

Day 2 Day Living

FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Let's Talk NDIS 10-12pm</p> <p>Loud at the Library 12pm</p> <p>Healthy Living Lunch 12pm</p> <p>Pampering and Relaxation 1.30-2.30pm</p>
<p>4</p> <p>Participant NDIS help sessions 10-12</p> <p>Healthy Living Lunch 12pm</p> <p>Music w Albert 1-2pm</p>	<p>5</p> <p>Visit to CDU Art Gallery 10-12pm</p> <p>Health Living Lunch 12pm</p> <p>Let's Bake 1-3pm</p>	<p>6</p> <p>Participant Meeting 10am-12pm</p> <p>Health Living Lunch 12pm</p> <p>Pampering and Relaxation 1.30-2.30pm</p>	<p>7</p> <p>Let's talk about service delivery in Mental Health TEMHS hosting 11-12pm</p> <p>Health Living Lunch 12pm</p> <p>Tenpin Bowling 1-2.30</p>	<p>8</p> <p>Loud at the Library 12pm</p> <p>Health Living Lunch 12pm</p> <p>Let's Talk NDIS 1-2pm</p>
<p>11</p> <p>Participant NDIS help sessions 10-12</p> <p>Health Living Lunch 12pm</p> <p>Board Games 1-2.30pm</p>	<p>12</p> <p>Paint a canvas 10-12pm</p> <p>Health Living Lunch 12pm</p> <p>Haircuts with Tash 12.00-2pm</p>	<p>13</p> <p>Let's Talk NDIS 1-2pm</p> <p>Cultural Cooking 11-12pm</p> <p>Pampering and Relaxation 1.30-2.30pm</p>	<p>14</p> <p>Swimming at Parap Pool 10.30-12pm</p> <p>Health Living Lunch 12pm</p> <p>Mandela Colouring 1-3pm</p>	<p>15</p> <p>Craft w HermY 1-3pm</p> <p>Health Living Lunch 12pm</p> <p>Movie at D2DL 1-2.30pm</p>
<p>18</p> <p>Participant NDIS help sessions 10-12</p> <p>Healthy Living Lunch 12pm</p> <p>Music w Albert 1-2pm</p>	<p>19</p> <p>Mandela colouring 9.30-11am</p> <p>Healthy Living Lunch 12pm</p> <p>Movie at D2DL 1-2.30pm</p>	<p>20</p> <p>RFDS exhibition at The Wharf 10-12pm</p> <p>Pampering and Relaxation 1.30-2.30pm</p>	<p>21</p> <p>Therapy Dogs 10.30-11.30</p> <p>Cultural Cooking 12pm</p> <p>Ten Pin Bowling 1.30-3pm</p>	<p>22</p> <p>Craft w HermY 10-12pm</p> <p>Loud at the Library 12pm</p> <p>Health Living Lunch 12pm</p>
<p>25</p> <p>Fishing at Nightcliff Jetty 10-12</p> <p>Healthy Living Lunch 12pm</p> <p>Relaxation 1-2pm</p>	<p>26</p> <p>Walk to Jingili Water Gardens 10.30-11.30am</p> <p>Healthy Living Lunch 12pm</p>	<p>27</p> <p>Let's Talk NDIS 1-2pm</p> <p>Cultural Cooking 12pm</p> <p>Pampering and Relaxation 1.30-2.30pm</p>	<p>28</p> <p>Coffee at The Groove 10.30-11.30am</p> <p>Healthy Living Lunch 12pm</p> <p>Swimming at Parap Pool 1-2.30pm</p>	

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

note

We are available and ready to help all participants with [NDIS eligibility testing](#)
Participant meeting Wednesday 6th February 2019
NT Gov Health Services invites you to contribute to a forum to understand how they can deliver the best possible services in the Mental Health space