

# Millicent September 2019



**DATES** Tuesday 3 September Wednesday 4 September Tuesday 10 September Wednesday 11 September

<b>Times</b>	<p><b>Volunteering</b></p> <p>With <b>Caroline Menzel</b></p>	<p><b>WALKING</b></p> 	 <p><b>History Group</b></p> <p>with <b>Colleen Hammat</b></p>	<p><b>WALKING</b></p> 
		<p>Tuesday</p> <p>1.00pm-3pm</p>	<p><b>ART &amp; CRAFT</b></p> 	<p>Tuesday 10 September</p>
<p>Wednesday</p> <p>12.00pm-3.00pm</p>				

**DATES** Tuesday 17 September Wednesday 18 September Tuesday 24 September Wednesday 25 September

<b>Times</b>	<p><b>On the Move</b></p> <p>with <b>Adam Wiese</b> (at the studio)</p>  	<p><b>WALKING</b></p> 	<p><b>9.00am</b></p> <p><b>NATURE IN MIND</b></p> <p><b>Lake Edward</b></p> <p><b>Lake Leake</b></p> <p>RSVP necessary</p> <p>Costs involved</p> <p><b>Funded by Friends of Parks</b></p> 	<p><b>WALKING</b></p> 
		<p>Tuesday</p> <p>1.00pm-3pm</p>	<p><b>ART &amp; CRAFT</b></p> 	<p>Tuesday 24 September</p>
<p>Wednesday</p> <p>12.00pm-3.00pm</p>				

**DATES**

<b>Times</b>	<p><b>LIFEBOAT</b></p> <p>First Wednesday of each month</p> <p>City Hall Foyer</p> <p>Mount Gambier</p> <p>6.15pm-7.15pm</p>
	<p><b>MOUNT GAMBIER</b></p> <p>Activities on Tuesdays &amp; Thursdays 10.30am at 19 Ferrers Street</p>
<p>Wednesday</p> <p>12.00pm-3.00pm</p>	<p><b>PENOLA</b></p> <p>Meet &amp; Greet first Monday of the month 10-11.30am</p> <p>Coonawarra &amp; Penola Visitor Centre</p> <p><b>Check our website:</b></p> <p><a href="http://www.thesoutheastjunction.org.au">www.thesoutheastjunction.org.au</a></p> <p>Or follow us on Facebook: South East Junction</p>



**LIFEBOAT** Talk with a mate when you are finding it tough. Talk with others who have experienced high levels of stress, anxiety and depression. Drop in the first Wednesday of each month at the City Hall foyer 6.15 –7.15pm.

**Mindfulness Sessions**

**At The Mount Gambier Public Library**

**SUNDAYS** (11.30am - 12.15) meditation

**Meditation Practice Group Wednesday 4 Sept 2019 10.00am-12pm**

at The South East Junction. 19 Ferrers St, Mount Gambier



**DESCRIPTION**

**ICON**

**WALKING**

Join us for a short walk to keep us energized and healthy



**ART & CRAFT**

Explore your creativity and improve or learn your skills, while having fun



**ON THE MOVE with ADAM WIESE**

Exercise class suitable for all ages and fitness levels. A fun way to increase your fitness & socialise.



**GAME ON with COLLEEN**

Delve in your creative side and in the meanwhile improve on all kind of skills. A good way to socialise and have a lot of fun.



**WORK IN PROGRESS**

Help out around the Junction with daily management, gardening, cleaning, odd jobs to keep the Junction a safe and fun place to meet.



**ARTS PLAY with Liz**

**ARTS PLAY**

Explore your creative side and have fun. Small cost.



**DESCRIPTION**

**ICON**

**MINDFULNESS SESSIONS**

Presented by Sam Wing  
Learn to meditate, to help with daily life.



**HEALTHY LIVING with Peter**

All topics relate to healthy living and include food, managing a household and many more. Different ways of presentation are used.



**HISTORY with Colleen Hammat**

Find out more about the history of our region with a member of the Millicent Historical Group.



**Nature in Mind**

and Friends of Parks, take us on a walk to explore and learn about nature



**Essential Oils, with Melissa**

Use of oils to support stress management & balance emotions.



Country Health Connect (meeting room)  
near the Millicent Hospital  
Ph: 08-8792 9425 Mobile: 0477 886 450  
Follow us on Facebook "South East Junction"  
Or visit our Website  
[www.thesoutheastjunction.org.au](http://www.thesoutheastjunction.org.au)