

SEPTEMBER 2015

Tuesday	Wednesday	Thursday	Friday
1 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 SensWide Employment 12:30—2 Lunch	2 10—12.30 Art Class 10:15—5 DWF appointments 11:30—3:30 Pantry 1—3:15 Massage 12:30—3:30 Haircuts 1:30—2:15 Muscles & Curves 2:30—4 Housing Plus 2—4 WISE Employment	3 10:30—1:30 Massage 10:15—5 DWF appointments 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	4 11:30—3:30 Pantry 11—12 Pilates 1—3 GROW Group
8 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	9 1 0—12.30 Art Class 10:15—5 DWF appointments 12:30—3:30 Haircuts 1—3:15 Massage 1:30—2:15 Muscles & Curves 2:30—3:30 Coffee & Cake	10 10:30—1:30 Massage 10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner	11 11—12 Pilates 1—3 GROW Group
15 11:30—12:30 Tums & Bums exercises 11:30—3:30 Pantry 12:30—2 Lunch	16 10—12.30 Art Class 10:15—5 DWF appointments 11:30—3:30 Pantry 1—3:15 Massage 12:30—3:30 Haircuts 1:30—2:15 Muscles & Curves 2:30—4 Housing Plus 2—4 WISE Employment	17 10:15—5 DWF appointments 10:30—1:30 Massage 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	18 11:30—3:30 Pantry 11—12 Pilates 1—3 GROW Group
22 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	23 10—12.30 Art Class 10:15—5 DWF appointments 12:30—3:30 Haircuts 1—3:15 Massage 1:30—2:15 Muscles & Curves 2:30—3:30 Coffee & Cake	24 10:30—1:30 Massage 10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner	25 11—12 Pilates 1—3 GROW Group

OCTOBER 2015

Tuesday	Wednesday	Thursday	Friday
29 Sept 10—4 Living Positive Victoria Outreach 11:30—12:30 Tums & Bums exercises 11:30—3:30 Pantry 12:30—2 Lunch	30 Sept 10—12.30 Art Class 10:15—5 DWF appointments 11:30—3:30 Pantry 1—3:15 Massage 12:30—3:30 Haircuts 1:30—2:15 Muscles & Curves 2—4 WISE Employment	1 Oct 10:30—1:30 Massage 10:15—5 DWF appointments 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	2 Oct AFL Grand Final Friday Public Holiday PLC Closed
6 11:30—12:30 Tums & Bums exercises 12:30—2 SensWide Employment 12:30—2 Lunch 12:30—2 SensWide Employment	7 10—12.30 Art Class 10:15—5 DWF appointments 12:30—3:30 Haircuts 1—3:15 Massage 1:30—2:15 Muscles & Curves 2:30—3:30 Coffee & Cake	8 10:30—1:30 Massage 10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner	9 11—12 Pilates 1—3 GROW Group
13 10—4 Living Positive Victoria Outreach 11:30—12:30 Tums & Bums exercises 11:30—3:30 Pantry 12:30—2 Lunch	14 10—12.30 Art Class 10:15—5 DWF appointments 11:30—3:30 Pantry 1—3:15 Massage 12:30—3:30 Haircuts 1:30—2:15 Muscles & Curves 2—4 WISE Employment	15 10:30—1:30 Massage 10:15—5 DWF appointments 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	16 11:30—3:30 Pantry 11—12 Pilates 1—3 GROW Group
20 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	21 10—12.30 Art Class 10:15—5 DWF appointments 12:30—3:30 Haircuts 1—3:15 Massage 1:30—2:15 Muscles & Curves 2:30—3:30 Coffee & Cake	22 10:30—1:30 Massage 10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner	23 11—12 Pilates 1—3 GROW Group
27 10—4 Living Positive Victoria Outreach 11:30—12:30 Tums & Bums exercises 11:30—3:30 Pantry 12:30—2 Lunch	28 10—12.30 Art Class 10:15—5 DWF appointments 11:30—3:30 Pantry 1—3:15 Massage 12:30—3:30 Haircuts 1:30—2:15 Muscles & Curves 2—4 WISE Employment	29 10:15—5 DWF appointments 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	30 11:30—3:30 Pantry 11—12 Pilates 1—3 GROW Group

