


Millicent JULY 2021



DATES	Tuesday 6 July	Wednesday 7 July	Tuesday 13 July	Wednesday 14 July
Times Tuesday and Wednesday 12.00pm-3.00pm	<p>WALKING</p> 	<p>Healthy Living</p> <p>Understanding Food Labelling</p> <p>with Leanne</p> 	<p>WALKING</p> 	<p>DOMESTIC HYGIENE</p> 
	<p>ART & CRAFT</p> 		<p>ART & CRAFT</p> 	

DATES	Tuesday 20 July	Wednesday 21 July	Tuesday 27 July	Wednesday 28 July
Times Tuesday and Wednesday 12.00pm-3.00pm	<p>WALKING</p> 	<p>ESCAPE ROOM</p> <p>12pm-3pm</p> <p>RSVP necessary</p> 	<p>No activities today due to Volunteer outing</p>	<p>WALKING</p> 
	<p>ART & CRAFT</p> 			<p>ART & CRAFT</p> 

DATES

Tuesday 3 August

AGM 1pm

followed by Management Committee meeting



19 Ferrers Street Mount Gambier SA 5290

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

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




UNDERSTAND FOOD LABELLING

Coming to terms with the confusing food labelling terms




HISTORY with Colleen Hammat

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




DOMESTIC HYGIENE

Tips and Tricks to help keep your house clean.



ESCAPE ROOM

Join us if you dare!
 Can you escape. Fun!




AGM & Management Committee Meeting

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

Lunch and desert
 by Michael



ANOTHER SERIES OF 6 WORKSHOPS WILL START 10 AUGUST 2021
REGISTRATIONS NECESSARY



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 Follow us on Facebook "South East Junction"
 Or visit our Website
www.thesoutheastjunction.org.au