

Millicent February 2020



DATES	Tuesday 4 February	Wednesday 5 February	Tuesday 11 February	Wednesday 12 February
Times		WALKING	12.30pm	WALKING
Tuesday 1.00pm-3pm	AUSLAN SIGNING with Liz 		HORSE THERAPY TARPEENA Kehsarra Equine Serenity 	
Wednesday 12.00pm-3.00pm		ART & CRAFT 		ART & CRAFT 

DATES	Tuesday 18 February	Wednesday 19 February	Tuesday 25 February	Wednesday 26 February
Times		WALKING		WALKING
Tuesday 1.00pm-3pm	On the Move with Adam Wiese (at the studio) 		AUSLAN SIGNING with Liz 	
Wednesday 12.00pm-3.00pm		ART & CRAFT 		ART & CRAFT 

DATES		
Tuesday 1.00pm-3pm		
Wednesday 12.00pm-3.00pm		

LIFEBOAT
First Tuesday of February
City Hall Foyer
Mount Gambier
6pm-7pm

MOUNT GAMBIER
Activities on Tuesdays &
Thursdays Open 10am at
19 Ferrers Street

Check our website:
www.thesoutheastjunction.org.au
Or follow us on Facebook:
South East Junction

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 Tuesday of each month at the City Hall foyer 6.-7pm.

Mindfulness Sessions

At The Mount Gambier Public Library

SUNDAYS (11.30am - 12.15) meditation

2 February 2020

Limestone Coast Meditation Community



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.



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

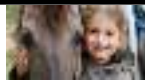
ARTS PLAY

Explore your creative side and have fun. Small cost.



HORSE THERAPY Presented by Lynn Brierley

“What does it mean and how it can make a difference”



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



Hot Seat Quiz with Michael

Come and join the quiz!
Last person in the Hot Seat



AUSLAN SIGNING with Liz Fetguson

Liz, and experienced sign language educator will teach the basic language to manage a simple conversation



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

