

Want to join us online? Look for this symbol!



Ask staff for more information about how to connect.

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**Momentum Closed**  
New Year's Day Public Holiday

4

Art Therapy  
10am - 12noon

Gardening  
10am - 12noon

 Coffee & Convos  
1pm - 3 pm

5

Eco Group  
9:30am - 12noon

Cooking for Tony's Kitchen  
10am - 12noon

Dungeons and Dragons  
1pm - 3 pm

6


Art & Craft  
10am - 12noon

Tai Chi 12:30 - 1pm

 Creative Writing  
1p - 3pm


7

**Warwick**  
Art Therapy with Sarah

 Wellbeing Check In  
9:30am - 10:00am

Yoga  
11am - 12noon

Cooking for Tony's Kitchen 10am - 12noon

 Social Rec: Trivia  
1pm - 3 pm

10

Wellbeing Check In  
10am - 12noon

Cooking for Tony's Kitchen  
10am - 12noon

11

Art Therapy  
10am - 12noon

Gardening  
10am - 12noon

**Financial Counsellor Visit 10:30am**

Wellbeing Walk: Bushwalk,  
Bridge Street  
1pm - 3 pm

12

Eco Group  
9:30am - 12noon

Cooking for Tony's Kitchen  
10am - 12noon

Wellbeing Walk  
1pm - 3 pm

13


Art & Craft  
10am - 12noon

Tai Chi 12:30 - 1pm

 Creative Writing  
1p - 3pm

14

**Warwick**  
Indoor bowls/board games/cards

 Wellbeing Check In  
9:30am - 10:00am

Yoga  
11am - 12noon

Cooking for Tony's Kitchen 10am - 12noon

Social Rec: Barefoot Bowls  
1pm - 3 pm

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5 Ways to Wellbeing Morning  
10am - 12noon


Cooking for Tony's Kitchen  
10am - 12noon

18

Art Therapy  
10am - 12noon

Gardening  
10am - 12noon

**Centrelink Visit 9:30am**

 Coffee & Convos  
1pm - 3 pm

19

Eco Group  
9:30am - 12noon

Cooking for Tony's Kitchen  
10am - 12noon

**TASC Visit 9:30am**

Dungeons and Dragons  
1pm - 3 pm

20


Art & Craft  
10am - 12noon

Tai Chi 12:30 - 1pm

 Creative Writing  
1p - 3pm

21

**Warwick**  
Wellbeing Program - Sleep

 Wellbeing Check In  
9:30am - 10:00am

Yoga  
11am - 12noon

Cooking for Tony's Kitchen 10am - 12noon

Social Rec: Karaoke Afternoon  
1pm - 3 pm

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Wellbeing Morning  
10am - 12noon

Cooking for Tony's Kitchen  
10am - 12noon

25

Art Therapy  
10am - 12noon

Gardening  
10am - 12noon

 Job Club  
1pm - 3pm

Wellbeing Walk: Bushwalk  
Picnic Point  
1pm - 3 pm

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**Momentum Closed**  
Australia Day Public Holiday

27

Art & Craft  
10am - 12noon

Tai Chi 12:30 - 1pm

 Creative Writing  
1p - 3pm

28

**Warwick**  
The Dairy Lounge Outing

 Wellbeing Check In  
9:30am - 10:00am

Yoga  
11am - 12noon

Cooking for Tony's Kitchen 10am - 12noon

Social Rec: Milne Bay Pool Visit  
1pm - 3pm

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Wellbeing Morning  
10am - 12noon

Cooking for Tony's Kitchen  
10am - 12noon

# What's On

## JANUARY 2022



Call the office on (07) 4632 4688 for more info!

5 Ways to Wellbeing

**CONNECT**    **BE ACTIVE**  
**KEEP LEARNING**  
**BE AWARE**    **HELP OTHERS**

