day 2 day **OCTOBER 2019**



				Supporting your mental health jo
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Movie – Aladdin (2019) 10:00 – 12:00 Healthy Living Lunch 12:00 Art & Crafts with Hermy 1:00 – 2:00	2 Music Jams with Brent 10:00 – 12:00 Healthy Living Lunch 12:00 Art & Crafts with Ellie 1:00 – 2:00	3 Art & Crafts with Tricia 10:00 – 12:00 Healthy Living Lunch 12:00 Fun Games with Jason 1:00 – 2:30	4 CLOSED for site updates
7 Monday Movie with Peter POKEMON Detective 10:00 – 12:00 Healthy Living Lunch 12::00 Learning Games with Tom 1:00 – 2:00	8 Craft Market Waterfront 10:30 – 11:30 Healthy Living Lunch 12:00 Meditation with Peter 1:00 – 2:00	9 Mental Health Week Event Day-to-Day Living Open Day Games, Meditation & Smoothies,	10 Art & Crafts with Tricia 10:00 – 12:00 Healthy Living Lunch 12:00 Fun Games with Jason 1:00 – 2:00	11 Music Jams with Albert 10:00 – 11:00 Healthy Living Lunch 12:00 Frisbee in Park with Jes 1:00 – 2:00
14 Monday Movie with Peter SHAZAM 10:00 – 12:00 Healthy Living Lunch 12:00 Learning Games with Tom 1:00 – 2:00	11:00 – 12:00 Healthy Living Lunch 12:00 Meditation with Peter	16 Music Jams with Brent 10:00 – 12:00 Healthy Living Lunch 12:00 Art & Crafts with Ellie 1:30 – 2:30	17 Art & Crafts with Tricia 10:00 – 12:00 Health Living Lunch 12:00 Fun Games with Jason 1:00 – 2:00	18 Frisbee in Park with Jess 10:00 – 12:00 Health Living Lunch 12:00 Friday Film with Peter BEAUTY & THE BEAST 1:00 – 2:00
21 Art & Crafts with Hermy 10:00 – 12:00 Healthy Living Lunch 12:00 Learning Games with Tom 1:00 – 1:00	22 Fannie Bay Walk with Hermy 10:00 – 11:00 Healthy Living Lunch 12:00 Meditation with Peter 1:00 – 2:00	23 Music Jams with Brent 10:00 – 12:00 Healthy Living Lunch 12:00 Art & Crafts with Hermy 1:30 – 2:30	24 Art & Crafts with Tricia 10:00 – 12:00 Healthy Living Lunch 12:00 Fun Games with Jason 1:00 – 2:00	25 Craft Market Waterfrom with Jess 10:00 – 12:00 Healthy Living Lunch 12:00 Friday Film with Peter THE INCREDIBLES 2 1:00 – 2:00
28 Monday Movie with Peter GOOSEBUMPS 2 10:00 – 12:00 Healthy Living Lunch 12:00 Learning Games with Tom 1:00 – 2:00	29 Jetty Walk with Hermy 10:00 – 12:00 Healthy Living Lunch 12:00 Meditation with Peter 12:30 – 1:30	30 Music Jams with Brent 10:00 – 12:00 Healthy Living Lunch 12:00 Art & Crafts with Ellie 1:30 – 2:301:00 – 2:00	31 Art & Crafts with Tricia 10:00 – 12:00 Healthy Living Lunch 12:00 Fun Games with Jason/ HALLOWEEN 1:00 – 2:00	
TeamHI Rapid Creek Bu 48 Trower Road, N Monday to Friday fro	siness Village Aillner NT 0810	note Men	Closed Friday 4 Ital Health Week –	

TeamHEALTH Rapid Creek Business Village 48 Trower Road, Millner NT 0810 Monday to Friday from 9.30am - 3.00pm (08) 8948 4055

Closed Friday 4th October Mental Health Week – Day-to-Day Living OPEN DAY Wednesday 9th October