day 2 day

DECEMBER 2019



Supporting your mental health journey

Monday	Tuesday	Wednesday	Thursday	Friday
Monday Movie 10:00 – 12:00 Healthy Living Lunch 12:00 Fun & Games with Pete 1:00 – 2:00 National Fritter's Day	3 Fun & Games with Pete 10:00 – 12:00 Healthy Living Lunch 12:00 Make a Gift with Hermy 1:00 – 2:00 Make a Gift Day	Frisbee in Jingili Park with Pete 10:00 – 12:00 Healthy Living Lunch 12:00 Art & Crafts with Ellie 1:00 – 2:00 Wear Brown Shoes Day	5 Art & Crafts with Tricia 10:00 – 12:00 Healthy Living Lunch 12:00 Fun Games with Jason 1:00 – 2:30 Day of the Ninja	6 Morning Stroll with Jesspreet 10:00 – 12:00 Healthy Living Lunch 12:00 Friday Film 1:00 - 2:30 Microwave Oven Day
9 Monday Movie 10:00 – 12:00 Healthy Living Lunch 12::00 Christmas Cards with Peter & Tom 1:00 – 2:00 Christmas Card Day	10 Nightcliff Jetty Walk with Hermy 10:30 – 11:30 Healthy Living Lunch 12:00 Fun & Games with Ellie 1:00 – 2:00 Jane Addams Day	11 Art & Crafts with Pete 10:00 – 12:00 Healthy Living Lunch 12:00 Fun Games with Albert 1:00 – 2:00 Noodle Ring Day	Participant Haircuts with Tash 10:30 – 12:00 Healthy Living Lunch 12:00 Fun Games with Jason 1:00 – 2:00 Gingerbread House Day	Friday Film 10:00 – 11:00 Everyone Christmas Lunch 12:00 Frisbee in Jingili Park with Jesspreet 1:00 – 2:00
Monday Movie 10:00 – 12:00 Healthy Living Lunch 12:00 Learning Games with Tom 1:00 – 2:00 Chocolate Covered Anything	17 Frisbee in Jingili Park with Pete 11:00 – 12:00 Healthy Living Lunch 12:00 Art & Crafts with Ellie & Hermy 1:00 – 2:00	18 Music with Albert 10:00 – 12:00 Healthy Living Lunch 12:00 Fun Games with Pete 1:30 – 2:30	19 Art & Crafts with Tricia 10:00 – 12:00 Health Living Lunch 12:00 Fun Games with Jason 1:00 – 2:00	20 Frisbee in Park with Jesspreet 10:00 – 12:00 Health Living Lunch 12:00 Friday Film 1:00 – 2:00 Ugly Sweater day
Monday Movie 10:00 – 12:00 Healthy Living Lunch 12:00 Learning Games with Tom 1:00 – 1:00 First Day of Hanukkah,	24 Christmas Movie 10:00 – 11:00 Healthy Living Lunch 12:00 Fun Games with Jason 1:00 – 2:00 Christmas Eve	25 CLOSED FOR XMAS & NEW YEAR BREAK	26 CLOSED FOR XMAS & NEW YEAR BREAK	27 CLOSED FOR XMAS & NEW YEAR BREAK
30 CLOSED FOR XMAS & NEW YEAR BREAK	31 CLOSED FOR XMAS & NEW YEAR BREAK	1/1/2020 CLOSED FOR XMAS & NEW YEAR BREAK	2/1/2020	3/1/2020

TeamHEALTH Day2Day Living Rapid Creek Business Village, Suite 29B 48 Trower Road, Millner NT 0810

Monday to Friday from 9.30am - 3.00pm (08) 8948 4055

note Everyone Xmas Lunch 13th Dec. Closed from 25th Dec 2019 to 1st Jan 2020