

JUNE 2017

Tuesday	Wednesday	Thursday	Friday
6 11:30—12:30 Tums & Bums exercises 11:30—3:30 Pantry 12—1 workingOUT Employ Services 12:30—2:00 Lunch	7 10—12.30 Art Class 11—3 Straight Arrows Outrch 10:15—5 DWF appointments 11:30—3:30 Pantry 1—2:15 Massage 1:30—2:15 Muscles & Curves 2—4 WISE Employment	8 10—4 Pos. Women Outreach 10:15—5 DWF appointments 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	9 11:30—3:30 Pantry 11—12 Pilates 1—3 GROW Group
13 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch 12:30—2 SensWide Employment	14 10—12.30 Art Class 10:15—5 DWF appointments 1:30—2:15 Muscles & Curves 2:30—3:30 Coffee & Cake	15 10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner	16 11—12 Pilates 1—3 GROW Group
20 11:30—12:30 Tums & Bums exercises 11:30—3:30 Pantry 12:30—2 Lunch	21 10—12.30 Art Class 11—3 Straight Arrows Outrch 10:15—5 DWF appointments 11:30—3:30 Pantry 1—3:15 Massage 1:30—2:15 Muscles & Curves 2—4 WISE Employment 6-9 Straight Arrows Cook 'N' Chat	22 10—4 Pos. Women Outreach 10:15—5 DWF appointments 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	23 11:30—3:30 Pantry 11—12 Pilates 1—3 GROW Group
27 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	28 10—12.30 Art Class 10:15—5 DWF appointments 1:30—2:15 Muscles & Curves 2:30—3:30 Coffee & Cake	29 10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner	30 11—12 Pilates 1—3 GROW Group

JULY 2017

Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>10:30—2 Massage 11:30—12:30 Tums & Bums exercises 11:30—3:30 Pantry 12—1 workingOUT Employ Services 12:30—2 Lunch</p>	<p>5</p> <p>10—12.30 Art Class 11—3 Straight Arrows Outrch 10:15—5 DWF appointments 11:30—3:30 Pantry 1—2:15 Massage 1:30—2:15 Muscles & Curves 2—4 WISE Employment</p>	<p>6</p> <p>10—4 Pos. Women Outreach 10:15—5 DWF appointments 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints</p>	<p>7</p> <p>11:30—3:30 Pantry 11—12 Pilates 1—3 GROW Group</p>
<p>11</p> <p>11:30—12:30 Tums & Bums exercises 12:30—2 Lunch 12:30—2 SensWide Employment</p>	<p>12</p> <p>10—12.30 Art Class 10:15—5 DWF appointments 1:30—2:15 Muscles & Curves 2:30—3:30 Coffee & Cake</p>	<p>13</p> <p>10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner</p>	<p>14</p> <p>11—12 Pilates 1—3 GROW Group</p>
<p>18</p> <p>10:30—2 Massage 11:30—12:30 Tums & Bums exercises 11:30—3:30 Pantry 12:30—2 Lunch</p>	<p>19</p> <p>10—12.30 Art Class 11—3 Straight Arrows Outrch 10:15—5 DWF appointments 11:30—3:30 Pantry 1—3:15 Massage 1:30—2:15 Muscles & Curves 2—4 WISE Employment 6-9 Straight Arrows Cook 'N' Chat</p>	<p>20</p> <p>10—4 Pos. Women Outreach 10:15—5 DWF appointments 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints</p>	<p>21</p> <p>11:30—3:30 Pantry 11—12 Pilates 1—3 GROW Group</p>
<p>25</p> <p>11:30—12:30 Tums & Bums exercises 12:30—2 Lunch</p>	<p>26</p> <p>10—12.30 Art Class 10:15—5 DWF appointments 1:30—2:15 Muscles & Curves 2:30—3:30 Coffee & Cake</p>	<p>27</p> <p>10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner</p>	<p>28</p> <p>11—12 Pilates 1—3 GROW Group</p>

