











M	T	W	T	F
 <p>Art Therapy with Claudia 9:30 am to 11:30 pm</p>  <p>Massage with Betty 9:30 am to 11:30 am</p>  <p>Meditation Classes with Tammy 1:00 pm to 2:00 pm</p>	 <p>BBQ lunch 12:00 pm</p> <p>Information Sessions My Recovery Program <i>Information Presentation</i> 16 July 2019 10:00am to 12:00pm NDIS Presentation 23 July 2019 10:00am to 12:00pm</p> <p><i>See flyers for further information</i></p>  <p>Men's Grooming Session with Rose 9:30 am to 11:30 am 9 July 2019</p>	 <p>Sewing & Craft Classes 9:30 am to 11:30 am</p> <p><i>Or</i></p>  <p>Go fishing! (be at centre by 9:00am)</p>  <p>9:30 am to 11:30 am 3rd & 17th July 2019 Ladies Pamper Session with Rose</p>	<p>Outdoor Activities</p>  <p>Grow</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 09:00 am to 2:30 pm (please call day before if you require a lift)</p> <p>TEMHCO DROP-IN CENTRE CLOSED ON THURSDAYS FOR OUTDOOR ACTIVITES</p>	 <p>Music Therapy Classes with Crystal Robins 9:30 am to 11:30 am</p> <p>All afternoons Computer Sessions or Board Game Activities</p> <p><i>(12:30pm to 2:30pm excluding Mondays and Thursdays)</i></p> <p>Coming Soon... Community Gardening!</p>