



M	T	W	T	F
<p>Art Therapy with Claudia 9:30 am to 11:30 am</p>  <p><i>and</i></p> <p>Massage with Betty 10:00 am to 12:00 pm</p> 	<p>Centre Closed Outdoor Activities Visit other Drop-in</p>  <p>Centres, Shopping, etc. - can vary each week</p> <p>09:00 am to 3:00 pm</p> <p>OR</p>  <p>Grow</p>	 <p>Textile Workshop 9:30 am to 11:30 am</p>  <p>Ladies Pamper Session with Rose 10:00 am to 12:00 pm 2nd & 16th September</p>  <p>Reflexology 30th September 9:30 am to 11:30 am</p>	 <p>Tactile Workshop 9:30 am to 12:00 pm</p>  <p>Men's Boab Carving Workshops 9:30 am to 12:00 pm</p>  <p>Men's Grooming Session with Rose 10th & 24th September</p>	 <p>Music Therapy Classes with Crystal Robins 9:30 am to 11:30 am</p> <p>Community Gardening Board Games Computer Sessions <i>(Every weekday - except Tuesday)</i></p> <p><u>Mindfulness/Meditation</u> <u>plus Light Exercises</u> <i>on our Facebook Page</i> <i>Like "TEMHCO"</i> <i>Enjoy in your own time!</i></p>
<p>TEMHCO AGM 28th September 2020 4:30 pm</p>	<p>Sommerville Centre, Gray 10:00 am to 12:00 pm Followed by lunch & shopping - Venue TBA</p>			