

JOIN US *at Skylarkers* : 20 SKYLARK ST : INALA QLD 4077



- Welcome walk-ins/new members
- For all ages & backgrounds
- No booking

@ reception@ich.org.au
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Free General Consultation

Need help in life issues? Want a better quality of life? Our experienced and trusted staff are here for you. Contact us or walk-in for a **free** and **confidential** one-on-one consultation today.

Call
(07) 3372 1711

MONDAY

Exercise



9:00am – 10:00am

Morning Tea



10:00am

Craft



10:30am – 12:00pm

TUESDAY

Card Playing



9:00am –
2:00pm

WEDNESDAY

Exercise



9:00am –
10:00am

Morning Tea



10:00am

THURSDAY

Thursday Crafters



9:00am – 12:00pm

Card Making Group



1:00pm – 4:00pm

1st & 3rd Thursday of the month

FRIDAY

Exercise 9:00am – 10:00am

Morning Tea 10:00am

Relaxation Group



10:00am – 10:15am

Mah Jong



1:00pm – 4:00pm

2nd & 4th Friday of the month