

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
| <p><b>02 Women's Health Week</b></p> <p>10:00am: Check In<br/>                     10:15am: Coffee Club Walk<br/>                     11:00am: <b>Mental Health</b><br/>                     11:00am: Gardening<br/>                     11:30am: Cooking<br/>                     12:30pm: Lunch \$5<br/>                     1:00pm: <b>Creative Arts (CPS)</b><br/>                     2:00pm: Meal Planning<br/>                     3:00pm: Games &amp; Social Time</p> | <p><b>03</b></p> <p>10:00am: Check In<br/>                     10:30am: Meditation<br/>                     11:00am: <b>Women's Group</b><br/>                     11:00am: <b>Body + Movement</b><br/>                     11:30am: Cooking<br/>                     12:30pm: Lunch \$5<br/>                     1:00pm: Walk<br/>                     2:00pm: Open Discussion<br/>                     3:00pm: Games &amp; Social Time</p>        | <p><b>04</b></p> <p><b>LOCAL OUTING</b><br/> <b>Ten Pin Bowling \$14</b><br/>                     \$7 per game<br/>                     Leave at 10:30am<br/>                     Please bring Opal card and money for lunch</p>                              | <p><b>05</b></p> <p>10:00am: Check In<br/>                     10:30am: Chair Yoga w/ ASL<br/>                     10:30am: <b>Digital/Internet Skills</b><br/>                     11:00am: Hearing Voices<br/>                     11:30am: Cooking<br/>                     12:30pm: Lunch \$5<br/>                     1:00pm: Walk<br/>                     1:30pm: <b>Women's / Men's Group</b><br/>                     2:30pm: Games &amp; Social Time</p>                      | <p><b>06</b></p> <p>10:00am: Check In<br/>                     10:15am: Coffee Club Walk<br/>                     11:00am: Meditation<br/>                     11:30am: <b>Cooking</b><br/>                     12:30pm: Lunch \$5<br/>                     1:00pm: Music<br/>                     2:00pm: <b>Baking</b><br/>                     3:00pm: Wellness Discussion<br/>                     3:30pm: Arts &amp; Craft</p> |
| <p><b>09</b></p> <p>10:00am: Check In<br/>                     10:15am: Coffee Club Walk<br/>                     11:00am: <b>Mental Health</b><br/>                     11:00am: Gardening<br/>                     11:30am: Cooking<br/>                     12:30pm: Lunch \$5<br/>                     1:00pm: <b>Creative Arts (CPS)</b><br/>                     2:00pm: Meal Planning<br/>                     3:00pm: Games &amp; Social Time</p>                     | <p><b>10 World Suicide Prevention Day</b></p> <p>10:00am: Check In<br/>                     10:30am: Meditation<br/>                     11:00am: <b>Hearing Voices</b><br/>                     11:30am: Cooking<br/>                     12:30pm: Lunch \$5<br/>                     1:00pm: Walk<br/>                     2:00pm: <b>Open Discussion</b><br/>                     3:00pm: Games<br/>                     3:30pm: Social Time</p> | <p><b>11</b></p> <p><b>LOCAL OUTING</b><br/> <b>BBQ \$5</b><br/>                     Leave at 11:00am<br/>                     Please bring money for lunch<br/><br/>                     Anyone who has / had a Birthday in September eats BBQ for free!</p> | <p><b>12 R U OK Day</b></p> <p>10:00am: Check In<br/>                     10:30am: Chair Yoga<br/>                     10:30am: <b>Digital/Internet Skills</b><br/>                     11:00am: Hearing Voices<br/>                     11:30am: Cooking<br/>                     12:30pm: Lunch \$5<br/>                     1:00pm: Walk<br/>                     1:30pm: <b>Women's / Men's Group</b><br/>                     2:30pm: Games &amp; Social Time</p>                  | <p><b>13</b></p> <p>10:00am: Check In<br/>                     10:15am: Coffee Club Walk<br/>                     11:00am: Meditation<br/>                     11:30am: <b>Cooking</b><br/>                     12:30pm: Lunch \$5<br/>                     1:00pm: Music<br/>                     2:00pm: <b>Baking</b><br/>                     3:00pm: Wellness Discussion<br/>                     3:30pm: Arts &amp; Craft</p> |
| <p><b>16</b></p> <p>10:00am: Check In<br/>                     10:15am: Coffee Club Walk<br/>                     11:00am: <b>Mental Health</b><br/>                     11:00am: Gardening<br/>                     11:30am: Cooking<br/>                     12:30pm: Lunch \$5<br/>                     1:00pm: <b>Creative Arts (CPS)</b><br/>                     2:00pm: Meal Planning<br/>                     3:00pm: Games &amp; Social Time</p>                     | <p><b>17</b></p> <p>10:00am: Check In<br/>                     10:30am: Meditation<br/>                     11:00am: <b>Women's Group</b><br/>                     11:00am: <b>Body + Movement</b><br/>                     11:30am: Cooking<br/>                     12:30pm: Lunch \$5<br/>                     1:00pm: Walk<br/>                     2:00pm: Open Discussion<br/>                     3:00pm: Games &amp; Social Time</p>        | <p><b>18</b></p> <p><b>LOCAL OUTING</b><br/> <b>Movies \$17</b><br/>                     Leave at 10:00 a.m.<br/>                     Please bring Opal card and money for lunch</p>  | <p><b>19 Moon Festival Event</b></p> <p>10:00am: Check In<br/>                     10:30am: Chair Yoga w/ ASL<br/>                     10:30am: <b>Moon Cake Making</b><br/>                     11:00am: Hearing Voices<br/>                     12:00am: <b>Make Pork Rolls</b><br/>                     12:00pm: Lunch \$5<br/>                     1:00pm: Walk<br/>                     1:30pm: Women's / Men's Group<br/>                     2:30pm: Games &amp; Social Time</p> | <p><b>20</b></p> <p>10:00am: Check In<br/>                     10:15am: Coffee Club Walk<br/>                     11:00am: Meditation<br/>                     11:30am: <b>Cooking</b><br/>                     12:30pm: Lunch \$5<br/>                     1:00pm: Music<br/>                     2:00pm: <b>Baking</b><br/>                     3:00pm: Wellness Discussion<br/>                     3:30pm: Arts &amp; Craft</p> |
| <p><b>23</b></p> <p>10:00am: Check In<br/>                     10:15am: Coffee Club Walk<br/>                     11:00am: <b>Mental Health</b><br/>                     11:00am: Gardening<br/>                     11:30am: Cooking<br/>                     12:30pm: Lunch \$5<br/>                     1:00pm: <b>Creative Arts (CPS)</b><br/>                     2:00pm: Meal Planning<br/>                     3:00pm: Games &amp; Social Time</p>                     | <p><b>24</b></p> <p>10:00am: Check In<br/>                     10:30am: Meditation<br/>                     11:00am: <b>Consumers Program</b><br/> <b>Feedback Meeting</b><br/>                     11:30am: Cooking<br/>                     12:30pm: Lunch \$5<br/>                     1:00pm: Walk<br/>                     2:00pm: <b>Open Discussion</b><br/>                     3:00pm: Games &amp; Social Time</p>                         | <p><b>25</b></p> <p><b>LOCAL OUTING</b><br/> <b>Garden of Friendship \$12</b><br/>                     Leave at 9:30 a.m.<br/>                     Please bring Opal card and money for lunch</p>   | <p><b>26</b></p> <p>10:00am: Check In<br/>                     10:30am: Chair Yoga<br/>                     10:30am: <b>Digital/Internet Skills</b><br/>                     11:00am: Hearing Voices<br/>                     11:30am: Cooking<br/>                     12:30pm: Lunch \$5<br/>                     1:00pm: Walk<br/>                     1:30pm: <b>Women's / Men's Group</b><br/>                     2:30pm: Games &amp; Social Time</p>                             | <p><b>27</b></p> <p>10:00am: Check In<br/>                     10:15am: Coffee Club Walk<br/>                     11:00am: Meditation<br/>                     11:30am: <b>Cooking</b><br/>                     12:30pm: Lunch \$5<br/>                     1:00pm: Music<br/>                     2:00pm: <b>Baking</b><br/>                     3:00pm: Wellness Discussion<br/>                     3:30pm: Arts &amp; Craft</p> |



