

OCTOBER 2019

Tuesday	Wednesday	Thursday	Friday
1 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	2 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 2—4.30 Massage 2:30—3:30 Coffee & Cake	3 10:30—4 DWF appointments 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	4 11—12 Pilates
8 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	9 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11:30—3:30 Pantry	10 10:30—4 DWF appointments 11—4 Pos. Women Outreach 11.30—7.30 Pantry 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	11 11—12 Pilates 11:30—3:30 Pantry
15 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	16 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 2—4.30 Massage 2:30—3:30 Coffee & Cake	17 10:30—4 DWF appointments 3—7 Barber Shop 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	18 11—12 Pilates
22 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	23 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11:30—3:30 Pantry	24 10:30—4 DWF appointments 11—4 Pos. Women Outreach 11.30—7.30 Pantry 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	25 11—12 Pilates 11:30—3:30 Pantry
29 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	30 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 2—4.30 Massage 2:30—3:30 Coffee & Cake	31 10:30—4 DWF appointments 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	

NOVEMBER 2019

Tuesday	Wednesday	Thursday	Friday
			1 11—12 Pilates
5 Public Holiday — Building Closed	6 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11:30—3:30 Pantry	7 10:30—4 DWF appointments 11—4 Pos. Women Outreach 11.30—7.30 Pantry 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	8 11—12 Pilates 11:30—3:30 Pantry
12 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	13 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 2—4.30 Massage 2:30—3:30 Coffee & Cake	14 10:30—4 DWF appointments 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	15 11—12 Pilates
19 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	20 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11:30—3:30 Pantry	21 10:30—4 DWF appointments 11—4 Pos. Women Outreach 11.30—7.30 Pantry 3—7 Barber Shop 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	22 11—12 Pilates 11:30—3:30 Pantry
26 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	27 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 2—4.30 Massage 2:30—3:30 Coffee & Cake	28 10:30—4 DWF appointments 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	29 11—12 Pilates

DECEMBER 2019

Tuesday	Wednesday	Thursday	Friday
3 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	4 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11:30—3:30 Pantry	5 10:30—4 DWF appointments 11—4 Pos. Women Outreach 11.30—7.30 Pantry 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	6 11—12 Pilates 11:30—3:30 Pantry
10 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	11 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 2—4.30 Massage 2:30—3:30 Coffee & Cake	12 10:30—4 DWF appointments 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	13 11—12 Pilates
17 11:30—3:30 Pantry 12:30—2 Lunch	18 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11:30—3:30 Pantry	19 10:30—4 DWF appointments 11—4 Pos. Women Outreach 11.30—7.30 Pantry 3—7 Barber Shop 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	20 11:30—3:30 Pantry
24 12:30—2 Lunch Building will close after lunch	25 Public Holiday — Building Closed	26 Public Holiday — Building Closed	27 Building Closed
31 Building Closed			

JANUARY 2020

Tuesday	Wednesday	Thursday	Friday
	1 Public Holiday — Building Closed	2 11.30—7.30 Pantry 6—7:30 Dinner	3 11:30—3:30 Pantry
7 11:30—12:30 Tums & Bums exercises	8 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 2:30—3:30 Coffee & Cake	9 10:30—4 DWF appointments 6—7:30 Dinner 7—9 HALC (Legal) appoints	10 11—12 Pilates
14 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises	15 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 11:30—3:30 Pantry	16 10:30—4 DWF appointments 11—4 Pos. Women Outreach 11.30—7.30 Pantry 3—7 Barber Shop 3—7:15 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	17 11—12 Pilates 11:30—3:30 Pantry
21 11:30—12:30 Tums & Bums exercises	22 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 2:30—3:30 Coffee & Cake	23 10:30—4 DWF appointments 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	24 11—12 Pilates
28 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises	29 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 11:30—3:30 Pantry	30 10:30—4 DWF appointments 11—4 Pos. Women Outreach 11.30—7.30 Pantry 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	31 11—12 Pilates 11:30—3:30 Pantry