


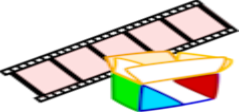
Yakkalla Program October 2017






Leaders in Community Mental Health respectfully providing social support in recovery

6 Community Drive, Bateau Bay, NSW 2261. Phone Us: 43343666. Fax: 43343159 Email: arafmibb@bigpond.com

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>02/10/2017</p> <p style="text-align: center;">PUBLIC HOLIDAY</p> <p style="text-align: center;">CENTRE CLOSED</p> | <p>03/10/2017</p> <p>Ten pin Bowling - 10.00-11.00am \$8 (Jane)</p> <p>Stretch'n relax - 10.00-11.15am (Phil)</p> <p>Yakkalla lunch - 11.30-12 pm. \$3.00 Please advise/pay by <u>10am</u> or ring to book. (Jenny)</p> <p>Recovery Workshop – 11:30-12:30pm</p> <p>House meeting - 12.30pm</p> <p>Music Jam - 12.45-2.30pm (Brad/Jane)</p> <p>Social light walk/coffee stop 1.30-3.00pm (Phil/Jane)</p> <p>Games with Jenny - 1.30-3.30pm</p> <p>Around the Lounge Discussion Group 2.30-3.30pm (Phil)</p> | <p>04/10/2017</p> <p>Outing. Spring is here. Morning tea at Wye Nursery then on to Swansea for lunch by the sea. 9.30-2.30ish (Jenny)</p>  <p>Jotters Group -10.00-12.00pm (Jane)</p> <p>Jotters Art Project - 1.00-3.00pm (Jane)</p> <p>GMHC Transition (Phil)</p> <p>Tamarind Transition (Phil)</p> | <p>05/10/2017</p> <p>Pool Competition. 10.00-11.30am Play out for a winner (Jenny)</p> <p>Music Group - 10.00-1.00pm. Yakkalla Band Practice (Brad/Jane))</p> <p>Cooking 101. Learn how to prepare nutritious meals, baked goodies and basic cooking techniques. \$'s (Franky)</p> <p>Art and Craft 1.30-3.00pm (Jenny)</p> <p>Meditation – 1.30-2.30pm (Phil)</p> <p>Theatre Sports - 1.30-2.30pm (Jane)</p> | <p>06/10/2017</p> <p><u>FFW – Friday Fitness Walkers</u></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 Phil for details</p> <p>Pickup Gosford 9.00am</p> <p>Yakkalla 10.00am</p> |
| <p>09/10/2017</p> <p>Art and craft - 9.30-12.30pm (Jenny)</p> <p>Fun Walkers - 9.30-12.30pm. Stress free medium paced walking (Phil)</p> <p>Art & Craft - 1.30-3.30pm. Try your hand at creating a masterpiece. All welcome (Jenny)</p> <p>Men's Stuff - 1.30-2.30pm. Men's discussion group. (Phil)</p> | <p>10/10/2017</p> <p>Ten pin Bowling - 10.00-11.00am \$8 (Jane)</p> <p>Stretch'n relax 10.00-11.15am (Phil)</p> <p>Yakkalla lunch - 11.30-12 pm. \$3.00 Please advise/pay by <u>10am</u> or ring to book. (Jenny)</p> <p>Recovery Workshop – 11:30-12:30pm</p> <p>House meeting - 12.30pm</p> <p>Music Jam - 12.45-2.30pm (Brad/Jane)</p> <p>Social light walk/coffee stop. 1.30-3.00pm (Phil)</p> <p>Games with Jenny - 1.30-3.30pm</p> <p>Around the Lounge Discussion Group 2.30-3.30pm</p> | <p>11/10/2017</p>  <p>Outing – Movies and lunch at Tuggerah. All welcome. Bring \$'s. 9.30-2.30ish. (Jenny)</p> <p>Jotters Group -10.00-12.00pm</p> <p>Outing – Terrigal (Jane)</p> <p>GMHC Transition (Phil)</p> <p>Tamarind Transition (Phil)</p> | <p>12/10/2017</p> <p>Pool Competition. 10.00-11.30am Play out for a winner (Jenny)</p> <p>Music Group - 10.00-1.00pm. Yakkalla Band Practice (Brad/Jane))</p> <p>Cooking 101. Learn how to prepare nutritious meals, baked goodies and basic cooking techniques. \$'s (Franky)</p> <p>Meditation – 1.30-2.30pm (Phil)</p> <p>Theatre Sports - 1.30-2.30pm (Jane)</p> <p>Art and craft – 1.30-3.00pm. (Jenny)</p> | <p>13/10/2017</p> <p><u>FFW – Friday Fitness Walkers</u></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 Phil for details</p> <p>Pickup Gosford 9.00am</p> <p>Yakkalla 10.00am</p> |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| <p>16/10/2017</p> <p>Art and craft - 9.30-12.30pm (Jenny)</p> <p>Fun Walkers - 9.30-12.30pm. Stress free medium paced walking (Phil)</p> <p>Art & Craft - 1.30-3.30pm. Try your hand at creating a masterpiece. All welcome (Jenny)</p> <p>Men's Stuff - 1.30-2.30pm. Men's discussion group. (Phil)</p> | <p>17/10/2017</p> <p>Ten pin Bowling - 10.00-11.00am \$8 (Jane)</p> <p>Yakkalla lunch - 11.30-12.00pm. \$3 Please pay by <u>10am</u> or ring to book. (Jenny)</p> <p>Recovery Workshop – 11:30-12:30pm</p> <p>House meeting - 12.30pm</p> <p>Music Jam - 12.45- 2.15pm. Beginners guitar, ukulele lessons, music jam. All welcome. (Brad)</p> <p>Social light walk/coffee stop 1.30- 3.00pm (Jane)</p> <p>Games with Jenny - 1.30-3.00pm</p> <p>Around the Lounge Discussion Group 2.30-3.30pm</p> | <p>18/10/2017</p> <p>Outing – All welcome. Op shop shopping up north stopping at a quaint nursery for morning tea. 10.00-2.30ish. (Jenny)</p>  <p>Jotters Group - 10.00am-12.00pm</p> <p>Outing – The Entrance for lunch (Jane)</p> | <p>19/10/2017</p> <p>Pool Competition. 