

# SOCIAL SUPPORT GROUPS

## JULY 2022

**Bookings Required Contact Emma on 6126 4723 or 0408 739 020**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>DRAWING CLASSES</b> Weekly 10-11.30 am Unleash your inner creativity and our new classes run by two local artists (morning tea incl.)</p> <p><b>CRAFT &amp; GAMES SOCIAL GROUP</b> Weekly 2-4pm Conversation and coffee over games or crafting for charity.</p>	<p><b>STRUM FOR FUN</b> Weekly 10.30-11.30am Beginners Ukulele group. Join us for some musical fun!</p>	<p><b>MIXED BAG SINGING GROUP</b> Weekly 2.30-3.30pm Singing for fun!</p>	<p><b>PAINT AND PLAY</b> Weekly 10am-1.30pm Playgroup activities, craft and gardening.</p> <p><b>WOMEN'S WELLBEING &amp; AFRICAN DRUMMING</b> Starts 28th April 12 week program Drumming practice with other women in a relaxed environment that includes discussions on topics that are relevant to your own health &amp; wellbeing. <i>CS#1 Hall</i></p>	<p><b>GARDENING GROUP</b> Weekly 11am-12pm</p> <p><b>WEEKLY</b> Come help out in our Garden, have a cuppa &amp; make new friends.</p> <p><b>YOGA</b> Weekly 1.30pm-2.30pm</p> <p><b>WOMEN'S BASKET WEAVING</b> Weekly 12.30pm-2.30pm Weekly Introductory coil weaving workshops, including light refreshments. Facilitated by professional weaver and</p>

**Are you having difficulty paying for groceries for yourself or your family?  
Did you know that we run a community food pantry?  
We stock a variety of groceries & fresh produce at affordable prices.  
Please call reception for bookings. Ph: 1800 960 938**