

MAR 2023

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10.30-2.30 Grow Cook and Go 1.30-3.15 Barber shop 2.30-3.30 Coffee & cake	2 10.30-2.30 Art class 12.30-3 Naturopath 6.30-7.30 Monthly Dinner	3
7 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	8 10.30-2.30 Grow Cook and Go 2.30-3.30 Coffee & cake	9 10.30-2.30 Art class 12.30-3 Naturopath 12.30-1.30 Lunch	10
14 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	15 10.30-2.30 Grow Cook and Go 1.30-3.15 Barber shop 2.30-3.30 Coffee & cake	16 10.30-2.30 Art class 12.30-3 Naturopath 12.30-1.30 Lunch	17
21 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	22 10.30-2.30 Grow Cook and Go 2.30-3.30 Coffee & cake	23 10.30-2.30 Art class 12.30-3 Naturopath 12.30-1.30 Lunch	24
28 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	29 1.30-3.15 Barber shop 2.30-3.30 Coffee & cake	30 10.30-2.30 Art class 12.30-3 Naturopath 12.30-1.30 Lunch	31

DWF consultations
via phone and face
to face available

AVAILABLE DAILY
 Client Care and Support
 Pantry (accessible once
 a fortnight per client)
 Toast, Cereal, Tea,
 Coffee
 Vitamart
 Laundry Facilities
 NSP
 Lube and Condom Sales

* Please contact
 reception to enroll in
 Grow Cook and Go or
 Art Class

APR 2023

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5 2.30-3.30 Coffee & cake	6 10.30-2.30 Art class 12.30-3 Naturopath 6.30-7.30 Monthly Dinner	7 Centre closed
11 Centre closed	12 1.30-3.15 Barber shop 2.30-3.30 Coffee & cake	13 12.30-3 Naturopath 12.30-1.30 Lunch	14
18 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	19 2.30-3.30 Coffee & cake	20 12.30-3 Naturopath 12.30-1.30 Lunch	21
25 Centre closed	26 10.30-2.30 Grow Cook and Go 1.30-3.15 Barber shop 2.30-3.30 Coffee & cake	27 10.30-2.30 Art class 12.30-3 Naturopath 12.30-1.30 Lunch	28

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MAY 2023

TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
10-4 11-12 12.30-1.30	Launch Housing Stretch & Tone Lunch	2	10.30-2.30 2.30-3.30	Grow Cook and Go Coffee & cake	3	10.30-2.30 12.30-3 6.30-7.30	Art class Naturopath Monthly Dinner	4	5
10-4 11-12 12.30-1.30	Launch Housing Stretch & Tone Lunch	9	10.30-2.30 1.30-3.15 2.30-3.30	Grow Cook and Go Barber shop Coffee & cake	10	10.30-2.30 12.30-3 12.30-1.30	Art class Naturopath Lunch	11	12
10-4 11-12 12.30-1.30	Launch Housing Stretch & Tone Lunch	16	10.30-2.30 2.30-3.30	Grow Cook and Go Coffee & cake	17	10.30-2.30 12.30-3 12.30-1.30	Art class Naturopath Lunch	18	19
10-4 11-12 12.30-1.30	Launch Housing Stretch & Tone Lunch	23	10.30-2.30 1.30-3.15 2.30-3.30	Grow Cook and Go Barber shop Coffee & cake	24	10.30-2.30 12.30-3 12.30-1.30	Art class Naturopath Lunch	25	26
10-4 11-12 12.30-1.30	Launch Housing Stretch & Tone Lunch	30	10.30-2.30 2.30-3.30	Grow Cook and Go Coffee & cake	31				

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