

Sunflower Centre Newcastle

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

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JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CLOSED	2 CLOSED	3 CLOSED	4 CLOSED
7 10am-12:30pm Art – Cost \$3 1pm-3pm Mindfulness	8 10:30am-12:30pm Men's Community Group	9 10am-1pm Cooking with Chef Troy \$2 1pm-3pm Computer Skills	10	11 10am-1pm Triple P (Pool, Pizza, Playstation) \$3
14 10am-12:30pm Art – Cost \$3 1pm-3pm Mindfulness	15 10:30am-12:30pm Men's Community Group	16 10am-1pm Cooking with Chef Troy \$2 1pm-3pm Computer Skills	17	18 10am-1pm Triple P (Pool, Pizza, Playstation) \$3
21 10am-12:30pm Art – Cost \$3 1pm-3pm Mindfulness	22 10:30am-12:30pm Men's Community Group	23 10am-1pm Cooking with Chef Troy \$2 1pm-3pm Computer Skills	24	25 10am-1pm Triple P (Pool, Pizza, Playstation) \$3
28 CLOSED	29 10:30am-12:30pm Men's Community Group	30 10am-1pm Cooking with Chef Troy \$2 1pm-3pm Computer Skills	31	



One Door. Many Opportunities.

OPENING HOURS ARE
Monday to Friday
9am – 3pm