

Day 2 Day Living

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Participant NDIS help sessions 10-12 Healthy Living Lunch 12pm Relaxation 1pm-3pm</p>	<p>2</p> <p>Around The Table Art 10am-12pm Healthy Living Lunch 12pm Mandela Colouring 1-3pm</p>	<p>3</p> <p>Participant Meeting 10-10.30am Healthy Living Lunch 12pm Pampering and Relaxation 1.30-2.30pm</p>	<p>4</p> <p>Around The Table Art 10-12pm Cultural Cooking 10-12pm Ten Pin Bowling 1.30-3pm</p>	<p>5</p> <p>Mandela Colouring 10-12pm Healthy Living Lunch 12pm Swimming at Parap Pool 1-2.30pm</p>
<p>8</p> <p><u>MENTAL HEALTH WEEK</u> Therapy Dogs 10-11am Healthy Living Lunch 11.30am <u>Closed to attend</u> Mindfulness Yoga 12.30-2.30pm</p>	<p>9</p> <p>OPEN DAY @ D2DL 9.30-3pm <u>All welcome</u> Please join us for fun craft activities & free BBQ Lunch 12pm</p>	<p>10</p> <p>Drumbeat Session 10.30-11.30 Health Living Lunch 12pm Pampering and Relaxation 1.30-2.30pm Gentle Stretching 1pm-3pm</p>	<p>11</p> <p>Mandela Colouring 10-12pm Cultural Cooking 12pm Relaxation 1pm-3pm</p>	<p>12</p> <p><u>MENTAL HEALTH WEEK</u> Walk and Morning Tea Sunset Park 9-11am Healthy Living Lunch 12pm Swimming at Parap 1-2.30pm</p>
<p>15</p> <p>Participant NDIS help sessions 10-12 Healthy Living Lunch 12pm Visit to the Senior Territorian Art Exhibition</p>	<p>16</p> <p>Around The Table Art 10-12pm Health Living Lunch 12pm Haircuts with Tash 12.00-2pm</p>	<p>17</p> <p>NDIS Community Day Goyder Square Palmerston D2DL will close 10.30-2pm</p>	<p>18</p> <p>D2DL closed 9.30-12pm For visit to Jenny's Orchid Garden Howard Springs 9.30-12pm Pampering and Relaxation 1.30-2.30pm</p>	<p>19</p> <p>Kate's Last Day Morning tea at D2DL 10-12 Healthy Living Lunch 12pm Mandela Colouring 1-3pm</p>
<p>22</p> <p>Participant NDIS help sessions 10-12 Healthy Living Lunch 12pm Relaxation 1pm-3pm</p>	<p>23</p> <p>Around The Table Art 10-12pm Health Living Lunch 12pm Around The Table Art 1-3pm</p>	<p>24</p> <p>Drumbeat Session 10.30-11.30 Health Living Lunch 12pm Gentle Stretching w Karen 1pm-3pm</p>	<p>25</p> <p>Cultural Cooking 12pm Pampering and Relaxation 1.30-2.30pm</p>	<p>26</p> <p>Healthy Living Lunch 12pm Swimming at Parap Pool 1-2.30pm</p>
<p>29</p> <p>Participant NDIS help sessions 10-12 Healthy Living Lunch 12pm Relaxation 1pm-3pm</p>	<p>30</p> <p>Around The Table Art 10-12pm Health Living Lunch 12pm Mandela Colouring 10-12pm</p>	<p>31</p> <p>Drumbeat Session 10.30-11.30 Health Living Lunch 12pm Pampering and Relaxation 1.30-2.30pm</p>		

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

note

MENTAL HEALTH WEEK 8TH-12TH- D2DL OPEN DAY 9TH
Participant meeting Wednesday 3RD October
Please note activities outside of D2DL on 8th, 12th & 17, 18th therefore D2DL will be closed at times on these dates- Please check calendar