NOVEMBER 2015

Tuesday	Wednesday	Thursday	Friday
3 Melbourne Cup Public Holiday PLC Closed	4 10—12.30 Art Class 10:15—5 DWF appointments 12:30—3:30 Haircuts 1—3:15 Massage 1:30—2:15 Muscles & Curves 2:30—3:30 Coffee & Cake	5 10:30—1:30 Massage 10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner	6 11—12 Pilates 1—3 GROW Group
10 10—4 Living Positive Victoria Outreach 11:30—12:30 Tums & Bums exercises 11:30—3:30 Pantry 12:30—2 Lunch	11 10—12.30 Art Class 10:15—5 DWF appointments 11:30—3:30 Pantry 1—3:15 Massage 12:30—3:30 Haircuts 1:30—2:15 Muscles & Curves 2—4 WISE Employment	12 10:30—1:30 Massage 10:15—5 DWF appointments 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	13 11:30—3:30 Pantry 11—12 Pilates 1—3 GROW Group
17 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	18 10—12.30 Art Class 10:15—5 DWF appointments 12:30—3:30 Haircuts 1—3:15 Massage 1:30—2:15 Muscles & Curves 2:30—3:30 Coffee & Cake	19 10:30—1:30 Massage 10:15—5 DWF appointments 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner	20 11—12 Pilates 1—3 GROW Group
24 10—4 Living Positive Victoria Outreach 11:30—12:30 Tums & Bums exercises 11:30—3:30 Pantry 12:30—2 Lunch	25 10—12.30 Art Class 10:15—5 DWF appointments 11:30—3:30 Pantry 1—3:15 Massage 12:30—3:30 Haircuts 1:30—2:15 Muscles & Curves 2—4 WISE Employment	26 10:15—5 DWF appointments 11:30—7:30 Pantry 4—5 Yoga 4—8 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	27 11:30—3:30 Pantry 11—12 Pilates 1—3 GROW Group

USEFUL NUMBERS

- Alfred Hospital 9076 2000
- **Alfred Hospital I.D. CLINIC** 9076 6081
- Alfred Social Work Department 9076 3026
- **The ALSO Foundation** 9660 3900
- Catholic AIDS Ministry - Contact Marg Hayes 8417 1280
- **Centre Clinic** 9525 5866
- Centrelink (Employment services) 13 28 50
- **Centrelink (Disability, Sickness and Carers)** 13 27 17
- Connect Line 1800 038 125
- **Country Awareness Network** 5443 8355
- David Williams Fund - Contact Lynda 9863 0444
- **Dental Service "Dental Plus"** 9520 3177
- Gay & Lesbian Switchboard 9663 2939
- **Green Room** 9341 6214
- Harm Reduction Victoria 9329 1500
- Hepatitis Infoline 1800 703 003
- **Hepatitis Victoria** 9380 4644
- HIV/HEP/STI Ed & Resource Centre (Alfred) 9076 6993
- **HIV / AIDS Legal Service (HALC)** 9863 0444
- HIV+ Peer Support at the PLC - Contact Dimitri 9863 0444
- **Homeground Housing Service** 9537 7711
- Housing Plus (previously AHAG) 9066 1401
- **In Home Support Program** 9863 0444
- Lifeline 13 11 14
- **Melbourne Sexual Health Centre** 9341 6200
- Metlink Info 13 16 38
- **Middle Park Clinic (South Melb. Family Practice)** 9284 3400
- Monash Medical Centre 9594 6666
- **Multicultural Health & Support Service** 9342 9700
- Northside Clinic 9485 7700
- **PEP Hotline** 1800 889 887
- Living Positive Victoria 9863 8733
- **Police Gay & Lesbian Liaison Officer** 9247 6944
- Positive Attitude Inc. 9471 0033
- **Positive Living Centre** 9863 0444
- Positive Women Victoria 9863 8747
- **Prahran Market Clinic** 9514 0888
- Royal District Nursing Service HIV Team 1300 334 455
- **Royal Melbourne Hospital / VIDS** 9324 7212
- Straight Arrows 9863 9414
- **Tenants Union** 9416 2577
- Turning Point Drug and Alcohol Service 84 13 8413
- **Victorian AIDS Council** 9865 6700
- Welfare Rights Unit 9416 1111