



M	T	W	T	F
<p>Art Therapy with Claudia 9:30 am to 11:30 am 14th December Excursion (TBA)</p>  <p><i>and</i> Reiki with Tammy 14th December Massage with Rose 7th & 21st December</p>  <p><i>and</i> Free Counselling with Tammy (Holistic Health Services NT) 7th & 21st December 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 09:00 am to 3:00 pm</p> <p>OR</p>  <p>Grow</p> <p>Sommerville Centre, Gray 10:00 am to 12:00 pm Followed by lunch & shopping - Venue TBA</p>	 <p>Textile Workshop 9:30 am to 11:30 am 16th December Excursion (TBA)</p>  <p>Ladies Pamper Session with Rose 10:00 am to 12:00 pm 2nd & 16th December</p>  <p>Reflexology 23rd December 9:30 am to 11:30 am</p>	 <p>Freestyle Arts & Craft <i>(Anything Goes!)</i> 9:30 am to 11:30 am</p>  <p>TEMHCO Christmas Party <i>(See flyer for details)</i></p> <p>10th December 11:30 am to 2:30 pm</p> <p>Men's Grooming Session with Rose 10th & 16th December (Wednesday)</p> 	 <p>Music Therapy Classes with Crystal Robins 11th & 18th December With Sean Kennedy 4th December 9:30 am to 11:30 am</p> <hr/> <p>Outing Activity - MiPlace Christmas Party 11th December 12:00 pm to 2:00 pm</p> <hr/> <p><u>Mindfulness/Meditation</u> <u>plus Light Exercises</u> <i>on our Web Page</i> <i>Enjoy in your own time!</i></p> <hr/> <p>Community Gardening Board Games Computer Sessions <i>(Every weekday - except Tuesday)</i></p> <hr/> <p><i>TEMHCO will be closed from 25th December and reopen on 4th January 2021</i></p>