

DAY TO DAY LIVING TUGGERANONG TERM 1 2019

Friday 1st February to Friday 12 April



Monday	Tuesday	Wednesday	Thursday	Friday
<p>OPEN SPACE The Office will be open from 9-4</p> <p>GYM 11am with Dale (TMH) At Erindale Vikings Club. \$4</p>	<p>CRAFT GROUP 10:30-12:30 am. With Jeremy. Jewellery making, T-Shirt printing, clay working etc \$5 for materials per class meet in office.</p>	<p>CREATIVE WRITING Meet at 10-12 in WODEN Library Community room.</p> <p>GYM 11am with Dale (TMH) At Erindale Vikings Club. \$4</p>	<p>OPEN SPACE The Office will be open from 9-5. Come and have a cuppa and a chat. Peer support is available.</p>	<p>OPEN SPACE The Office will be open from 10-5. Come and have a cuppa and a chat.</p>
<p>WALKING GROUP 10.30-11.30. Meet at Office for a relaxing group walk on the foreshore of Lake Tuggeranong.</p>	<p>TEN PIN BOWLING NEW TIME OF 10am at Tuggeranong Bowling Centre 2 games for \$8 includes shoe hire</p>	<p>HEALTHY LUNCH 12noon in office. \$5 Please rsvp by 11.30.</p>	<p>CONVERSATION GROUP 11am . Meet at PHAT PANDA In the Courtyard at the Hyperdome for a social cuppa and a chat.</p>	<p>PHILOSOPHY @ WODEN 10-11am Woden Library Community room. Group runs on a fortnightly basis, starting 8th February (fortnightly)</p>
<p>HEALTHY LUNCH 12noon in office. \$5 Please rsvp by 11.30.</p>	<p>GUNGHALIN GAMES GROUP Chess, scrabble and backgammon 12:30-2:30 Meet at GUNGHALIN library community room</p>	<p>SOCIAL TENNIS 1—2pm at Vikings Sports Club. Racquets provided, All levels welcome. Free with BCS registration</p>	<p>GAMES AFTERNOON 11:30-4 Chess, scrabble, dice, cards and board games in Office.</p>	<p>PHOTOGRAPHY GROUP 10.15am. Meet in office. With Dale and Tracy. We have cameras available. starting 15th February (fortnightly)</p>
<p>GAMES AFTERNOON 1:30-4 Chess, scrabble, dice, cards and board games in Office.</p>	<p>YOGA AND MEDITATION 11-12 pm At Tuggeranong Library Meeting room. BYO mat /blanket</p>	<p>GAMES AFTERNOON 1:30-4 Chess, scrabble, dice, cards and board games.</p>		<p>PIZZA LUNCH CLUB PIZZA in Office. RSVP by 12pm . \$5</p>
<p>POOL, BILLIARDS ARVO 2pm- 3.30. Join us for an afternoon of playing pool. Meet at office.</p>	<p>SWIMMING 1pm with Dale At Lakeside Leisure Centre. Free with pension card Starting 5th February</p>		<p>ART FOR RECOVERY A mixed media art group 2-4pm. Bookings essential \$80 per term /with NDIS \$40. Contact Carmel 62933951. Starting 14th February</p>	<p>GET INTO READING A fun type of book club With Colin. 2-3:30pm Woden Library Community Room</p>

