



# SEPTEMBER 2024

**FLOWERDALE COTTAGE**  
**19 FLOWERDALE ROAD, LIVERPOOL (02) 93939125**  
**OPEN 9:00AM - 4:00PM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Trivia 9-10:00am Art 10am-12pm Mexican Monday Lunch 12-1:30pm	<b>3</b> Walk n Talk 9-10am Movies @ Flowerdale 10am-12pm	<b>4</b> Coffee & Crafts 10am-12pm Pizza & Pasta Lunch 12-1:30pm	<b>5</b> Brekky 9-10:30am Biscuits & Board Games 10:30am-12pm Amazing Asian Lunch 12-1:30pm Yoga & Meditation 1:30-2:30pm	<b>6</b> Walking group @ Fairfield 9:30am Bowling @ 7/10 Split 10:30-11:30am BBQ @ Flowerdale 12:00-2:30pm
<b>9</b> Trivia 9-10:00am Art 10am-12pm Mexican Monday Lunch 12-1:30pm	<b>19</b> Walk n Talk 9-10am Movies @ Flowerdale 10am-12pm	<b>11</b> <b>OUTING IN THE COMMUNITY</b> Coffee & Crafts 10am-12pm Pizza & Pasta Lunch 12-1:30pm	<b>12</b> <b>R U OK? Day</b> Brekky 9-10:30am Biscuits & Board Games 10:30am-12pm Amazing Asian Lunch 12-1:30pm Yoga & Meditation 1:30-2:30pm	<b>13</b> Walking group @ Fairfield 9:30am Bowling @ 7/10 Split 10:30-11:30am BBQ @ Flowerdale 12:00-2:30pm
<b>16</b> Trivia 9-10:00am Art 10am-12pm Mexican Monday Lunch 12-1:30pm	<b>17</b> Walk n Talk 9-10am Movies @ Flowerdale 10am-12pm Movies @ Event Cinemas 10am-1pm	<b>18</b> Coffee & Crafts 10am-12pm Pizza & Pasta Lunch 12-1:30pm	<b>19</b> Brekky 9-10:30am Biscuits & Board Games 10:30am-12pm Amazing Asian Lunch 12-1:30pm Yoga & Meditation 1:30-2:30pm	<b>20</b> Walking group @ Fairfield 9:30am Bowling @ 7/10 Split 10:30-11:30am BBQ @ Flowerdale 12:00-2:30pm
<b>23</b> Trivia 9-10:00am Art 10am-12pm Mexican Monday Lunch 12-1:30pm	<b>24</b> Walk n Talk 9-10am Movies @ Flowerdale 10am-12pm	<b>25</b> Coffee & Crafts 10am-12pm Pizza & Pasta Lunch 12-1:30pm	<b>26</b> Brekky 9-10:30am Biscuits & Board Games 10:30am-12pm Amazing Asian Lunch 12-1:30pm Yoga & Meditation 1:30-2:30pm	<b>27</b> Walking group @ Fairfield 9:30am Bowling @ 7/10 Split 10:30-11:30am BBQ @ Flowerdale 12:00-2:30pm
<b>30</b> Trivia 9-10:00am Art 10am-12pm Mexican Monday Lunch 12-1:30pm	 <p>1. Ask      2. Listen      3. Encourage action      4. Check in</p>			



Delivered in partnership with:

