Day 2 Day Living

May 2018

Team HEALTH
Supporting your mental health journey

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Our Garden Project At Jingili Gardens 10am Healthy Living Lunch 12pm Haircuts with Tash 12:00-2pm	3 Participant meeting 10am-11am Cultural Cooking 12pm Pampering and Relaxation 1:30pm-2:30pm	3 Food Bank 10am-11am Healthy Living Lunch 12pm Well-being Activities 1pm-3pm	4 Our Garden Project At Jingili Gardens 10am Healthy Living Lunch 12pm Movie & Popcorn 1pm-3pm
7 happy long weekend	8 Our Garden Project At Jingili Gardens 10am Healthy Living Lunch 12pm Lets be Creative 1pm-3pm	9 Cultural Cooking 12pm Healthy Living Lunch 12pm Pampering and Relaxation 1:30pm-2:30pm	10 Food Bank 10am-11am Healthy Living Lunch 12pm Ten Pin Bowling 1:30pm – 3pm	11 Music Session @ the Library 11.30-1pm Healthy Living Lunch 12pm Swimming @ Leanyer 1pm-3pm
14 Participant NDIS help sessions 10-12 Healthy Living Lunch 12pm Relaxation 1:30pm-2:30pm	15 Our Garden Project At Jingili Gardens 10am Healthy Living Lunch 12pm Group talk and Wellness 1:30pm-2:30pm	16 Lets Bake Cakes and Scones 10-12 Healthy Living Lunch 12pm Pampering and Relaxation 1:30pm-2:30pm	17 Food Bank 10am-11am Healthy Living Lunch 12pm Well-being Activities 1pm-3pm	18 Our Garden Project At Jingili Gardens 10am Healthy Living Lunch 12pm Movie & Popcorn 1pm-3pm
21 Schizophrenia Awareness Week Raintree Park Darwin City 10-1pm Picnic Lunch	22 Our Garden Project At Jingili Gardens 10am Healthy Living Lunch 12pm Haircuts with Tash 12:00-2pm	23 Cultural Cooking 12pm Cultural Cooking 12pm Pampering and Relaxation 1:30pm-2:30pm	24 Food Bank 10am-11am Healthy Living Lunch 12pm Ten Pin Bowling 1:30pm – 3pm	25 Art Exhibition 11.30-1pm Healthy Living Lunch 12pm Swimming @ Parap 1pm-3pm
28 Participant NDIS help sessions 10-12 Healthy Living Lunch 12pm Relaxation 1pm-3pm	29 Our Garden Project At Jingili Gardens 10am Healthy Living Lunch 12pm Group talk and Wellness 1:30pm-2:30pm	30 CLOSED ALL STAFF MEETING	31 Food Bank 10am-11am Healthy Living Lunch 12pm Ten Pin Bowling 1:30pm – 3pm	

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

note
Participant meeting Wednesday 03rd May