













# What's on @ TEMHCO

3/7 Rolyat Street, Palmerston

9:00 am to 2:30 pm

Contact Helen Day on 0429 082 781

March 2019

M	T	W	T	F
 <p>Art Therapy with Claudia 10:00 am to 12:00 pm</p>  <p>Massage with Betty 10:00 am to 12:00 pm</p>  <p>Meditation Classes with Tammy 1:00 pm to 2:00 pm</p>	 <p>Men's Grooming Session with Rose 10:00 am to 12:00 pm First Tuesday of each month</p>  <p>BBQ lunch every Tuesday (\$3.00 pp)</p>	 <p>Ladies Morning Tea with Sewing &amp; Craft Classes 9:30 am to 11:30 am</p>  <p>Ladies Pamper Session with Rose 10:00 am to 12:00 pm First Wednesday of each month</p>	<p><b>Outdoor Activities</b></p>  <p><b>Grow</b></p> <p>Somerville Centre, Gray 10:00 am to 12:00 pm Lunch and Shopping Venue TBA each week</p> <p><i>Or</i></p> <p>Visit other Drop-in Centres, Shopping, etc. - can vary each week 10:00 am to 3:00 pm</p>  <p><b>TEMHCO DROP-IN CENTRE CLOSED ON THURSDAYS</b></p>	 <p>Music Therapy Classes with Crystal Robins 9:30 am to 11:30 am</p>