















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>GRAND OPENING RSVP Essential 20th August 2019 9:00am to 12:00pm</p> <p><i>All therapeutic activities will be held at this event except Meditation</i></p>  <p>Men's Grooming Session with Rose 9:30 am to 11:30 am 13th August 2019</p>	 <p>Sewing & Craft Classes 9:30 am to 11:30 am</p> <p>Or</p>  <p>Go fishing! (be at centre by 9:00am)</p>  <p>9:30 am to 11:30 am 7th & 21st August 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>Or</p> <p>Visit other Drop-in Centres, Shopping, etc. - can vary each week</p> <p>09:00 am to 3:00 pm</p>  <p>Movie Time! 15th & 29th August 2019 (please call day before if you require a lift)</p> <p>TEMHCO DROP-IN CENTRE CLOSED</p>	 <p>Music Therapy Classes with Crystal Robins 9:30 am to 11:30 am</p>  <p>Reflexology 2nd & 30th August 2019</p> <p>All afternoons Computer Sessions or Board Game Activities (12:30pm to 2:30pm excluding Mondays and Thursdays)</p> <p>Join in any day! Community Gardening (except Thursdays)</p>