10.00-11.30am Play out for a winner (Jenny)</p> <p>Music Group - 10.00-1.00pm. Yakkalla Band Practice (Brad/Jane)</p> <p>Cooking 101. Learn how to prepare nutritious meals, baked goodies and basic cooking techniques. \$'s (Franky)</p> <p>Theatre Sports - 1.30-2.30pm (Jane)</p> <p>Art and craft – 1.30-3.00pm. (Jenny)</p> | <p>20/10/2017</p> <p><u>FFW – Friday Fitness Walkers</u></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</p> <p>Yakkalla 10.00am</p> |
| <p>23/10/2017</p> <p>Art and craft - 9.30-12.30pm (Jenny)</p> <p>Fun Walkers - 9.30-12.30pm. Stress free medium paced walking day. (Phil)</p> <p>Craft - 1.30-3.00pm All welcome. (Jenny)</p> <p>Men's Stuff - 1.30-2.30pm. Men's discussion group. (Phil)</p> | <p>24/10/2017</p> <p>Ten pin Bowling - 10.00-11.00am \$8 (Jane)</p> <p>Yakkalla lunch - 11.30-12.00pm. \$3.00 Please pay by <u>10am</u> or ring to book (Jenny)</p> <p>Recovery Workshop – 11:30-12:30pm</p> <p>House meeting - 12.30pm</p> <p>Music Jam 12.45-2.15pm. Beginners guitar, ukulele lessons, music jam. All welcome. (Brad)</p> <p>Social light walk/coffee stop 1.30– 3.00pm (Jane)</p> <p>Games with Jenny - 1.30-3.00pm</p> <p>Around the Lounge Discussion Group 2.30-3.30pm</p> | <p>25/10/2017</p>  <p>Outing – All welcome. Cabaret at the Halli Club. 2 course lunch and show. Please put your name down by 9th October to book in. It's a great day. 10.00-2.30pm. (Jenny)</p> <p>Jotters Group - 10.00am-12.00pm</p> <p>Outing – Avoca Beach for lunch. (Jane)</p> | <p>26/10/2017</p> <p>Pool Competition. 10.00-11.30am Play out for a winner (Jenny)</p> <p>Music Group - 10.00-12.30pm Total beginners to professional. (Brad/Jane)</p> <p>Cooking 101. Learn how to prepare nutritious meals, baked goodies and basic cooking techniques. \$'s (Franky)</p> <p>Art and Craft – 1.30-3.00pm (Jenny)</p> <p>Theatre Sports - 1.30-2.30pm (Jane)</p> | <p>27/10/2017</p> <p><u>FFW – Friday Fitness Walkers</u></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</p> <p>Yakkalla 10.00am</p> |
| <p>30/10/2017</p> <p>Art and craft - 9.30-12.30pm (Jenny)</p> <p>Fun Walkers - 9.30-12.30pm. Stress free medium paced walking. (Phil)</p> <p>Craft - 1.30-3.00pm All welcome. (Jenny)</p> <p>Men's Stuff - 1.30-2.30pm. Men's discussion group. (Phil)</p> | <p>31/10/2017</p> <p>Ten pin Bowling - 10.00-11.00am \$8 (Jane)</p> <p>Yakkalla lunch - 11.30-12.00pm. \$3.00 Please pay by <u>10am</u> or ring to book (Jenny)</p> <p>Recovery Workshop – 11:30-12:30pm</p> <p>House meeting - 12.30pm</p> <p>Music Jam 12.45-2.15pm. Beginners guitar, ukulele lessons, music jam. All welcome. (Brad)</p> <p>Social light walk/coffee stop 1.30– 3.00pm (Jane)</p> <p>Games with Jenny - 1.30-3.00pm</p> <p>Around the Lounge Discussion Group 2.30-3.30pm</p> | <p>Bus pickups. Gosford daily 9am. Wyong Station pickup/availability to be arranged by phoning at least 24hrs prior. Bus departs Yakkalla 3pm</p> |  | <p>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</p> |

RECOVERY AND YOU

Learn about how to be an expert in your own life.

11.30am to 1.00pm

Week 3: October 3, 2017

Language of Mental Health Recovery, Opportunities and Barriers.

Week 4: October 10, 2017

Suggestion for the future, preparing for your NDIS plan.

Week 5 and 6: October 17, 2017 and October 24, 2017.

Choice and Control: NDIS for carers and participants. Pre-planning and assisting you with any questions you have about the NDIS.



ARAFMI GALA DAY



Celebrating Carers Week Saturday 21st October 2017

21 Bellbowrie Avenue Narara

Festival commences 10am – 2pm

Come and meet the animals from the Reptile Park !!!

Market Stalls Pony Rides Balloon Artist Air Brush Tattoos Face Painting

Information Hub and Free Health Checks

CAFE / Sausage Sizzle/ Wood Fire Pizza Oven and LOTS MORE

Come along for a fun family day out !!!!

Central Coast ARAFMI proudly supporting families and carers.

For more information phone 4323 7731