

March - June 2018

Mind Nunawading is delighted to offer the following activities.

Location – Nunawading

Mind Nunawading office
Level 1, 353 Whitehorse Road
Nunawading VIC 3131

Activity	When and location of activity	
<p>Ten pin bowling</p> <p>2 hours</p> <p>Looking for some ten pin action? Ten pin bowling is a fun social activity - no skills necessary. Laughter and happy times guaranteed!</p> <p>Cost for sessions: \$19.90 for two (2) games or \$17.90 for two (2) games with concession card.</p> <p>What to bring: Please bring along your own socks.</p>	<p>Wednesdays</p> <p>4 April and 2 May</p> <p>1:00–3:00 pm</p> <p>AMF Bowling Forest Hill shopping Centre, 270 Canterbury Rd, Forest Hill VIC 3131 (735 Bus towards Box Hill from Nunawading station to Forest Hill Chase Shopping Centre)</p>	
<p>Picnic</p> <p>2 hours</p> <p>Food tastes better when it is enjoyed in the fresh air! Bring your lunch and enjoy a casual, fun-filled picnic with others and the Mind Connect Up team.</p> <p>What to bring: Please bring lunch; either to cook on the BBQ or a packed lunch. Bring a hat, sunscreen and a drink.</p>	<p>Wednesday</p> <p>21 March</p> <p>11:30 am – 1:30 pm</p> <p>Location will be shared with you when you advise of your expression of interest to attend</p>	
<p>Movie club</p> <p>4 hours</p> <p>Join the movie club to see the latest movies and catch up afterwards with others to discuss and review the movie. Movie choice will be pre-selected by staff, and you will be informed two business days before the activity.</p>	<p>Fridays</p> <p>18 April, 16 May, 20 June</p> <p>Movie sessions will be shared with you when you advise of your expression of interest to attend</p>	
<p>Walking group</p> <p>2 hours</p> <p>Walking improves physical health and helps to create safer, friendlier, more liveable communities. You never know what treasures you might find, adventures you may have, or people you will meet on a nice stroll.</p> <p>What to bring: Bring a hat, sunscreen and water.</p>	<p>Tuesdays</p> <p>22 and 29 May, 5 June</p> <p>11:30 am – 1:30 pm</p> <p>Participants who register meet at Nunawading office at 11:00 am</p>	

To participate: Speak to the team at Mind Nunawading or contact our customer service centre, Mind Connect on 1300 286 463.

Mind Connect
1300 286 463