











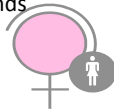




DAY TO DAY LIVING (D2DL)

Contact: Phone: (08) 9527 9431 Fax: (08) 9527 9113
 Rockingham: 8 Baralda Court, Rockingham WA 6168
 Mandurah: 1 France Street, Mandurah WA 6210



February 2012

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| | | <p>1 Rockingham 9.30-3:00: Art Class 10:00-12:00: Mens Group</p> <p>Mandurah 10:00-12:00: Womens Group</p>  | <p>2 Rockingham 10:15-11:45: Yoga 1:00-2:30: Drumming</p> <p>Mandurah 10:00-1:00 Fit Fast Food 1:00-2:30: Yoga</p>  | <p>3 Rockingham 8:45-12:00 Garden Diggers 8:30-12:00: Horse Care/Riding</p> <p>Mandurah 9:00-12:00: Horse Care/Riding 12:30-2:30: Digital Photography</p>  |
| <p>6 Rockingham 10:00-12:00: Womens Group 10:30-12:00: Walking Group</p> <p>Mandurah</p>  | <p>7 Rockingham 10:00- 12:00: Digital Photography 10:00-12:00: Swimming at Beach 1:00 - 3:30: Woodwork</p> <p>Mandurah 10:00-12:00: Mens Group</p>  | <p>8 Rockingham 9.30-3:00: Art Class 10:00-12:00: Mens Group</p> <p>Mandurah 10:00-12:00: Womens Group</p>  | <p>9 Rockingham 10:15-11:45: Yoga 1:00- 2:30: Drumming</p> <p>Mandurah 10:00-1:00 Fit Fast Food 1:00-2:30: Yoga</p>  | <p>10 Rockingham 8:45-12:00: Garden Diggers 8:30-12:00: Horse Care/Riding</p> <p>Mandurah 9:00-12:00: Horse Care/Riding 12:30-2:30: Digital Photography</p>  |
| <p>13 Rockingham 10:00-12:00: Womens Group 10:30-12:00: Walking Group</p> <p>Mandurah</p>  | <p>14 Rockingham 10:00-12:00: Digital Photography 10:00-12:00: Swimming at Beach 1:00-3.30: Woodwork Group</p> <p>Mandurah 10:00-12:00: Mens Group 12:30-2:30: The News Hounds</p>  | <p>15 Rockingham 9.30-3:00: Art Class 10:00-12:00: Mens Group 12:30-2:30: The News Hounds</p> <p>Mandurah 10:00-12:00: Women's Group</p>  | <p>16 Rockingham 10:15-11:45: Yoga 1:00- 2:30: Drumming</p> <p>Mandurah 10:00-1:00 Fit Fast Food 1:00-2:30: Yoga</p>  | <p>17 Rockingham 8:45-12:00: Garden Diggers 8:30-12:00: Horse Care/Riding 9:15-1:00: Penguin Island Tour</p> <p>Mandurah 9:00-12:00: Horse Care/Riding 12:30-2:30: Digital Photography</p>  |







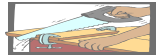



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Phone: (08) 9527 9431 Fax: (08) 9527 9113



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| <p>20 Rockingham 10:00-12:00: Womens Group 10:30-12:00: Walking Group</p> <p>Mandurah</p>  | <p>21 Rockingham 10:00- 12:00: Digital Photography 10:00-12:00: Swimming at Beach 1:00 - 3:30: Woodwork</p> <p>Mandurah</p>  | <p>22 Rockingham 9:30-3:00: Art Class 10:00-12:00: Mens Group 12:30-2:30: The News Hounds</p> <p>Mandurah 10:00-12:00: Women's Group</p>  | <p>23 Rockingham 10:15-11:45: Yoga 1:00- 2:30: Drumming</p> <p>Mandurah 10:00-1:00 Fit Fast Food 1:00-2:30: Yoga</p>  | <p>24 Rockingham 8:45-12:00: Garden Diggers 8:30-12:00: Horse Care/Riding</p> <p>Mandurah 9:00-12:00: Horse Care/Riding 12:30-2:30: Digital Photography</p>  |
| <p>27 Rockingham 10:00-12:00: Womens Group 10:30-12:00: Walking Group</p> <p>Mandurah</p>  | <p>28 Rockingham 10:00- 12:00: Digital Photography 10:00-12:00: Swimming at Beach 1:00 - 3:30: Woodwork</p> <p>Mandurah 10:00-12:00: Mens Group 12:30-2:30: The News Hounds</p>  | <p>29 Rockingham 9.30-3:00: Art Class 10:00-12:00: Mens Group 12:30-2:30: The News Hounds</p> <p>Mandurah 10:00-12:00: Women's Group</p>  | | |

Note: Programs can change at short notice.

For more information please contact D2DL Rockingham Office on 9527 9431

D2DL supports persons experiencing or who have experienced a mental illness in the Rockingham and Peel regions and is a funded programme of the Commonwealth Government's 'Support for Day to Day Living' programme. Signing up is free and voluntary and you may leave the service at any time.