

May 6th – May 10th 2024

DROP-IN ACTIVITIES & GROUPS

OZANAM LEARNING CENTRE

Level 3 / 99 Forbes St. Gadigal Land,
Woolloomooloo NSW 2011
0482 131 182 | 02 9358 8100
olc@vinnies.org.au
www.vinnies.org.au

MONDAY 6th

TUESDAY 7th

WEDNESDAY 8th

THURSDAY 9th

FRIDAY 10th

3D Art Workshop
10am – 12pm

Guitar Lessons
10am – 12pm



**Eating the Elephant
Support Group**
11am – 12pm



Yoga
11am – 12pm



Milkcrate Theatre
12.30pm – 2.30pm



Songbirds Songwriting Group
1pm – 3pm



Gardening
1pm – 3pm



**NSW Registry of Births,
Deaths & Marriages Outreach**
1pm – 3pm

Creative Writing
2pm – 3pm



Singing Group
3pm – 4pm



Music To My Ears
10am – 12pm



Narcotics Anonymous
12pm – 1.15pm

Tech Support
12pm – 2pm



Music Therapy
1pm – 2.30pm



Cultural Space Art
1pm – 3pm

**Hearing Voices
Support Group**
2pm – 3.30pm



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

Open Gym

*Available throughout
the day*



Open Art Studio
9.30am – 12.30pm



Cultural Space Art
10am – 12pm

**Performance
Storytelling & Music**
1pm – 3pm







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BOOK-IN ACTIVITIES & GROUPS

MONDAY 6 th	TUESDAY 7 th	WEDNESDAY 8 th	THURSDAY 9 th	FRIDAY 10 th
<p>Life Admin with Omar 9.30am – 11.30am</p> <p>English Second Language (ESL) Help 10am – 12pm </p> <p>Songwriting Development 1pm – 3pm</p>	<p>HPLS Legal Service (Zoom) 11am – 1pm </p>	<p>Ceramic Techniques 9.30am – 1pm</p>	<p>Pottery 9.30am – 12.30pm</p> <p>TAFE Music to Industry 10am – 12pm</p> <p>Life Admin with Katerina 10am – 12pm</p>	<p>Reading Support 10am – 12pm </p> <p>Cooking & Nutrition 10am – 12.30pm</p> <p>Haircuts (LIMITED SPOTS) 12pm – 3pm </p>

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