















Mount Gambier February 2020



DATES	Tuesday 4 February	FRIDAY 7 Febru-	Tuesday 11 February
Times	9am	FRIDAY 7 Febr.	HORSE THERAPY
10.30am-	NATURE IN MIND	10.30am	TARPEENA
11.45am	RSVP necessary	TOUR	 Kehsarra Equine Serenity
12.15pm-	Costs involved		 
1.30pm	 B.Y.O Lunch		
1.30pm-			
3.00pm			

DATES	Thursday 13 February	Tuesday 18 February	Thursday 20 February	Tuesday 25 February
10.30am-	 ON THE MOVE	 TAI CHI	Craft	Arts Play
11.45am	 with Phil	with Robert Griffin	with Leanne 	with Liz Ferguson
12.15pm-		B.Y.O Lunch		 
1.30pm				Management Committee Meeting
1.30pm-				
3.00pm				

DATES	Thursday 27 February
10.30am-	 ON THE MOVE
11.45am	 with Phil
12.15pm-	LIFEBOAT Meets first Tuesday of each month City Hall Foyer Mount Gambier 6.15pm-7.15pm
1.30pm	MILLICENT Activities on Tuesday 1pm & Wednesday 12pm at Country Health Connect meeting rooms
1.30pm-	Check our website: www.thesoutheastjunction.org.au
3.00pm	Or follow us on Facebook: South East Junction
	NATURE IN MIND You need to be at the Junction by 9.00am. Please bring a packed lunch, a drink, a hat, gloves for volunteer work. Funded by Friends of Parks. \$5 cost for transportation
	

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

RESUME 2 FEBRUARY 2020



DESCRIPTION

ICON

HAVE YOUR SAY

Have your in-put and discuss activities and daily management and make the Junction a place to meet and learn



DESCRIPTION

ICON

TAI CHI with Robert Griffin

Tai Chi allows you to express your mind and body to develop patience, tranquility and inner balance.



DINERS LUNCH

Healthy meals prepared by all, cooked and enjoyed. Diners (main course) and Lunch (soup or salad). Costs involved.



ARTS PLAY with Liz

ARTS PLAY

WATER COLOURS with Jill

Explore your creative side and have fun. Small cost.



ON THE MOVE

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



MINDFULNESS

A great way to reduce stress and relax. Presented by Limestone Coast Meditation Community (LCMC)



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.



CRAFT with Leanne

Creating interesting items, and learning new skills. Small cost.



Psycho social education

Like to improve or learn managing skills these sessions aim to give tools and raise awareness



Hot Seat Quiz with Michael

Come and join the quiz!
Last person in the Hot Seat
Wins the Gold Goat Trophy.



AGM & Management Committee Meeting

These meetings are open to everybody, but only members and the Board have voting rights.

HORSE THERAPY Presented by Lynn Brierley



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

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.



19 Ferrers Street MOUNT GAMBIER SA 5290
Contact 0477 886 450
Follow us on Facebook “South East Junction”
Or Visit Our Website
www.thesoutheastjunction.org.au