

What's on at HALCYON - November 2011

Where to find us:

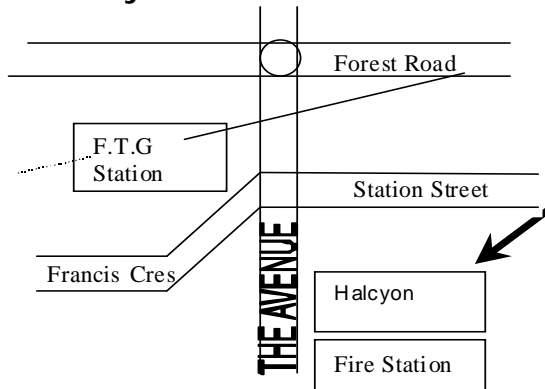
Halcyon

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Melway Ref 74 C3

Bus 634, 692, 693, 755

TUESDAYS AT HALCYON

Just a reminder that Tuesdays at Halcyon are rehearsal days for our band, Full Mental Jacket.

PLEASE NOTE: There is NO DROP-IN on Tuesdays.

HALCYON XMAS PARTY

The Halcyon Xmas party will be 12 December at 12 noon.

We will have a **BBQ** and the cost will be **\$7.00**.

Bookings are essential as we need to know numbers for catering.

MEDITATION

Meditation is back!

Jasmine will be facilitating these sessions at the: Uniting Church on Thursdays at 2.30PM.



MIND BODY SPIRIT

This is a program combining Yoga, Tai Chi, & Meditation. Facilitated by **Kuo Yong Kooi**.
Ferntree Manor - 1:30 Tuesdays



Merry Christmas and Happy New Year to everyone at Halcyon from

Helen, Robyn, Pam, Q, and Fran!!

Halcyon will be closed **Monday 26 and Tuesday 27 December**.

Please note the changes to drop-in over the Xmas period.

CONGRATULATIONS TO THOSE PEOPLE WHO HAVE COMPLETED THE QUIT COURSE!!!