

DEC 2023

TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch		10-4 Launch Housing 2.30-3.30 Coffee & cake		10-4 AOD Therapeutic Serv. 12.30-3 Naturopath 12.30-1.30 Lunch		5pm World AIDS Day Remembrance Ceremony	1
	5		6		7		8
10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch		10-4 Launch Housing 2.30-3.30 Coffee & cake		10-4 AOD Therapeutic Serv. 12.30-3 Naturopath 6-7 Festive Season Dinner			
	12		13		14		15
10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch		10-4 Launch Housing 2.30-3.30 Coffee & cake		12.30-3 Naturopath 12.30-1.30 Lunch			
	19		20		21		22
10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch		10-4 Launch Housing 2.30-3.30 Coffee & cake		12.30-3 Naturopath 12.30-1.30 Lunch		Centre Closes 4pm	
	26		27		28		29
Centre Closed		Centre Closed		Centre Closed		Centre Closed	

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
some of our courses
and activities

JAN 2024

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Centre Closed	3 Centre Closed	4 Centre Closed	5 Centre Closed
9 11-12 Stretch & Tone 12.30-1.30 Lunch	10 2.30-3.30 Coffee & cake	11	12
16 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	17 10-4 Launch Housing 2.30-3.30 Coffee & cake	18	19
23 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	24 10-4 Launch Housing 2.30-3.30 Coffee & cake	25	26 Centre Closed Public Holiday
30 10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch	31 10-4 Launch Housing 2.30-3.30 Coffee & cake		

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FEB 2024

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30</p> <p>10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch</p>	<p>31</p> <p>10-4 Launch Housing 2.30-3.30 Coffee & cake</p>	<p>1</p> <p>10-4 AOD Therapeutic Serv. 12.30-3 Naturopath 6-7 Monthly Dinner</p>	<p>2</p>
<p>6</p> <p>10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch</p>	<p>7</p> <p>10-4 Launch Housing 2.30-3.30 Coffee & cake</p>	<p>8</p> <p>10-4 AOD Therapeutic Serv. 10.30-2.30 Art class 12.30-3 Naturopath 12.30-1.30 Lunch</p>	<p>9</p>
<p>13</p> <p>10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch</p>	<p>14</p> <p>10-4 Launch Housing 2.30-3.30 Coffee & cake</p>	<p>15</p> <p>10-4 AOD Therapeutic Serv. 10.30-2.30 Art class 12.30-3 Naturopath 12.30-1.30 Lunch</p>	<p>16</p>
<p>20</p> <p>10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch</p>	<p>21</p> <p>10-4 Launch Housing 2.30-3.30 Coffee & cake</p>	<p>22</p> <p>10-4 AOD Therapeutic Serv. 10.30-2.30 Art class 12.30-3 Naturopath 12.30-1.30 Lunch</p>	<p>23</p>
<p>27</p> <p>10-4 Launch Housing 11-12 Stretch & Tone 12.30-1.30 Lunch</p>	<p>28</p> <p>10-4 Launch Housing 2.30-3.30 Coffee & cake</p>	<p>29</p> <p>10-4 AOD Therapeutic Serv. 10.30-2.30 Art class 12.30-3 Naturopath 12.30-1.30 Lunch</p>	

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