

DAY TO DAY LIVING TUGGERANONG TERM 4 2018

Monday 15 October to Friday 21 December



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>OPEN SPACE</u> The Office will be open from 9-4. Come and have a cuppa and a chat. Peer support is available.</p>	<p><u>OPEN SPACE</u> The Office will be open from 9-4. Come and have a cuppa and a chat. Peer support is available.</p>	<p><u>OPEN SPACE</u> The Office will be open from 9-4. Come and have a cuppa and a chat. Peer support is available.</p>	<p><u>OPEN SPACE</u> The Office will be open from 9-4. Come and have a cuppa and a chat. Peer support is available.</p>	<p><u>PHILOSOPHY @ WODEN</u> 10am—11:30 Woden Library Community room. Group runs on a fortnightly basis, starting 26TH October..</p>
<p><u>FITNESS GROUP</u> 10.30-11.30. Meet at Office to walk to fitness station for light weight bearing exercise.</p>	<p><u>TEN PIN BOWLING</u> 11am at Tuggeranong Bowling Centre 2 games for \$8 includes shoe hire</p>	<p><u>HEALTHY LUNCH</u> 12noon in office. \$5 Please rsvp by 11.30.</p>	<p><u>CONVERSATION GROUP</u> 11am . Meet at PHAT PANDA In the Courtyard at the Hyperdome for a social cuppa and a chat.</p>	
<p><u>HEALTHY LUNCH</u> 12noon in office. \$5 Please rsvp by 11.30.</p>	<p><u>GUNGHALIN GAMES GROUP</u> Chess, scrabble and backgammon 12:30-2:30 GUNGHALIN library community room</p>	<p><u>CREATIVE WRITING</u> With Gillian 10-12 in WODEN Library Community room.</p>	<p><u>GAMES AFTERNOON</u> 11:30-4 Chess, scrabble, dice, cards and board games.</p>	<p><u>GET INTO READING</u> A fun type of book club With Colin. 1:30-3:00 Woden Library Community Room</p>
<p><u>GAMES AFTERNOON</u> 1:30-4 Chess, scrabble, dice, cards and board games.</p>		<p><u>SOCIAL TENNIS</u> 1—2:30pm at Vikings Sports Club. Racquets provided, All levels welcome. Free with BCS registration</p>		<p><u>LUNCH CLUB</u> PIZZA in Office. RSVP by 12pm \$5</p>
<p><u>POOL, BILLIARDS ARVO</u> 2pm- 3.30. Join us for an afternoon of playing pool. Meet at office.</p>	<p><u>YOGA AND MEDITATION</u> 2-3 pm At Tuggeranong Library Meeting room. BYO mat /blanket</p>	<p><u>GAMES AFTERNOON</u> 1:30-4 Chess, scrabble, dice, cards and board games.</p>	<p><u>ART FOR RECOVERY</u> A mixed media art group 2-4pm. Bookings essential \$80 per term /with NDIS \$40. Contact Carmel 62933951.</p>	<p><u>GAMES AFTERNOON</u> 1:30-4 Chess, scrabble, dice, cards and board games.</p>