



## Service Guide

### What's on

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
10am-11am Ladies Yoga (Donation)	10.30-11.30am The Pankhurst Pram walk	10.30-12pm Food Bank (Referral only)	10am-12pm Little Sprouts Playgroup	
	1pm-3pm Food Bank (Referral only)	1pm-3pm Food Pantry (Referral only)		