## **Harmony House**

Shopping

12:30 \$5 Lunch

01:30 Painting Class

02:30 Music Exploration

12:30 \$5 Lunch

02:30 Trivia

01:30 Self Care Group

**April 2024** One **DOOR** Mental Health 103 Hoddle Avenue Bradbury NSW 2560 **P**: (02) 4620 8888 Harmonyteam@onedoor.org.au **E**: **Friday** Thursday Monday Tuesday Wednesday 02/04 03/04 Members Meeting 04/04 05/04 **10:00 Mental Health Group** 09:00 Coffee Club **10:00 Mental Health Group** 09:00 Coffee Club EASTER MONDAY 10:30 Gardening Group 11:00 Lomandra 11:00 Tie Dye 10:00 Members Meeting 12:30 \$5 Lunch 12:30 \$5 Lunch 12:30 \$5 Lunch 11:00 Walking Group CLOSED 01:30 Goal Planning 01:30 Book Club 12:30 \$5 Lunch 01:30 Card/Board Games 2:30 Karaoke Hour 02:30 Social Group 1:30 Music Exploration 02:30 Creative Writing 08/04 11/04 10/04 09/04 Casula Powerhouse 12/04 10:00 Mindfulness 10:00 Meditation/Relaxation **10:00 Mental Health Group** 10:00 Gardening Group 10:00 Mental Health Group 11:00 Menu Planning & 11:00 Bingo 11:00 Baking Class 11:00 Lomandra 11:00 Baking Class Shopping 12:30 \$5 Lunch 01:30 Music Exploration 01:30 Creative Writing 01:30 Self Esteem Group 01:30 Art Group 01:30 Creative Writing 02:30 Social Group 02:30 Social Group 02:30 Painting Class 02:30 Social Group 02:30 Self Esteem Group 15/04 **16/04 Members Meeting** 17/04 18/04 19/04 10:00 Board Games 10:00 Health & Nutrition 10:00 Members Meeting 10:00 Café Skills/Walk Group 10:00 Baking Class 11:00 Menu Planning & 11:00 Walking Group 11:00 Lomandra 11:00 Recovery Camp Info 11:00 Lomandra Shopping 12:30 \$5 Lunch 01:30 Creative Writing 01:30 Self Esteem Group 01:30 Self Care Group 01:30 Trivia 01:30 Mental Health Group 02:30 Sensory Activity 02:30 Budgeting Workshop 02:30 Painting/Art 02:30 Candle Making 02:30 Chair Yoga 26/04 22/04 Movies \$8.50 24/04 25/04 23/04 10:00 Self Esteem Group **10:00 Music Exploration** 10:00 Meditation 10:00 Meditation/Relaxation 11:00 Menu Planning & ANZAC DAY 11:00 Trivia **11:00 Mental Health Group** 11:00 Members Meeting Shopping CLOSED 12:30 \$5 Lunch 12:30 \$5 Lunch 12:30 \$5 Lunch 12:30 \$5 Lunch 01:30 Self Care Group 01:30 Card/Board games 01:30 Anzac Cookies 01:30 Baking Class 02:30 Chair Dancing 02:30 Origami 02:30 Self Esteem Group 02:30 Art Group 30/04 Botanic Gardens 29/04 **10:00 Mental Health Group** 10:00 Meditation 11:00 Menu Planning & 11:00 Creative Writing

## In House Calendar

## Harmony House

April 2024



103 Hoddle Avenue Bradbury NSW 2560 P: (02) 4620 8888 E: Harmonyteam@onedoor.org.au				Mental Health
Monday	Tuesday	Wednesday	Thursday	Friday
	02/04 In House Activities	03/04 In House Activities	In House Activities	05/04 In House Activities
08/04 In House Activities	09/04 Casula Powerhouse 11:00 Leave for Casula 01:00 Own Lunch Money 01:30 Leave from Casula 2:00 Arrive back at HH	10/04 In House Activities	<sup>11/04</sup> In House Activities	12/04 In House Activities
<sup>15/04</sup> In House Activities	<sup>16/04</sup> In House Activities	<sup>17/04</sup> In House Activities	<sup>18/04</sup> In House Activities	<sup>19/04</sup> In House Activities
22/04 Movies 10:30 Leave for the movies \$8.50 + Money for Lunch 02:00 Return to HH	<sup>23/04</sup> In House Activities	<sup>24/04</sup> In House Activities	25/04 Anzac Day CLOSED	<sup>26/03</sup> In House Activities
<sup>29/04</sup> In House Activities	30/04 12:30 BBQ Lunch 01:30 Games & Relaxation 02:30 Return to HH		Outing Calendar	