

	Mon	TUES	WED	THURS	FRI	SAT	SUN
Week 1 [Date]	Landcare & Lunch 11am-12.30pm Garden maintenance, community projects, excursions, and lunch			Chill & Chat 10am – 11am group, casual conversations, coffee, community access Dine Out 5:30pm -7pm	Mindfulness 11am-12pm Offering a variety of mindfulness practices indoors or out	Adventure group 9am – 11am	Sunday BBQ 12pm – 1.30pm
Week 2 [Date]				L2B Assert Yourself 10am – 11am Living an enriched and meaningful life can be challenging if we are not communicating effectively. Dine Out 5:30pm -7pm	Community Breakfast 8:30am-9.15am Shared breakfast & Conversation in the courtyard	Adventure group 9am – 11am	Sunday BBQ 12pm – 1.30pm
Week 3 [Date]	Landcare & Lunch 11am-12.30pm Garden maintenance, community projects, excursions, and lunch			Chill & Chat 10am – 11am group, casual conversations, coffee, community access Dine Out 5:30pm -7pm	Mindfulness 11am-12pm Offering a variety of mindfulness practices indoors or out	Adventure group 9am – 11am	Sunday BBQ 12pm – 1.30pm

<p>Week 4 [Date]</p>		<p>O'Connell St Tenant Meeting 4pm – 4.30pm</p>		<p>L2B Self Care 10am – 11am As you open yourself up to self-care, you can begin to feel the benefits.</p> <p>Dine Out 5:30pm -7pm</p>	<p>Community Breakfast 8:30am-9.15am Shared breakfast & Conversation in the courtyard</p>	<p>Adventure group 9am – 11am</p>	<p>Sunday BBQ 12pm – 1.30pm</p>
<p>Week 5 [Date]</p>	<p>Landcare & Lunch 11am-12.30pm Garden maintenance, community projects, excursions, and lunch</p>			<p>Chill & Chat 10am – 11am group, casual conversations, coffee, community access</p> <p>Dine Out 5:30pm-7pm</p>	<p>Mindfulness 11am-12pm Offering a variety of mindfulness practices indoors or out</p>	<p>Adventure group 9am – 11am</p>	<p>Sunday BBQ 12pm – 1.30pm</p>
<p>Week 6 [Date]</p>				<p>L2B Mindful Money 10am – 11am This topic will give you the opportunity to discover the signs and symptoms of financial hardship.</p> <p>Dine Out 5:30pm-7pm</p>	<p>Community Breakfast 8:30am-9.15am Shared breakfast & Conversation in the courtyard</p>	<p>Adventure group 9am – 11am</p>	<p>Sunday BBQ 12pm – 1.30pm</p>

HASI Plus O'Connell GROUP PROGRAM

18/9/23