



# Yakkalla Program February 2018









Leaders in Community Mental Health respectfully providing social support in recovery

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Please note that while we aim to keep to the program, we may from time to time have to change activities due to staffing changes and/or weather conditions. Any inconvenience is regretted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Feeling lonely? Staring at four walls? Bored? Want to learn a new skill or experience a new hobby? Come and make some friends, laugh, connect with others in your community or maybe just 'hang out' with like-minded people in a relaxed no pressure settin</i></p>	 <p>Bus pickups. Gosford daily 9am. Bus departs Yakkalla 3pm</p>		<p>01/02/2018 Art and craft 9.30-12.30pm. Try something new. (Jenny)</p> <p>Vegetarian Cooking. Learn how to prepare nutritious meals, baked goodies and basic cooking techniques. \$'s (Franky)</p> <p>Yakkalla Band – 10.00-12.30pm (Brad/Jane)</p> <p>Pool Competition 1.30-3.00pm All welcome. (Jenny)</p> <p>Outing - come for a dip at Mingara. Cost \$4.50 concession 1.30-2.45pm (Jane)</p>	<p>02/02/2018 <b><u>FFW – Friday Fitness Walkers</u></b></p> <p>Discover your amazing coast!!</p> <p>Walk a little or a lot – there will be bus back up whenever you feel the need.</p> <p>See Jane for details</p> <p>Pickup Gosford 9.00am Yakkalla 10.00am</p>
<p>05/02/2018 Art and craft – 9.30-12.30pm (Jenny)</p> <p>Fun Walkers – 9.30-12.30pm. Stress free medium paced walking. (Consumer Run)</p> <p>Art &amp; Craft - 1.30-3.30pm. Try your hand at creating a masterpiece. All welcome (Jenny)</p>	<p>06/02/2018 Ten Pin Bowling - 10.00-11.00am \$8.00 (Tony) Stretch and Relax 10.00-11.15am (Jane) Yakkalla lunch - 11.30-12.00pm. \$4.00 Pay/ring to book by <u>10.00am.</u> (Jenny) House Meeting 12.30pm Music Jam - 12.45-2.30pm (Brad) Social Light Walk/Coffee. 1.30-3.00pm (Jane) Around the Lounge Discussion Group 2.30-3.30pm Games Afternoon 1.30-3.00pm. Who wants to be a Millionaire. (Jenny)</p>	<p>07/02/2018</p>  <p>Jotters Group. 10.00-12.00 (Jane)</p> <p>Outing – All Welcome. 10.00am-3.00ish. Milk Factory and Cheese Shop morning tea, Wye Nursery/Tuggerah Shops for lunch. (Jenny)</p>	<p>08/02/2018 Art and craft 9.30-12.30pm. Try something new. (Jenny)</p> <p>Vegetarian Cooking. Learn how to prepare nutritious meals, baked goodies and basic cooking techniques. \$'s (Franky)</p> <p>Yakkalla Band – 10.00-12.30pm (Brad/Jane)</p> <p>Pool Competition 1.30-3.00pm All welcome. (Jenny)</p> <p>Outing - come for a dip at Mingara. Cost \$4.50 concession 1.30-2.45pm (Jane)</p>	<p>09/02/2018 <b><u>FFW – Friday Fitness Walkers</u></b></p> <p>Discover your amazing coast!!</p> <p>Walk a little or a lot – there will be bus back up whenever you feel the need.</p> <p>See Jane for details</p> <p>Pickup Gosford 9.00am Yakkalla 10.00am</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>12/02/2018</p> <p>Art and craft – 9.30-12.30pm (Jenny)</p> <p>Fun Walkers – 9.30-12.30pm. Stress free medium paced walking. (Consumer Run)</p> <p>Art &amp; Craft - 1.30-3.30pm. Try your hand at creating a masterpiece. All welcome (Jenny)</p> 	<p>13/02/2018</p> <p>Ten Pin Bowling - 10.00-11.00am \$8.00 (Tony)</p> <p>Stretch and Relax 10.00-11.15am (Jane)</p> <p>Yakkalla lunch - 11.30-12.00pm. \$4.00 Pay/ring to book by <u>10.00am</u>. (Jenny)</p> <p>Music Jam - 12.45-2.30pm (Brad)</p> <p>Social Light Walk/Coffee. 