


Brook St. May 2023 Calendar - (ph.: 3846 4209)

Monday 1st		Tuesday, 2nd		Thursday, 4th		Friday, 5th		Saturday 6th			
Closed for public holiday		10:30 am	<u>Art Group</u> Canvas	10:30 am	<u>Exercise Group</u> @ helfi gym \$5	11am	<u>Recovery Monster</u> Self-esteem	Walk to Kangaroo point cliffs & coffee			
		2:30pm-7pm	<u>Dinner Group</u> \$3 Please let us know by 2:30pm if you are coming for dinner	1:00pm	<u>Inspiration Group</u> Mt Coot-Tha Botanic Gardens and Coffee	4pm-7pm	<u>Paint the Town RED</u> Southbank Markets				
		5pm-7pm	<u>Games Group</u>								
Monday, 8th		Tuesday, 9th		Thursday, 11th		Friday, 12th		Saturday 13th			
10:30 am	<u>House and Garden</u> Weeding, planting & cleaning	10:30 am	<u>Art Group</u> Postcard To Your Future Self	10:30 am	<u>Exercise Group</u> @ helfi gym \$5	Community Meeting 1pm		Mount Coot-Tha botanical gardens			
11am-2pm	<u>Music with Gary</u>	2:30pm-7pm	<u>Dinner Group \$3</u> Please let us know by 2:30pm if you are coming for dinner	1:00 pm	<u>Inspiration Group</u> Trivia and Cheese					4pm-7pm	<u>Paint the Town RED</u> In-house Movie
2pm	<u>Hearing Voices Group</u>	5pm-7pm	<u>Games Group</u>								
5pm-7pm	<u>Chats and Hobby Space</u> Bring your hobby and chat										
Monday, 15th		Tuesday, 16th		Thursday, 18th		Friday, 19th		Saturday 20th			
10:30 am	<u>House and Garden</u> Weeding, planting & cleaning	10:30 am	<u>Art Group</u> Air Dry Clay	10:30 am	<u>Exercise Group</u> @ helfi gym \$5	11am	<u>Recovery Monster</u> Managing Difficult Thoughts	In-house BBQ – Burgers \$3			
11am-2pm	<u>Music with Gary</u>	2:30pm-7pm	<u>Dinner Group \$3</u> Please let us know by 2:30pm if you are coming for dinner	1:00 pm	<u>Inspiration Group</u> Enoggera Reservoir	4pm-7pm	<u>Paint the Town RED</u> Rock on Riverside – Southbank				
2pm	<u>Hearing Voices Group</u>	5pm-7pm	<u>Games Group</u>								
Closing at 3pm for staff meeting											
Monday, 22nd		Tuesday, 23rd		Thursday, 25th		Friday, 26th		Saturday 27th			
10:30 am	<u>House and Garden</u> Weeding, planting & cleaning	10:30 am	<u>Art Group</u> Button Art	10:30 am	<u>Exercise Group</u> @ helfi gym \$5	Closed for staff training		Badminton *See sign-up sheet			
11am – 2pm	<u>Music with Gary</u>	2:30pm-7pm	<u>Dinner Group \$3</u> Please let us know by 2:30pm if you are coming for dinner	1:00 pm	<u>Inspiration Group</u> Sausage Sizzle and Games at Orleigh Park						
2pm	<u>Hearing Voices Group</u>	5pm-7pm	<u>Games Group</u>								
5pm-7pm	<u>Chats and Hobby Space</u> Bring your hobby and chat										
Monday, 29th		Tuesday 30th		~ CLOSED WEDNESDAYS ~ Opening Hours Mon, Tues, Thurs and Fri 9:30am-7:00pm Saturday 10am- 3pm		Group Information Recovery Monster – a group about getting to know our own recovery using skills from DBT, Peerzone and the community. Different topics are covered each week.					
10:30 am	<u>House and Garden</u> Weeding, planting & cleaning	10:30 am	<u>Art Group</u> Shrinky Dinks								
11am-2pm	<u>Music with Gary</u>	2:30pm-7pm	<u>Dinner Group \$3</u> Please let us know by 2:30pm if you are coming for dinner								
2pm	<u>Hearing Voices Group</u>										
5pm-7pm	<u>Chats and Hobby Space</u> Bring your hobby and chat										