



# Online Supports - Schedule

Below is the schedule of the various online ZOOM activities Good Sammy Options will be running on a weekly basis. Each activity will have it's own unique code and password to join in so once you have registered your interest with us we can send you everything you need to join in!

	Monday 18/05/2020	Tuesday 19/05/2020	Wednesday 20/05/2020	Thursday 21/05/2020	Friday 22/05/2020
Morning		10am- 11am Drawing online Art Session	10am - 11am Bake it til' you make it Cooking Session	10am-11am Colouring in Mindfulness session	10am-11am Iso' Bingo
Afternoon		1pm - 2pm Mentors Cafe Session for Mentors only	1pm - 2pm Blind date with a Book Club	1pm-2pm Picture Perfect Photography Session	1pm-2pm How to make stuff Craft Session
Evening			5.30pm - 6.30pm Isolation Motivation Fitness Class		

This is just the beginning, with many more exciting classes planned, this schedule will fill up as the weeks go on, so let us know if there is something in particular you would really like to see!

**TO REGISTER YOUR INTEREST, PLEASE CALL ROB: 0427 205 928**



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	Monday 11/05/2020	Tuesday 12/05/2020	Wednesday 13/05/2020	Thursday 14/05/2020	Friday 15/05/2020
Morning		10am- 11am Drawing online Art Session	10am - 11am Bake it til' you make it Cooking Session	10am-11am Colouring in Mindfulness session	10am-11am Iso' Bingo
Afternoon	1pm - 2pm participants Cafe Good News Session with our participants	1pm - 2pm Mentors Cafe Session for Mentors only	1pm - 2pm Blind date with a Book Club	1pm-2pm Picture Perfect Photography Session	1pm-2pm How to make stuff Craft Session
Evening			5.30pm - 6.30pm Isolation Motivation Fitness Class		

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