

# Day 2 Day Living

JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <p>CLOSED</p> <p>NEW YEARS DAY</p> <p>PUBLIC HOLIDAY</p>	<p><b>2</b></p> <p>Mandela Colouring 10-12pm</p> <p>Healthy Living Lunch 12pm</p> <p>Pampering and Relaxation 1.30-2.30pm</p>	<p><b>3</b></p> <p>Swimming at Parap Pool 10.30-12pm</p> <p>Cultural Cooking 11-12pm</p> <p>Mandela Colouring 1-3pm</p>	<p><b>4</b></p> <p>Let's Talk NDIS 10-12pm</p> <p>Healthy Living Lunch 12pm</p> <p>Craft w Hermy Sewing 1-3pm</p>
<p><b>7</b></p> <p>Participant NDIS help sessions 10-12</p> <p>Healthy Living Lunch 12pm</p> <p>Music w Albert 1-2pm</p>	<p><b>8</b></p> <p>Board Games 10-12pm</p> <p>Health Living Lunch 12pm</p> <p>Haircuts with Tash 12.00-2pm</p>	<p><b>9</b></p> <p>Participant Meeting 10am-12pm</p> <p>Healthy Living Lunch 12pm</p> <p>Pampering and Relaxation 1.30-2.30pm</p>	<p><b>10</b></p> <p>Positive Self Talk Session 11-12pm</p> <p>Healthy Living Lunch 12pm</p> <p>Tenpin Bowling 1-2.30</p>	<p><b>11</b></p> <p>Discovering the Waterfront 10-1pm</p> <p>Let's Talk NDIS 1-2pm</p>
<p><b>14</b></p> <p>Participant NDIS help sessions 10-12</p> <p>Healthy Living Lunch 12pm</p> <p>Board Games 1-2.30pm</p>	<p><b>15</b></p> <p>Paint a canvas 10-12pm</p> <p>Health Living Lunch 12pm</p> <p>Relaxation 1-2pm</p>	<p><b>16</b></p> <p>Health Living Lunch 12pm</p> <p>Pampering and Relaxation 1.30-2.30pm</p> <p>Gentle Stretching w Karen 1pm-3pm</p>	<p><b>17</b></p> <p>Swimming at Parap Pool 10.30-12pm</p> <p>Cultural Cooking 11-12pm</p> <p>Mandela Colouring 1-3pm</p>	<p><b>18</b></p> <p>Let's Talk NDIS 10-12pm</p> <p>1-2pm Health Living Lunch 12pm</p> <p>Craft w Hermy Sewing 1-3pm</p>
<p><b>21</b></p> <p>Participant NDIS help sessions 10-12</p> <p>Healthy Living Lunch 12pm</p> <p>Music w Albert 1-2pm</p>	<p><b>22</b></p> <p>Let's Talk NDIS 1-2pm</p> <p>Healthy Living Lunch 12pm</p> <p>Movie at D2DL 1-2.30pm</p>	<p><b>23</b></p> <p>Op Shopping 10am-11.30am</p> <p>Healthy Living Lunch 12pm</p> <p>Pampering and Relaxation 1.30-2.30pm</p>	<p><b>24</b></p> <p>Cultural Cooking 12pm</p> <p>Ten Pin Bowling 1.30-3pm</p>	<p><b>25</b></p> <p>Craft w Hermy 10-12pm</p> <p>Healthy Living Lunch 12pm</p> <p>Let's Talk NDIS 1-2pm</p>
<p><b>28</b></p> <p>CLOSED</p> <p>AUSTRALIA DAY</p> <p>PUBLIC HOLIDAY</p>	<p><b>29</b></p> <p>Healthy Living Lunch 12pm</p> <p>Haircuts with Tash 12.00-2pm</p>	<p><b>30</b></p> <p>Closed</p> <p>All staff meeting</p>	<p><b>31</b></p> <p>Mandela Colouring 10-12pm</p> <p>Cultural Cooking 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 9<sup>th</sup> January 2019  
Closed Monday 28<sup>th</sup> Public Holiday & Wednesday 30<sup>th</sup> January-All Staff Meeting