One Door. Many Opportunities.

**Highlights this month:**

**Check-in**  
10:00 a.m. every morning

**Mental Health**  
Mon 11:00 a.m.

**Art & Craft**  
Mon 1:00 p.m.  
Fri 3:30 p.m.

**Hearing Voices**  
Thurs 11:00 a.m.

**Men's & Women's Discussion Groups**  
Thurs 1:30 p.m.

**Digital/Internet Skills**  
Thurs 10:30 a.m.

**Moon Festival Event**  
Thurs 19/09

**R U OK Day**  
Thurs 12/09

**Garden of Friendship**  
Wed 25/09 \$12

**Consumers Feedback Meeting**  
Tues 24/09 11:00 a.m.

**We are an NDIS centre-based program  
providing group activities focussed on building  
social, recreational, vocational, and educational skills  
delivered in a safe, positive,  
and fun environment by qualified workers.**



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- 10:00am: Check In
- 10:15am: Coffee Club Walk
- 11:00am: **Mental Health**
- 11:00am: Gardening
- 11:30am: Cooking
- 12:30pm: Lunch \$5
- 1:00pm: **Creative Arts (CPS)**
- 2:00pm: Meal Planning
- 3:00pm: Games & Social Time

**Community**



**Group Discussions**



**Cooking Skills**



**Our Mission**

A world in which people with a mental illness  
are valued and treated as equals.

**Meditation**



**Life Skills**



**Art & Crafting**

