

Sunflower Centre Newcastle

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www.onedoor.org.au/services/centre-based-services/sunflower-centre-newcastle

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APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 10am-12:30pm Art – Cost \$3 1pm-3pm Mindfulness</p>	<p>2 10:30am-12:30pm Men's Community Group</p>	<p>3 10am-1pm Cooking with Chef Troy \$2 1pm-3pm Computer Skills</p>	<p>4</p>	<p>5 10am-1pm Triple P (Pool, Pizza, Playstation) 11am-1pm Womens Community Outing</p>
<p>8 10am-12:30pm Art – Cost \$3 1pm-3pm Mindfulness</p>	<p>9 10:30am-12:30pm Men's Community Group</p>	<p>10 10am-1pm Cooking with Chef Troy \$2 1pm-3pm Computer Skills</p>	<p>11</p>	<p>12 10am-1pm Triple P (Pool, Pizza, Playstation) 11am-1pm Womens Community Outing</p>
<p>15 10am-12:30pm Art – Cost \$3 1pm-3pm Mindfulness</p>	<p>16 10:30am-12:30pm Men's Community Group</p>	<p>17 10am-1pm Cooking with Chef Troy \$2 1pm-3pm Computer Skills</p>	<p>18</p>	<p>19 10am-1pm Triple P (Pool, Pizza, Playstation) 11am-1pm Womens Community Outing</p>
<p>22 10am-12:30pm Art – Cost \$3 1pm-3pm Mindfulness</p>	<p>23 10:30am-12:30pm Men's Community Group</p>	<p>24 10am-1pm Cooking with Chef Troy \$2 1pm-3pm Computer Skills</p>	<p>25</p>	<p>26 10am-1pm Triple P (Pool, Pizza, Playstation) 11am-1pm Womens Community Outing</p>
<p>22 10am-12:30pm Art – Cost \$3 1pm-3pm Mindfulness</p>	<p>23 10:30am-12:30pm Men's Community Group</p>			



One Door. Many Opportunities.

OPENING HOURS ARE
Monday to Friday
9am – 3pm