

Mount Gambier January & February 2020



DATES	Tuesday 12 January	Tuesday 19 January	Tuesday 2 February	Tuesday 9 February
Times				
10.30am-11.45am	Coffee & Chat Welcome back and let's make plans for 2021	MURALS with Peter Dunn (Millicent artist)	NATURE IN MIND We are going to T.B.A You need to be at the Junction by 9.00am. Please bring a packed lunch, a drink, a hat, gloves for volunteer work. Costs involved.	Cooking Class Learn to prepare and cook lunch. Vegetable Curry R.S.V.P.
12.15pm-1.30pm				Lunch
1.30pm-3.00pm				

DATES	Tuesday 16 February	Tuesday 23 February
10.30am-11.45am	TAI CHI with Robert Griffin	 with Leanne
12.15pm-1.30pm	Lunch	Lunch
1.00pm-3.00pm	MANAGEMENT COMMITTEE MEETING	 with Peter

DATES		
<p style="text-align: center;">Tuesday</p> <p style="text-align: center;">26 January</p> <p style="text-align: center;">CLOSED</p>	<p style="text-align: center;">Thursdays</p> <p style="text-align: center;">Information Resources Administration Program management</p> <p style="text-align: center;">Open: 10am till 12 noon</p>	<p style="text-align: center;">LIFEBOAT</p> <p style="text-align: center;">Meets first Tuesday in February</p> <p style="text-align: center;">City Hall Foyer Mount Gambier 6.15pm-7.15pm</p> <p style="text-align: center;">MILLICENT</p> <p style="text-align: center;">Activities on Tuesday & Wednesday 12pm at Country Health Connect meeting rooms</p> <p style="text-align: center;">Check our website: www.thesoutheastjunction.org.au</p> <p style="text-align: center;">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 Tuesday of each month at the City Hall foyer 6.15pm-7.15pm.

Mindfulness Sessions
At The Mount Gambier RSL
16 Sturt Street
In the members room.
SUNDAY 7 Febr.2021 (11.30am - 12.15)
Guided Meditation



DESCRIPTION

ICON

9.00am
NATURE IN MIND
 RSVP necessary
 Costs involved

TAI CHI with Robert Griffin
 Tai Chi allows you to express your mind and body to develop patience, tranquility and inner balance.

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.

DESCRIPTION

ICON

A LIGHT LUNCH
 Prepared by staff.
 Costs involved

Lunch

COOKING CLASS Today we will be learning how to prepare & cook Vegetable Curry.
 Costs involved.

DINERS

Management Committee Meeting

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

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

19 JANUARY 2021

Everyone has a story to tell...

Peter Dunn is a professional artist who lives on the Limestone Coast. Finding his own sense of purpose through creativity has been a long slow process for him and taught him many life lessons. One of the highlight of Peter's creative journey to date has been the production of a wall Mural in Millicent in 2015 which features images from the local wetlands known as Lake McIntyre. Using visual images and background stories he tells of how producing this mural proved to be significant both for himself and members of the wider Community.



In telling part of his own creative journey Peter aims to encourage others also :-
 " Whatever our background has been, whatever our beginnings we possess the unique gift of being ourselves, that no-one else can be.
 Our story matters, and in telling our story we begin to own it and not take our life, our journey, for granted. "

Join us at The Junction , Mt Gambier, in January 2021 where Peter will share both his story and encouragement with us
all are most welcome.

