

# April 29<sup>th</sup> – May 3<sup>rd</sup> 2024

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## DROP-IN ACTIVITIES & GROUPS

### MONDAY 29<sup>th</sup>

**Art Class** 

9.30am – 12.30pm

**Open Art Studio**

1.30pm – 3.30pm

### TUESDAY 30<sup>th</sup>

**3D Art Workshop**

10am – 12pm

**Guitar Lessons**

10am – 12pm



**Eating the Elephant**

**Support Group**

11am – 12pm



**Yoga**

11am – 12pm



**Songbirds Songwriting**  
**Group**

1pm – 3pm



**Gardening**

1pm – 3pm



**Tech Support**

From 1pm

**Creative Writing**

2pm – 3pm



**Singing Group**

3pm – 4pm



### WEDNESDAY 1<sup>st</sup>

**Music To My Ears**

10am – 12pm



**Craft**

10.30am – 12pm



**Narcotics Anonymous**

12pm – 1.15pm

**Tech Support**

12pm – 2pm



**Music Therapy**

1pm – 2.30pm



**Hearing Voices**

**Support Group**

2pm – 3.30pm



### THURSDAY 2<sup>nd</sup>

**SMART Recovery**

10am – 11.30am

**Kundalini Yoga**

**Meditation**

11.30am – 1pm

**Ladies Lunch**

12.30pm – 2pm



**Gardening**

1pm – 3pm



**Music to My Ears**

1pm – 3pm



**Mindful Mending**

1.30pm – 3pm

### FRIDAY 3<sup>rd</sup>

**Open Gym**

*Available during the day*

**Open Art Studio**

9.30am – 12.30pm



**Cultural Space Art**

10am – 12pm

**Performance**  
**Storytelling & Music**

1pm – 3pm

**Centrelink Outreach**

From 2pm

**Tech Support**

3pm – 4pm



# April 29<sup>th</sup> – May 3<sup>rd</sup> 2024

## BOOK-IN ACTIVITIES & GROUPS

MONDAY 29 <sup>th</sup>	TUESDAY 30 <sup>th</sup>	WEDNESDAY 1 <sup>st</sup>	THURSDAY 2 <sup>nd</sup>	FRIDAY 3 <sup>rd</sup>
<p><b>Life Admin with Omar</b> 9.30am – 11.30am</p> <p><b>English Second Language (ESL) Help</b>  10am – 12pm</p> <p><b>Songwriting Development</b> 1pm – 3pm</p>	<p><b>ACAP Counselling Sessions</b> 10am – 2pm</p>	<p><b>Ceramic Techniques</b> 9.30am – 1pm</p> <p><b>ACAP Counselling Sessions</b> 10am – 2pm</p> <p><b>Life Admin with Marietta</b> 1.30pm – 3.30pm</p>	<p><b>Pottery</b> 9.30am – 12.30pm</p> <p><b>TAFE Music to Industry</b> 10am – 12pm</p> <p><b>Life Admin with Katerina</b> 10am – 12pm</p> <p><b>ACAP Counselling Sessions</b> 10am – 2pm</p>	<p><b>Reading Support</b> 10am – 12pm </p> <p><b>Cooking &amp; Nutrition</b>  10am – 12.30pm</p>

To book in for these programs, chat to staff, text us on 0482131182, call us on 9358 8100 or email [olc@vinnies.org.au](mailto:olc@vinnies.org.au)