1.30-3.00pm (Jane)</p> <p>Around the Lounge Discussion Group 2.30-3.30pm</p> <p>Games Afternoon 1.30-3.00pm. Who wants to be a Millionaire (Jenny)</p>	<p>14/02/2018</p> <p>Jotters Group. 10.00-12.00 (Jane)</p>  <p>Outing All Welcome. 10.00am-3.00ish. Mangrove Mountain Fruit and Vegetable shop. \$10.00 Lunch at Woy Woy Pelican. Bring \$'s for shopping. (Jenny)</p>	<p>15/02/2018</p> <p>Art and craft 9.30-12.00pm. Try something new. (Jenny)</p> <p>Vegetarian Cooking. Learn how to prepare nutritious meals, baked goodies and basic cooking techniques. \$'s (Franky)</p> <p>Yakkalla Band – 10.00-12.30pm (Brad/Jane)</p> <p>Pool Competition 1.30-3.00pm All welcome. (Jenny)</p>  <p>Outing - come for a dip at Mingara. Cost \$4.50 concession 1.30-2.45pm (Jane)</p>	<p>16/02/2018</p> <p><b><u>FFW – Friday Fitness Walkers</u></b></p> <p>Discover your amazing coast!!</p> <p>Walk a little or a lot – there will be bus back up whenever you feel the need.</p> <p>See Jane for details</p> <p>Pickup Gosford 9.00am Yakkalla 10.00am</p>
<p>19/02/2018</p> <p>Art and craft – 9.30-12.30pm (Jenny)</p> <p>Fun Walkers – 9.30-12.30pm. Stress free medium paced walking. (Consumer Run)</p> <p>Art &amp; Craft - 1.30-3.30pm. Try your hand at creating a masterpiece. All welcome (Jenny)</p>	<p>20/02/2018</p> <p>Ten Pin Bowling – 10.00-11am \$8.00 (Tony)</p> <p>Stretch and Relax 10.00-11.15am (Jane)</p> <p>Yakkalla Lunch – 11.30-12.00pm. \$4.00 Pay/ring to book by 10.00am (Jenny)</p> <p>Music Jam – 12.45-2.30pm (Brad)</p> <p>Social Light Walk/Coffee. 1.30-3.00pm (Jane)</p> <p>Around the Lounge Discussion Group 2.30-3.30pm</p> <p>Games Afternoon 1.30-3.00pm. Who wants to be a Millionaire (Jenny)</p>	<p>21/02/2018</p> <p>Jotters Group. 10.00-12.00 (Jane)</p>  <p>Outing All Welcome. 10.00-2.30pm. Avoca for fish and chips and a swim. (If raining will be inside outing) (Jenny)</p>	<p>22/02/2018</p> <p>Art and craft 9.30-12.00pm. Try something new. (Jenny)</p> <p>Vegetarian Cooking. Learn how to prepare nutritious meals, baked goodies etc. \$'s (Franky)</p> <p>Yakkalla Band – 10.00-12.30pm (Brad/Jane)</p> <p>Pool Competition 1.30-3.00pm All welcome. (Jenny)</p> <p>Outing - come for a dip at Mingara. Cost \$4.50 concession. 1.30-2.45pm (Jane)</p>	<p>23/02/2018</p> <p><b>CENTRE CLOSED</b></p>
<p>26/02/2018</p> <p>Art and craft – 9.30-12.30pm (Jenny)</p>  <p>Fun Walkers – 9.30-12.30pm. Stress free medium paced walking. (Consumer Run)</p> <p>Art &amp; Craft - 1.30-3.30pm. Try your hand at creating a masterpiece. All welcome (Jenny)</p>	<p>27/02/2018</p> <p>Ten Pin Bowling -10-11.00am \$8.00 (Tony)</p> <p>Stretch and Relax 10.00-11.15am (Jane)</p> <p><b>BBQ LUNCH</b> - 11.30-12.30pm. \$4.00 Pay/ring to book by <u>10.00am</u> (Jenny)</p> <p>Music Jam - 12.45-2.30pm (Brad)</p> <p>Social Light Walk/Coffee. 1.30-3.00pm (Jane)</p> <p>Around the Lounge Discussion Group 2.30-3.30pm</p> <p>Games Afternoon 1.30-3.00pm Who wants to be a Millionaire (Jenny)</p>	<p>28/02/2018</p> <p>Jotters Group. 10.00-12.00 (Jane)</p>  <p>Outing All Welcome. 9.20am-2.30pm. Movies and Lunch at Erina. (Jenny)</p>		<p><i>Feeling lonely? Staring at four walls? Bored? Want to learn a new skill or experience a new hobby? Come and make some friends, laugh, connect with others in your community or maybe just 'hang out' with like-minded people in a relaxed no pressure setting.</i></p>

