

Millicent MAY 2021



DATES	Tuesday 4 May	Wednesday 5 May	Tuesday 11 May	Wednesday 12 May
Times Tuesday and Wednesday 12.00pm-3.00pm	WALKING 	Game On! 	WALKING 	TAI CHI with Robert Griffin
	ART & CRAFT 	with Colleen	ART & CRAFT 	

DATES	Tuesday 18 May	Wednesday 19 May	Tuesday 25 May	Wednesday 26 May
Times Tuesday and Wednesday 12.00pm-3.00pm	WALKING 	HAVE YOUR SAY 	Millicent History with Colleen Hammat	WALKING
	ART & CRAFT 			ART & CRAFT

DATES	
<p>Physical & Mental Wellbeing workshops in Mount Gambier by Anita Franklin (social work) RSVP necessary</p>	<p>Join us for a meal and fun and make a difference</p> <p>June 10 6pm</p> <p>Blue Lake Bar & Bistro</p> <p>Grant Avenue, Mount Gambier</p> <p>RSVP 08-87256198 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

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DESCRIPTION

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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



GAME ON with Colleen



TAI CHI with Robert Griffin

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



HAVE YOUR SAY

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



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**



HISTORY with Colleen Hammat

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



Millicent Uniting Church

Short Street

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Or visit our Website

www.thesoutheastjunction.org.au

