

Millicent SEPTEMBER 2021



DATES Tuesday 7 September Wednesday 8 September Tuesday 14 September Wednesday 15 September

Times Tuesday and Wednesday 12.00pm-3.00pm	ART & CRAFT 	 BINGO RSVP Costs apply	ART & CRAFT 	9.30-11.30am SEWING CLASS  RSVP, Costs apply THINK OUTSIDE THE BOX Recycling 
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DATES Tuesday 21 September Wednesday 22 September Tuesday 28 September Wednesday 29 September

Tuesday and Wednesday 12.00pm-3.00pm	Millicent History with Colleen Hammat 	Art & Craft Christmas Costs Apply 	12noon AFL Quiz with PAULA and PETER (Mount Gambier) Think you know your football? Test your knowledge  Lunch	MINDFULNESS Mindful Eating 
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<p>MENTAL HEALTH FIRST AID COURSE Venue: Uni SA, Mount Gambier Date: 22 and 23 September Time: 8:45am—3:45pm Registration: junctiocoord@gmail.com</p> 	<p>LIFEBOAT First Tuesday of February City Hall Foyer Mount Gambier 6.30pm-7.30pm</p> <p>MOUNT GAMBIER Activities on Tuesdays Open 10am at 19 Ferrers Street</p> <p>Check our website: www.thesoutheastjunction.org.au Or follow us on Facebook: South East Junction</p>
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Activities on Tuesdays and open for information and resources on Thursdays at 19 Ferrers Street, Mount Gambier.

Workshops and courses for the general public, please contact: 04-77886450 or junctioncoord@gmail.com

Facebook South East Junction or Website

www.thesoutheastjunction.org.au

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.

MILLICENT

HISTORY with Colleen Hammat

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



MINDFULNESS SESSIONS

Presented by Leanne Langton
Learn to meditate, to support managing daily life.



WALKING

Join us for a short walk to keep us energized and healthy.



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.



HEALTHY LIVING

All kind of practical and topics are presented and discussed to improve overall health and manage daily life

TIPS & BITS AROUND THE HOME

With Leanne

From making your own cleaning supplies, to use by dates, Up-cycling your clothing and help to reduce landfill and more.



ART & CRAFT

Explore your creativity and improve or learn your skills, while having fun



AGM & Management

Committee Meeting

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