



BEENLEIGH CALENDAR

August 2022

Bundjalung Country

Opening Hours:

Tuesday - Friday 9am – 5pm

Saturday 10am - 3pm

Address: 13A/20 Main Street Beenleigh

Phone: (07) 3339 1599

Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th	Saturday 6th
10am Tues-Friday... Morning Gentle stretching.				
11am Arts and Crafts- Community Canvas Art 1pm One on One Support & WALKING GROUP 3pm Out and About	11am -Healthy Me 1pm Community Lunch \$3	11am One on One Support 2pm-New Group for August. Wallet friendly Shopping. Idea sharing for places and budgeting.(inc.food,clothing,household) 3pm Chit Chat Group	10am Community Outing - Blacklash Creative Aboriginal Art Tour & Morning Tea (Free, RSVP needed)	10am - 11am Coffee Crawl Weekly Goals 11am - 3pm Chit Chat Group What do we want to do in September? & DBT Practice
Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th	Saturday 13th
10am Tues-Friday... Morning Gentle stretching.				
11am Arts and Crafts- Community Canvas Art/BYO project if you have started on at home ☺ 1pm One on One Support & WALKING GROUP 3pm Out and About	11am -Healthy Me 1pm Community Lunch \$3	11am One on One Support 2pm- Lighthouse Care @ Loganholme 3pm Chit Chat Group	10am Community Outing- Ekka (\$2.6 for concession)	10am - 11am Coffee Crawl Weekly Goals 11am - 3pm Chit Chat Group & DBT Practice
Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th	Saturday 20th
10am Tues-Friday... Morning Gentle stretching.				
11am COMMUNITY MEETING 1pm Arts and Crafts 3pm Out and About	11am -Healthy Me 1pm Community Lunch \$3	11am One on One Support 2pm- Fryer Road Shop Eagleby. 3pm Chit Chat Group	10am Community Outing- Gold Coast Regional Botanic Gardens	10am - 11am Coffee Crawl Weekly Goals 11am - 3pm Chit Chat Group & DBT Practice
Tuesday 23th	Wednesday 24th	Thursday 25th	Friday 26th	Saturday 27th
10am Tues-Friday... Morning Gentle stretching.				
11am Arts and Crafts- Community Canvas Art/BYO project if you have started on at home ☺ 1pm One on One Support & WALKING GROUP 3pm Out and About	11am -Healthy Me 1pm Community Lunch \$3	11am One on One Support 2pm- Rochedale Market-Fruit and Vegetable shop. 3pm Chit Chat Group	10am Community Outing- Gold Coast Time Zone Arcade	10am - 11am Coffee Crawl Weekly Goals 11am - 3pm Chit Chat Group What do we want to do in September? & DBT Practice
Tuesday 30th	Wednesday 31st	Please sign up in advance for- One on One Support , Community Lunch & Community Outings , as spaces are limited. Our program may change if there are Covid-19 restrictions in place Our groups are facilitated by a peer worker for members to explore an area of wellbeing in a safe environment and are run using the wisdom of the group on the day. *Thursday 2pm are just a trail for the month of August.		
10am Tues-Friday... Morning Gentle stretching.				
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