



Inspire Clubhouse Timetable | June 2021

All activities are included in your membership, feel free to come and join us! Coffee and snacks available daily.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9.30am - 11am Walking Group with Jono (meet at Clubhouse)</p> <p>10am - 11.00am Art Group</p> <p>10am - 12noon Board Games</p> <p>10am - 12noon Kitchen Krew (lunch prep and serve)</p>	<p>9am - 11am Garden Crew</p> <p>10am - 11.30am Phase 10 Challenge</p> <p>10am - 12noon Kitchen Krew (lunch prep and serve)</p> <p>10am - 11am Barefoot Bowls (June 8 & June 22)</p> <p>10am - 11am Wellness Group Meditation, mindfulness and chair yoga (June 1, June 15 & June 29)</p>	<p>8.45am - 12noon Fishing Group (bus leaves 9am)</p> <p>10am - 11.30am Art/craft Session</p> <p>10am - 12noon Kitchen Krew (lunch prep and serve)</p>	<p>9.30am - 11.30am Sewing Group (working on show entry, new people welcome)</p> <p>10am - 11am Wellness Group Meditation, mindfulness and chair yoga (beginning June 17)</p> <p>10am - 12noon Kitchen Krew (lunch prep and serve)</p>	<p>9.30am - 11am Board Games</p> <p>9.0am - 11am Garden crew</p> <p>9.30am - 10am Guitar Tutoring</p> <p>10am - 11.30am "The Inspirators" Band jam session</p> <p>10am - 11.30am Member baking day</p> <p>Menu prep for next week</p>
<p>1pm - 3pm Hearing Voices Group (new people welcome) (June 7, June 21)</p> <p>1pm - 3pm Op-shopping (June 14, June 28)</p>	<p>1.30pm - 3pm Street Soccer (bus leaves 1.15pm)</p>	<p>1pm - 2.30pm Outreach - AAMHIU Beading (opportunity for 1 member facilitator each week)</p> <p>1pm - 3pm Men's Group</p> <p>1pm - 3pm Casual Ladies Group</p>	<p>1pm - 2.30pm Karaoke</p> <p>1pm - 3pm Uno Challenge</p>	<p>1pm - 2.30pm Inspiring Friendships Group</p> <p>12.30pm - 2.30pm "Walk Swim Ride" Riverway (meet at 1pm near top pool)</p>

Key Dates

- June 21 - Open day sausage sizzle, in conjunction with Mentally Healthy City.