

# The **RIVENDELL** Community **PROGRAM**



## MARCH 2010



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**Women's Group**

*4<sup>th</sup> of March*

### **Inner Nurturer and Inner Critic Workshop**

*This is an exciting workshop to develop our natural capacity for positive self talk. We all have both an inner nurturer and an inner critic and most of us do not notice the incredible influence they have over our lives and the everyday choices we make. This workshop will be run by Marimba and will be fun and the information will be VERY useful. There will be some drawing or painting involved – but no artistic ability needed and as always it will be within the wonderful supportive environment that our women's group provides.*

*11<sup>th</sup> of March*

### **Blue Lotus Water Garden Outing**

*Come along to the Blue Lotus Water Garden to see the flowers in bloom as well as all the weird and wonderful lilies this garden has on display – it is a great time in the water lily season to enjoy their beauty. We'll leave Rivendell at 12pm so BYO lunch or have an early lunch before we leave. The gardens are situated just outside of Yarra Junction. There are walks for those who would like to wander through the gardens and places to sit and enjoy the serenity for others who would prefer a less active outing. The entry fee for each person will be \$4 and Rivendell will cover the remainder of the cost. We should be back in Healesville by 4pm. See you there.*

## **Women's Group (Cont.)**

18<sup>th</sup> of March

### **Beading Workshop**

*Our OWN Beading workshop!!!! Hooray – we've managed to find some funding to buy our own things so that our beading workshop can become a regular fixture of our women's group! The plan is that every third Thursday of the month from now on will be spent beading. As discussed at the last workshop if anyone would like to bring an article or topic of discussion along to the beading workshop their contribution would be much appreciated. Thanks to Anne for her contribution on natural hormones at our last beading workshop – very informative. This is a very exciting development for the women's group and the attendance for the last two beading workshops has been outstanding. So see you there every third Thursday and we'll have a market stall in no time to raise funds for other women's group projects!*

25<sup>th</sup> of March

### **Pamper Day**

*Our lovely Corrine – the make-up and hair stylist from our last pamper day has said she is really happy to do another one! This will be the last women's group before Marimba goes on maternity leave – so the thought was that a bit of pampering would be a good note to end on. We are planning on a longer pampering day this time and it will include lunch. So the plan is to start at 11am and finish around 3pm. There will be a cost of \$5 which will include lunch, make-up, hair and nails. There will be a booking board so please put your name down so we know how many people to cater for. Come and indulge yourself*

## **"SOUNDS GOOD" Music Group.**

Commencing in April

Bring your guitar or any other musical instrument, including your voice and let's have fun. Everyone welcome to join in or just enjoy listening. This group will run every Thursday in April. How does that "S O U N D" to you?



**MONDAY 1<sup>ST</sup> MARCH "MEDIA MATTERS" DISCUSSION GROUP.**

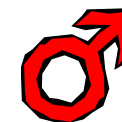
**HERE IS YOUR CHANCE TO VENT AND EXPRESS YOUR THOUGHTS.**

**NEWSPAPER HOT TOPICS OF THE DAY WILL BE OPEN TO DISCUSSION. YOUR OPINION MATTERS SO COME AND HAVE YOUR SAY IN A FRIENDLY AND ORDERLY GROUP WHICH WILL BE RUN AS A TRIAL FOR THE MONTH OF MARCH ON MONDAYS FROM 1.30 TILL 4PM. ALL WELCOME!**

### **Social Action Group**

*Fridays 2.00 – 4.00*

*We have reformed and meet every Friday at Rivendell. Everyone Welcome. Please come along with your new ideas and issues relating to Mental Health, Housing, Funding, Medical Needs, Services, Support.*



## **MENS GROUP**

Friday March 5<sup>th</sup>.

OK all you blokes it's time to go fish Get your rods and fishing gear out and come along for a relaxing day by the water. We will go somewhere local if possible.

**BYO Lunch, appropriate clothing for hot or cold and a hat.**

**9.30am depart and back around 2.30pm**

Friday March 12<sup>th</sup>

**In house Chill and Chat Lunch \$4**  
Come and relax, tell stories, talk about life and the world and help prepare a lunch.

Friday March 19<sup>th</sup>

**One of our Famous Mystery Outings!**  
Come on a day trip to ?????????? who knows where? We always end up somewhere nice and usually with some good food. So, get your skate on lads and come along.

**BYO lunch or \$\$\$\$\$**

**Departing 10.00am returning 2.00is**

Friday March 26<sup>th</sup>

**In House Lunch and maybe a DVD**  
Chill and chat and looking at the program for April. We might even discuss our proposed camp at

**Eildon.  
Lunch \$4**



What's in a name?

You will note on the calendar that there appears to be no drop-in. DON'T PANIC. Drop In has had a name change. It is now called Social Catch Up. You can still come along and catch up with friends & have a cuppa. The only change is now the Support Workers will be more available to keep things on track.

### *Lunchtimes at Rivendell*

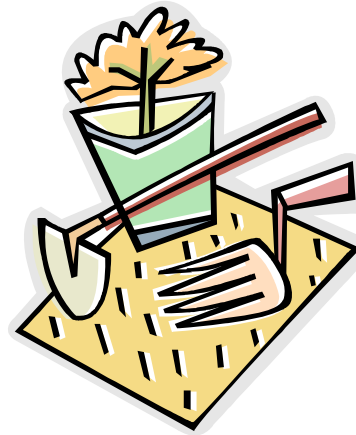
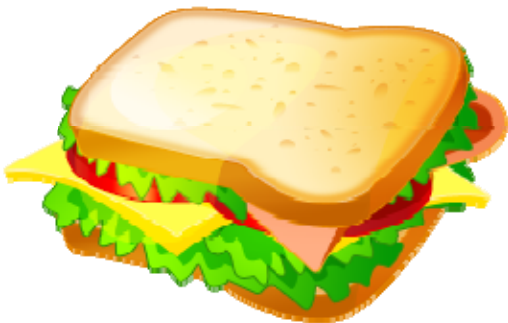
*You will notice on this program that on some days there is a new*

*"Activity"-*

*BYO Lunch*

*12.30 - 1.30*

When you see this you can drop in for an hour between groups and have your lunch in the company of others. It is BYO Lunch though.



*Calling all Green Thumbs.*

*Yes folks it's on again, Starts*

*March 2<sup>nd</sup>, Tuesday morning's at  
9.30.- 12.30*

*By popular demand we are going  
to run a focused group  
determined to grow lots of plants  
to sell, to eat and of course to  
plant.*

### **Personal Development**

**new group begins Thursday 18<sup>th</sup>**

**March. 9.30am- 12.30pm**

**This will be a broad based group  
looking at all manner of ways in  
which you further you own  
personal growth and development.  
We will discuss many topics and  
processes. This is a great  
opportunity to bring your own  
experiences and learn new things**