



Key

*Monday Drop-in
10.30am-12.30pm
Online*

*Tuesday Drop-in 4-6pm
Online*

*Social meet-up Monday
1-3pm (4th week of
every month, in-person,
location different each
month)*

Book your place by
completing the form
on VMIAC website or
call 1800 845 009

Month	Week 1 Community Member Topics	Week 2 Art-making & chat	Week 3 Yoga & Meditation	Monthly Social meet-up	Week 5 Our Values & Skills
August		15th & 16th	22nd & 23rd	29th	
September	5th & 6th	12th & 13th	19th & 20th	26th	
October	3rd & 4th	10th & 11th	17th & 18th	24th	
November	31st Oct & 1st Nov	7th & 8th	14th & 15th	21st	28th & 29th
December	5th & 6th	12th & 13th	19th & 20th		Christmas break

Schedule as of Aug 2022



Calendar



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January 2023	9th & 10th	16th & 17th	23rd & 24th	30th	
February	6th & 7th	13th & 14th	20th & 21st	27th	
March	6th & 7th	14th	20th & 21st	27th & 28th	
April	3rd & 4th	Easter Break	17th & 18th	24th	
May	1st & 2nd	8th & 9th	15th & 16th	22nd	29th