ELM ST MISSION

Term 3 programs

Monday, 13 July - Friday, 18 September

Open Door

Mondays, 10 am - 2 pm: Art, craft, armchair exercise

Wednesdays, 10 am - 2 pm: Music, singing, movement, mindfulness

Fridays, 10 am - 2 pm: Music, singing, storytelling, bingo

Free lunch

Mondays, Wednesdays, Fridays

12 - 12.30 pm

Free coffee, tea ~ friendly chat!

Care4Carers

Thursdays, 10.30 am - 12 pm: For women carers

Includes morning tea

50s+ Friends

Thursdays, 1 - 2.30 pm: Social group for men and women

Includes afternoon tea