AUGUST 2017

Tuesday	Wednesday	Thursday	Friday
1 10:30—2 Massage 11:30—12:30 Tums & Bums exercises 11:30—3:30 Pantry 12—1 workingOUT Employ Services 12:30—2 Lunch	2 10—12.30 Art Class 11—3 Straight Arrows Outrch 10:15—5 DWF appointments 11:30—3:30 Pantry 1—2:15 Massage 1:30—2:15 Muscles & Curves 2—4 WISE Employment	3 10—4 Pos. Women Outreach 10:15—5 DWF appointments 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	4 11:30—3:30 Pantry 11—12 Pilates 1—3 GROW Group
8 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch 12:30—2 SensWide Employment	9 10—12.30 Art Class 10:15—5 DWF appointments 1:30—2:15 Muscles & Curves 2:30—3:30 Coffee & Cake	10 10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner	11 11—12 Pilates 1—3 GROW Group
15 10:30—2 Massage 11:30—12:30 Tums & Bums exercises 11:30—3:30 Pantry 12:30—2 Lunch	16 10—12.30 Art Class 11—3 Straight Arrows Outrch 10:15—5 DWF appointments 11:30—3:30 Pantry 1—3:15 Massage 1:30—2:15 Muscles & Curves 2—4 WISE Employment 6-9 Straight Arrows Cook 'N' Chat	17 10—4 Pos. Women Outreach 10:15—5 DWF appointments 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	18 11:30—3:30 Pantry 11—12 Pilates 1—3 GROW Group
22 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	23 10—12.30 Art Class 10:15—5 DWF appointments 1:30—2:15 Muscles & Curves 2:30—3:30 Coffee & Cake	24 10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner	25 11—12 Pilates 1—3 GROW Group
29 10:30—2 Massage 11:30—12:30 Tums & Bums exercises 11:30—3:30 Pantry 12:30—2 Lunch	30 10—12.30 Art Class 11—3 Straight Arrows Outrch 10:15—5 DWF appointments 11:30—3:30 Pantry 1—3:15 Massage 1:30—2:15 Muscles & Curves 2—4 WISE Employment	31 10—4 Pos. Women Outreach 10:15—5 DWF appointments 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	1 Sept 11:30—3:30 Pantry 11—12 Pilates 1—3 GROW Group

SEPTEMBER 2017

Tuesday	Wednesday	Thursday	Friday
5 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch 12:30—2 SensWide Employment	6 10—12.30 Art Class 10:15—5 DWF appointments 1:30—2:15 Muscles & Curves 2:30—3:30 Coffee & Cake	7 10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner	8 11—12 Pilates 1—3 GROW Group
12 10:30—2 Massage 11:30—12:30 Tums & Bums exercises 11:30—3:30 Pantry 12:30—2 Lunch	13 10—12.30 Art Class 11—3 Straight Arrows Outrch 10:15—5 DWF appointments 11:30—3:30 Pantry 1—3:15 Massage 1:30—2:15 Muscles & Curves 2—4 WISE Employment	14 10—4 Pos. Women Outreach 10:15—5 DWF appointments 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	15 11:30—3:30 Pantry 11—12 Pilates 1—3 GROW Group
19 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	20 10—12.30 Art Class 10:15—5 DWF appointments 1:30—2:15 Muscles & Curves 2:30—3:30 Coffee & Cake 6-9 Straight Arrows Cook 'N' Chat	21 10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner	22 11—12 Pilates 1—3 GROW Group
26 10:30—2 Massage 11:30—12:30 Tums & Bums exercises 11:30—3:30 Pantry 12:30—2 Lunch	27 10—12.30 Art Class 11—3 Straight Arrows Outrch 10:15—5 DWF appointments 11:30—3:30 Pantry 1—3:15 Massage 1:30—2:15 Muscles & Curves 2—4 WISE Employment	28 10—4 Pos. Women Outreach 10:15—5 DWF appointments 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	29 <p style="text-align: center;">CLOSED</p> AFL Grand Final Public Holiday