am - 3pm	FRIDAY 9am - 3pm Please express interest	FRIDAY 3pm - 7pm
			01 09:30 – Baking 10:30 – Coffee / Discussion 11:30 – Hamper collection 12:30 – Lunch: Sausage Sizzle 01:00 – Corolla clean & sheen 02:00 – Coffee Club / seedlings	02 09:30 – Kelly pool 10:30 – Coffee - Discussion 11:30 - Hearing Voices 12:30 – Lunch: Minestrone soup 01:00 – Walk & Talk 02.00 – Coffee Club / Funny home videos	02 03:00 – Card Games 04:00 – What’s on in July 05:00 – Dinner: Stuffed potatoes 05:30 – Ice-cream tasting
05 NAIDOC Week 09:30 – Baking Dampa 10:30 –Coffee/Member meeting 11:30 – Life and art of Albert Namatjira 12:30 - Lunch: Chic noodle soup 01:00 – Walk & Talk/ The Uluru statement from the heart. 02:00 – Coffee Club/Beeding	06 NAIDOC Week 10:30 – Coffee / Discussion 11:30 – NAIDOC colouring in 12:30 - Lunch: Pumpkin soup 01:00 – Rabbit Proof Fence Movie 02:00 – Coffee Club / Imax clean & sheen 03:00 – RSPCA donations	07 NAIDOC Week 10:30 – Coffee / Discussion 11:30 – What is a treaty. 12:30 -Lunch: Wings Wednesday 01:00 – Gardening worm farm 02:00 – Coffee Club/Adult coloring in 03:00 – Card making.	08 NAIDOC Week 09:30 – Inspiration Boards 10:30 – Coffee / Discussion 11:30 – Indigenous musicians 12:30 - Lunch: Beef Stroganoff 01:00 – Who are the stolen generations. 02:00 -Coffee Club/Board games	09 NAIDOC Week 09:30 –Facebook updating. 10:30 – Coffee - Discussion 11:30 – NAIDOC Award winners 12:30 – Lunch: Pasta Bake 01:00 – Standup comedy 02.00 – Coffee Club / Rockery designing	09 NAIDOC Week 03:00 – Dot Painting 04:00 – Connection to Country Documentary 05:00 – Dinner: Chicken stir fry 05:30 - Weekend planning
12 09:30 – Bingo 10:30 –Coffee/Member meeting 11:30 – Fundraising car wash 12:30 – Lunch: Fish & Chips 01:00 – What is Anxiety. 02:00 – Coffee Club / Intro to Gardening Australia	13 Japan Culture Day 10:30 – Coffee / Discussion 11:30 – Japan Power point 12:30 - Lunch: Japanese Ramen 01:00 – Japanese Games 02:00 - Coffee Club / Japanese lanterns 03:00 – Japanese anime	14 10:30 – Coffee / Discussion 11:30 – Zan tangle art 12:30 - Lunch: Pizza 01:00 – Ted Talk: A theory of everything 02:00 – Coffee Club/Computer games 03:00 – Board games	15 Christmas in July 09:30 – Christmas activities 10:30 – Coffee / Discussion 11:30 – Hamper collection 12:30 – Lunch: Roast & veg 01:00 – Gift Giving. 02:00 – Coffee Club / Virtual Christmas around the world	16 09:30 – Baking 10:30 – Coffee - Discussion 11:30 – Hearing Voices 12:30 – Lunch: Beef Stew 01:00 – River walk 02.00 – Coffee Club / Craft	16 03:00 – Movie Club 04:00 – Group art 05:00 – Dinner: Nachos 05:30 – Wish List Board
19 09:30 – Find-a-words 10:30 –Coffee/Member meeting 11:30 – Calendar / Newsletter 12:30 – Lunch: Lasagna 01:00 – Clay art 02:00 – Coffee Club / add to wish list	20 10:30 – Coffee / Discussion 11:30 – Calendar / Newsletter 12:30 - Lunch: Potato leek soup 01:00 – Movie & Popcorn 02:00 – Coffee Club / CANVA 03:00 – Origami	21 10:30 – Coffee / Discussion 11:30 – Calendar / Newsletter 12:30 - Lunch: Hot Dogs 01:00 – Walk & Talk 02:00 – Coffee Club/ Waffles Wednesday 03:00 – Diamond art	22 09:30 – Baking 10:30 – Coffee / Discussion 11:30 – Calendar / Newsletter 12:30 – Lunch: Satay Chicken 01:00 – Gardening compost 02:00 – Coffee Club/Learn a new language.	23 09:30 – UNO 10:30 – Coffee - Discussion 11:30 – Calendar / Newsletter 12:30 – Lunch: Bangers & mash 01:00 – Gardening rockery 02.00 – Coffee Club / Reading	23 03:00 – Wii 04:00 – Calendar / Newsletter 05:00 - Dinner: Chicken schnitzel 05:30 - Trivia
26 Olympic Week 09:30 – Baking 10:30 –Coffee/Member meeting 11:30 – Olympic mascots 12:30 – Lunch: Pie mash & peas 01:00 – Stress ball making 02:00 – Coffee Club/Facts: sleep	27 Olympic Week 10:30 – Coffee / Discussion 11:30 Olympic Wii games 12:30 - Lunch: Spaghetti Bowl 01:00 – Walk & Talk 02:00 – Coffee Club/Acceptance & Diversity 03:00 – Hand sewn cushions	28 Olympic Week 10:30 – Coffee / Discussion 11:30 – Olympic Indoor Bowls 12:30 - Lunch: Pho noodle soup 01:00 – Wall weaving 02:00 – Coffee Club/Clean up West St Grounds 03:00 – Trivia	29 Olympic Week 09:30 – Card games 10:30 – Coffee / Discussion 11:30 – Hamper collection 12:30 – Lunch: Shepherd’s pie 01:00 – Olympic Tennis comp 02:00 – Coffee Club / Musical Bingo	30 Olympic Week 09:30 – Olympic Table Tennis 10:30 – Coffee - Discussion 11:30 – Hearing Voices 12:30 – Lunch: Chicken & veg 01:00 – flower arrangements 02.00 – Coffee Club / Creative writing	30 Olympic Week 03:00 – Drawing 04:00 – Virtual Olympics 05:00 – Dinner: Take away night. 05:30 - Board games