



Monday	Tuesday	Thursday	Friday
<p>Please make note of program changes over the Christmas Period</p>		<p>1 11.00 Walk & Coffee -\$2</p> <p>1.00 <i>DROP-IN</i></p> <p>2.30 Meditation</p>	<p>2 NO MY TRAINER 10.30 Maara's Art Exhibition/Art Gallery</p> <p>11.30 <i>DROP-IN</i></p>
<p>5 11.00 Women's Group Morning tea & shopping Croydon</p> <p>12.00 Hearing Voices 1.00 <i>DROP-IN</i> 2.30 Singing Group</p>	<p>6 <i>NO DROP-IN</i></p> <p>11.00 FMJ rehearsal</p> <p>1.30 MIND BODY SPIRIT</p>	<p>8 11.00 Walk & Coffee -\$2</p> <p>1.00 <i>DROP-IN</i> 2.30 Meditation</p>	<p>9 10.30 My Trainer</p> <p>11.30 <i>DROP-IN</i> 1.00 ART</p>
<p>12 12.00 XMAS PARTY Cost \$7.00 Bookings essential</p> <p>2.30 Singing group</p>	<p>13 <i>NO DROP-IN</i></p> <p>10.30 Walking Group (BYO Lunch and water bottle)</p> <p>11.00 FMJ rehearsal 1.30 Mind body spirit</p>	<p>15 11.00 Walk & Coffee -\$2</p> <p>1.00 <i>DROP-IN</i> 2.30 Meditation</p>	<p>16 10.30 My Trainer</p> <p>11.30 <i>DROP-IN</i></p> <p>1.00 ART </p>
<p>19 11.00 Women's Group 11.30 Lunch at Sophias</p> <p>12.00 Hearing Voices 1.00 <i>DROP-IN</i> 2.30 Singing Group</p>	<p>20 <i>NO DROP-IN</i></p> <p>10:30 Walking Group (BYO Lunch and water bottle)</p> <p>11.00 FMJ rehearsal 1.30 Mind body spirit</p>	<p> 22 11.00 Walk & Coffee -\$2</p> <p>1.00 <i>DROP-IN</i> 2.30 Meditation</p>	<p>23 11.30 – 2.00 <i>DROP-IN</i></p> NO ART TODAY
<p>26 HALCYON CLOSED – Christmas Day Public Holiday</p>	<p>27 HALCYON CLOSED – Boxing Day Public Holiday</p>	<p>28 Wednesday <i>DROP-IN</i> 12.00 - 3.00</p> <p>29 Thursday <i>DROP-IN</i> 12.00-3.00</p>	<p>30 Friday 12.00 - 3.00 <i>DROP-IN</i></p> <p>1.30 - 3.00 ART</p>

