	Mon	TUES	WED	THURS	FRI	SAT	SUN
Week	Landcare &			Chill & Chat	Mindfulness	Adventure	Sunday
1	Lunch			10am –	11am-12pm	group	BBQ
[Date]	11am- 12.30pm Garden maintenance, community projects, excursions, and lunch			11am group, casual conversations, coffee, community access	Offering a variety of mindfulness practices indoors or out	9am – 11am	12pm – 1.30pm
307				5:30pm -7pm			
Week 2 [Date]				Vourself 10am – 11am Living an enriched and meaningful life can be challenging if we are not communicating effectively. Dine Out	Breakfast 8:30am- 9.15am Shared breakfast & Conversation in the courtyard	Adventure group 9am – 11am	Sunday BBQ 12pm – 1.30pm
				5:30pm -7pm			
Week	Landcare &			Chill & Chat	Mindfulness	Adventure	Sunday
3	Lunch			10am –	11am-12pm	group	BBQ
[Date]	11am- 12.30pm Garden maintenance, community projects, excursions,			group, casual conversations, coffee, community access	Offering a variety of mindfulness practices indoors or out	9am – 11am	12pm – 1.30pm
	and lunch			Dine Out			
				5:30pm -7pm			



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

HASI Plus O'Connell GROUP PROGRAM