

Oct - Dec	Monday	Tuesday	Wednesday	Thursday CLOSE @ 1.30p.m.	Friday
<p>Opening Hours Mon, Tues, Wed, Fri 9.00a.m. – 2.30p.m. Thurs 9a.m. – 1.30p.m. Breakfast 9 – 10.30 Lunch 12 o'clock Thursday Brunch/Lunch</p>	<p>BINGO 10.30 – 11.30</p> 	<p>9.30 – 11.30 CREATIVE WRITING</p>  <p>10.00-11.00 TRIVIA TUESDAY</p>  <p>YOGA 11.00 – 11.45</p>	<p><i>Mindfulness</i> 9.15 – 9.45</p>  <p>10:00 – 12:00 DRAMA</p>  <p>VEG OUT Gardening 10:30-11:30</p> 	<p>YOGA 10.00 – 10.30</p>  <p>YOGA 11.00 – 11.45</p>	 <p>women's group 10:30 – 12:00</p>
<p>Visiting services</p> <ul style="list-style-type: none"> RDNS Nurse - weekly St Kilda Legal Service - weekly Dental as Anything - monthly Optometry – monthly Haircuts – random <p>Other happenings</p> <ul style="list-style-type: none"> Computer classes Cooking group Qigong Out and about – day trips <p>ring us on 9525 5478</p> 	<p>ART GROUP</p>  <p>12.00 – 2.00</p>	 <p>RDNS Nurse 10.00 – 11.15</p>	<p>HEARING VOICES 12.30 – 1.30</p>	<p>legal advice</p>  <p>St Kilda Legal Service 11.00 – 12.00</p>	 <p>MUSIC</p> <p>1:00 – 2:00</p>