

MONDAY 9am - 3pm	TUESDAY 10am - 4pm	THURSDAY 9am - 3pm	FRIDAY 3pm - 7pm
		<p><b>02</b></p> <p>09:30 – Baking (for afternoon tea)                      10:30 – Members Meeting                      11.00 – Op shopping                      11:30 – Walk and talk                      12:30 – Lunch: Honey Mustard Chicken and Rice                      01:00 – Hearing Voices workshop                      02:00 – Card and Board Games with Afternoon tea and a chat</p>	<p><b>03</b></p> <p>03:00 – Pool Comp                      04:00 – Walk and talk                      05:00 – Dinner: Chicken kebabs with salad                      05:30 – Short term goal setting</p>
<p><b>06 Mad hatter Monday</b></p> <p>09:30 – Coffee/weekend catchup                      10.00 – Meditation/creative writing with Isobel                      10:30 – Ten Pin Bowling                      11:30 – Walk and talk                      12:30 – Lunch: Mexican Monday                      01:00 – DIY Playdough                      02:00 – Cards/board games</p>	<p><b>07</b></p> <p>10.00 – Coffee and a chat                      10:30 – Walk and talk                      11:30 – Crafts                      12:30 – Lunch: Pie with Chips and Veg                      01:00 – Self-care workshop / Learning to say NO                      02:00 – Clay Molding                      03:00 – Gardening</p>	<p><b>09</b></p> <p>09:30 – Coffee/catchup                      10:30 – Members Meeting                      11.00 – Hamper collection                      11:30 – Walk and talk                      12:30 – Lunch: Lasagna and Salad with Garlic Bread                      01:00 – Goal Setting / July Calendar &amp; Newsletter                      02:00 – Cards games and Wii comp</p>	<p><b>10</b></p> <p>03:00 – Guitar Hero                      04:00 – Walk and talk                      05:00 – Dinner: Bacon and egg rolls                      05:30 – Self-care workshop/Learning to say NO</p>
<p><b>13</b></p> <p><b>PUBLIC HOLIDAY                      CENTER WILL BE CLOSED</b></p>	<p><b>14 International Men’s Health Week</b></p> <p>10.00 – Coffee and a chat                      10:30 – Library trip                      11:30 – Walk and talk                      12:30 – Lunch: Corn Flake Chicken and Veg                      01:00 – Short term goal setting                      02:00 – Trivia                      03.00 – YouTube Video’s</p>	<p><b>16</b></p> <p>09:30 – G/F Baking (for afternoon tea)                      10:30 – Members Meeting                      11.00 – Op Shopping                      11:30 – Walk and talk                      12:30 – Lunch: Beef Stew                      01:00 – Self-care/ Learning to say NO....                      02:00 – Card and Board Games with Afternoon tea and a chat</p>	<p><b>17</b></p> <p>03:00 – Wii comp                      04:00 – Walk and talk                      05:00 – Dinner: Sausage sizzle                      05:30 – Goal setting progress</p>
<p><b>20 Nan Tien Temple Trip</b></p> <p>09:30 – Nan Tien Temple Trip                      10.00 – Meditation/Creative writing with Isobel                      10:30 – Nature Walk                      11:30 – Bingo                      12:30 – Lunch: Tuna Mornay                      01:00 – July Calendar &amp; Newsletter/Crafts                      02:00 – Card games</p>	<p><b>21 World Music Day, let’s play some tunes 🎵</b></p> <p>10.00 – Coffee and a chat                      10:30 – Card games                      11:30 – Walk and talk                      12:30 – Lunch: Zucchini Slice with Salad                      01:00 – Hearing voices workshop                      02:00 – July Calendar &amp; Newsletter                      03:00 – Pool comp</p>	<p><b>23 WEAR YOUR PAJAMAS DAY</b></p> <p>09:30 – Coffee/catchup                      10:30 – Members Meeting                      11.00 – Hamper Collection                      11:30 – Walk and talk                      12:30 – Lunch: Baked Chicken Dinner and Veg                      01:00 – Learn to Crochet with Sarah                      02:00 – Funny Videos</p>	<p><b>24</b></p> <p>03:00 – Ten Pin Bowling                      05:00 – Dinner: Take away                      05:30 – Weekend planning</p>
<p><b>27 Mad Hatter Monday</b></p> <p>09:30 – Coffee/weekend catchup                      10.00 – Meditation/Creative writing with Isobel                      10:30 – DIY Stress Balls                      11:30 – Walk and talk                      12:30 – Lunch: Picnic at the Showground                      01:00 – Outdoor games at the showground (TBA)                      02:00 – Crafts/Card games                      “Lunch will be decided closer to the day”</p>	<p><b>28 Cheap Tuesday at Roxy Theatre (TBA)</b></p> <p>10.00 – Coffee and a chat                      10:30 – Walk and talk                      11:30 – Bingo                      12:30 – Lunch: Pumpkin Soup                      01:00 – Goal setting progress                      02:00 – Origami                      03.00 – Gardening</p>	<p><b>30</b></p> <p>09.30- Baking (for afternoon tea)                      10.30 - Members meeting                      11.00 – Op Shopping                      11.30 – Walk and talk                      12.30 – Lunch: Cottage Pie and Veg                      01.00 – Presentation: “Free Willy” By Will                      01.30 – Free Willy Movie                      02.00 – Afternoon tea and a chat</p>	

## West St regular activities - available to all members at any time



UNO is a favourite at West St. Come and join in on a friendly game at any time. If UNO isn't for you, there are board games to suit everyone.



If a quiet safe space is what you're looking for we have some comfortable couches and quiet spaces just waiting for you to come and relax. Enjoy a book & a coffee or some quiet chats with other members.



Who's up for a game of pool? At West St it's a crowd favourite. From novices to pros, all skill levels are welcome to enjoy a friendly game.



With two full sized tennis courts we're never short on tennis action. All skill levels welcome, come down and enjoy a hit.



Who loves to bake? West St is famous for its baked goods. Have fun and even learn new skills in our industrial kitchen.



A welcoming space for all budding artists to explore your creativity. We have all kinds of art & craft supplies available for use at any time or join in a staff led activity. The choice is yours!



At West St you can access computers and a printer. We also have staff available to help you learn everything you need to know about using your computer or device and accessing social media in a supportive space.



Bowling anyone? At West St all sports are enjoyed. From novices to pros, all skill levels are welcome to enjoy a friendly game.



If you have a green thumb, come and join us. We have a garden to attend which we maintain & upkeep. Come and meet other keen gardeners and get busy growing.

**EXPRESSIONS OF INTEREST:** If you are interested in attending West St on Wednesday or Friday (day) please let a staff member know 😊

# Calendar Outing Costs

West Street

June 2022

- 6<sup>th</sup> and 24<sup>th</sup> June 2022 Ten Pin Bowling cost is \$10. Please bring extra money if you would like to purchase a drink or food.



- 20<sup>th</sup> June 2022 Nan Tien Temple entry is free. Please bring money for lunch to purchase on the day.



- 28<sup>th</sup> June Roxy Theatre entry is \$12.50. Please bring extra money if you would like to purchase popcorn or any other food items. BYO if you like.

