Community Hub FEBRUARY 2020



Supporting your mental health journey

27 Jan

CLOSED FOR AUSSIE DAY

28 Jan

Fun & Games with Ellie 10:00 - 12:00

Healthy Living Lunch 12:00

Arts & Craft with Hermy 1:00 - 2:30

Wednesday

29 Jan

CLOSED

ALL STAFF MEETING

Thursday

30 Jan

Participants Haircuts 10:00 - 12:00

Healthy Living Lunch 12:00

Fun Games with Jason 1:00 - 2:30

Friday

31 Jan

Morning Stroll with Jesspreet 10:00 - 12:00

Healthy Living Lunch 12:00

Fun & Games with Tilly 1:00 - 2:30

3

Arts & Craft with Ellie 10:00 - 12:00

Healthy Living Lunch 12::00

Fun & Games with Tom 1:00 - 2:00

4

Fun & Games with Ellie 10:30 - 11:30

Healthy Living Lunch 12:00

Art & Crafts with Hermy

1:00 - 2:00

5

Fun & Games with Barbara

10:30 - 11:30

Healthy Living Lunch 12:00

Art & Crafts with Ellie 1:00 - 2:00

6

Art & Crafts with Tricia 10:30 - 12:00

Healthy Living Lunch 12:00

Fun Games with Jason

1:00 - 2:00

7

Morning Stroll with Jesspreet

10:00 - 12:00

Healthy Living Lunch 12:00

Fun & Games with Tilly 1:00 - 2:30

10

Arts & Craft with Ellie 10:00 - 12:00

Healthy Living Lunch 12::00

Fun & Games with Tom 1:00 - 2:00

11

Fun & Games with Ellie 10:30 - 11:30

Healthy Living Lunch 12:00

Art & Crafts with Hermy 1:00 - 2:00

12

Fun & Games with Barbara 10:30 - 11:30

Healthy Living Lunch 12:00

Art & Crafts with Ellie 1:30 - 2:30

13

Art & Crafts with Tricia 10:00 - 12:00

Health Living Lunch 12:00

Fun Games with Jason 1:00 - 2:00

14

Morning Stroll with Jesspreet

10:00 - 12:00

Healthy Living Lunch 12:00

Fun & Games with Tilly 1:00 - 2:00

17

Arts & Craft with Ellie 10:00 - 12:00

Healthy Living Lunch 12::00

Fun & Games with Tom 1:00 - 2:00

18

Fun & Games with Ellie 10:30 - 11:30

Healthy Living Lunch 12:00

Art & Crafts with Hermy

19

Fun & Games with Barbara

10:30 - 11:30

Healthy Living Lunch 12:00

Art & Crafts with Ellie 1:30 - 2:30

20

Art & Crafts with Tricia 10:00 - 12:00

Health Living Lunch 12:00

Fun Games with Jason 1:00 - 2:00

21

Morning Stroll with Jesspreet

10:00 - 12:00

Healthy Living Lunch 12:00

Fun & Games with Tilly 1:00 - 2:00

24

Arts & Craft with Ellie 10:00 - 12:00

Healthy Living Lunch 12::00

Fun & Games with Tom 1:00 - 2:00

25

Fun & Games with Ellie 10:30 - 11:30

Healthy Living Lunch 12:00

Art & Crafts with Hermy

26

Fun & Games with Barbara

10:30 - 11:30

Healthy Living Lunch 12:00

Art & Crafts with Ellie 1:30 - 2:30

27

Art & Crafts with Tricia 10:00 - 12:00

Health Living Lunch 12:00

Fun Games with Jason

1:00 - 2:00

28

Morning Stroll with Jesspreet

10:00 - 12:00

Healthy Living Lunch 12:00

Fun & Games with Tilly 1:00 - 2:00

TeamHEALTH Day2Day Living

Rapid Creek Business Village, Suite 29B 48 Trower Road, Millner NT 0810

Monday to Friday from 9.30am - 3.00pm (08) 8948 4055