




# Mount Gambier MAY 2021



| DATES           | Tuesday 4 May   | Tuesday 11 May   |
|-----------------|---|--|
| Times           | <p><b>NATURE IN MIND</b></p> <p>Start 9.00am.</p> <p>Please bring a packed lunch, a drink, a hat &amp; garden gloves.</p> <p>Costs apply for transportation</p> <p>Bookings essential</p>  | <p><b>Cooking Class</b></p>  <p>R.S.V.P. necessary</p>  <p><b>MENU</b></p> <p><b>Black Bean Chicken with vegetables and rice vermicelli.</b></p> |
| 10.30am-11.45am |   |  |
| 12.15pm-1.30pm  |   | <p><b>MANAGEMENT COMMITTEE MEETING</b></p>   |
| 1.30pm-3.00pm   |   |  |

| DATES           | Tuesday 18 May   | Tuesday 25 May  |
|-----------------|--|---|
| 10.30am-11.45am | <p><b>TAI CHI</b></p> <p>with <b>Robert Griffin</b></p>    |  <p><b>QUIZ</b> with Michael</p>   |
| 12.15pm-1.30pm  | <p><b>Lunch</b> </p>  | <p><b>Lunch</b> </p>   |
| 1.30pm-3.00pm   |  <p><b>Physical &amp; Mental Wellbeing workshops</b></p> <p>by Anita Franklin (social work)</p> <p>RSVP necessary</p> |  <p><b>Physical &amp; Mental Wellbeing workshops</b></p> <p>by Anita Franklin (social work)</p> <p>RSVP necessary</p> |

| DATES   |   |
|---|---|
| <p><b>Thursdays</b></p> <p>Information<br/>Resources<br/>Administration<br/>Program management</p> <p>Open:<br/>10am till 12 noon</p> | <p><b>Join us for a meal and fun and make a difference</b></p> <p><b>June 10 6pm</b></p> <p><b>Blue Lake Bar &amp; Bistro</b></p> <p>Grant Avenue, Mount Gambier</p> <p>RSVP 08-87256198<br/>or contact the 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 6.30pm-7.30pm.

**Mindfulness Sessions**  
**At The Mount Gambier RSL**  
**16 Sturt Street**  
**In the members room.**  
**SUNDAY (10.00am - 11.00am)**  
 Guided Meditation



**DESCRIPTION**

**ICON**

**COOKING CLASS**

Learn HOW TO prepare and cook  
**Black Bean Chicken Stir Fry**  
 (Limited places) bookings essential.



**TAI CHI with Robert Griffin**

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



**Hot Seat Quiz with Michael**

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



**DESCRIPTION**

**ICON**

**Management Committee Meeting**

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

**A LIGHT LUNCH**

Prepared by staff.  
 Costs involved



Skylight in collaboration with The Junction, will be offering activities after hours.

**At the Catholic Church Hall**  
**Penola Road, Mount Gambier**  
 5.30pm-7.30pm

- 4 May Building Connections**
- 11 May Mindfulness**
- 18 May TBC**
- 25 May TBC**



**WELLBEING WORKSHOP**

Are you struggling with your health? Would you like to have more tools in your toolkit to improve your wellbeing?

Join the Physical and Mental Wellbeing Workshops. These 2 series of 6 consecutive workshops will be practical and based on your own challenges and experiences.

Tailored small-group workshops for individuals wanting support with overall health.

**REGISTER:**  
**THE JUNCTION**  
 19 Ferrers Street, Mount Gambier  
 0477 886 450  
[www.south-eastjunction.com](http://www.south-eastjunction.com)

**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](http://www.thesoutheastjunction.org.au)

