

DAY TO DAY LIVING TUGGERANONG TERM 3 2019

Monday 23rd July to Friday 27th September



Monday	Tuesday	Wednesday	Thursday	Friday
<p>OPEN SPACE</p> <p>The Office will be open from 9am</p> <p>GYM</p> <p>11am with Dale (TMH) Meet at At Erindale Vikings Club. \$4</p>	<p>CRAFT GROUP</p> <p>10:30-12:30 am.</p> <p>With Jeremy. Jewellery making, clay working and more. \$5 for materials per class meet in office.</p>	<p>OPEN SPACE</p> <p>The Office will be open from 9am</p> <p>GYM</p> <p>11am with Dale (TMH) Meet at At Erindale Vikings Club. \$4</p>	<p>OPEN SPACE</p> <p>The Office will be open from 9am. Come and have a cuppa and a chat. Peer support is available.</p>	<p>OPEN SPACE</p> <p>The Office will be open from 10am. Come and have a cuppa and a chat.</p>
<p>WALKING GROUP</p> <p>10.30. Meet at Office for a relaxing group walk on the foreshore of Lake Tuggeranong.</p>	<p>TEN PIN BOWLING</p> <p>NEW TIME OF 10.30am at Tuggeranong Bowling Centre 2 games for \$8 includes shoe hire</p>	<p>CREATIVE WRITING</p> <p>10-12. Meet at WODEN Library Community room.(upstairs)</p>	<p>CONVERSATION GROUP</p> <p>11am . Meet at PHAT PANDA In the Courtyard at the Hyperdome for a social cuppa and a chat.</p>	<p>PHILOSOPHY @ WODEN</p> <p>10-11am Woden Library Community room. Group runs on a fortnightly basis, starting 26th July (fortnightly)</p>
<p>HEALTHY LUNCH</p> <p>12noon in office. \$5 Please rsvp by 11.30.</p>	<p>GUNGHALIN GAMES GROUP</p> <p>Chess, scrabble and backgammon 12:30-2:30 Meet at GUNGHALIN library community room</p>	<p>HEALTHY LUNCH</p> <p>12noon in office. \$5 Please rsvp by 11.30.</p>	<p>GAMES AFTERNOON</p> <p>1-4 Chess, scrabble, dice, cards and board games in Office.</p>	<p>PHOTOGRAPHY GROUP</p> <p>10.15am. Meet in office. With Dale and Tracy. We have cameras available. starting 2nd August (fortnightly)</p>
<p>GAMES AFTERNOON</p> <p>1:30-4 Board, dice, and cards games etc, in Office.</p>	<p>YOGA AND MEDITATION</p> <p>11-12 pm At Tuggeranong Library Meeting room. BYO mat /blanket</p>	<p>SOCIAL TENNIS</p> <p>1—2pm at Vikings Sports Club. Racquets provided, All levels welcome. Free with BCS registration</p>		<p>PIZZA LUNCH CLUB</p> <p>Arnolds PIZZA in Office. RSVP by 12pm \$5</p>
<p>POOL, BILLIARDS ARVO</p> <p>2pm- 3.30. Join us for an afternoon of playing pool. Meet at office.</p>	<p>SWIMMING</p> <p>1.30 pm with Dale At Lakeside Leisure Centre. Free with pension card Contact Dale on 62052777</p>	<p>GAMES AFTERNOON</p> <p>1:30-4 Board , dice, and cards games etc, in Office.</p>	<p>ART FOR RECOVERY</p> <p>A mixed media art group 2-4pm. Bookings essential \$80 per term or with NDIS \$40. Contact Carmel Starts 25 July</p>	<p>GET INTO READING</p> <p>A fun type of book club With Colin. 2-3:30pm Woden Library Community Room, (upstairs)</p>

