Weekly ACTIVITIES

October 26th – 30th 2026

Lou's place
A SAFE PLACE FOR WOMEN

67 Renwick St, Redfern NSW 2016
Phone: (02) 9358 4553
Email: info@lousplace.com.au
Website: www.lousplace.com.au
Mon, Wed, Thur, Fri: 8:30am - 3:30pm
Tue: 8:30am - 2:30pm

MON 26 OCTOBER	TUE 27 OCTOBER	WED 28 OCTOBER	THU 29 OCTOBER	FRI 30 OCTOBER
10:00AM - 12:00PM **Redfern Legal Clinic**	10:00AM - 11:00PM **Self-Guided Yoga** 11:00AM - 12:00PM **Karaoke**	10:15AM - 12:15PM **Sewing**	11:00AM - 12:00PM **Jewellery**	
12:30 - 1:00PM **Lunch**	**12:30 - 1:00PM** **Lunch**	**12:30 - 1:00PM** **Lunch**	**12:30 - 1:00PM** **Lunch**	**12:30 - 1:00PM** **Lunch**
1:00PM - 3:30PM **Salvation Army AOD Casework**	11:00AM - 1:30PM **4Voices**	12:30PM - 3:30PM **IARC Legal Clinic** 1:00PM - 3:00PM **Art**		12:00PM - 2:00PM **Job Readiness** *(booking required)* 1:00PM - 2:00PM **Creative Writing**

Weekly ACTIVITIES

November 2nd – 6th 2026

Lou's place
A SAFE PLACE FOR WOMEN

67 Renwick St, Redfern NSW 2016
Phone: (02) 9358 4553
Email: info@lousplace.com.au
Website: www.lousplace.com.au
Mon, Wed, Thur, Fri: 8:30am - 3:30pm
Tue: 8:30am - 2:30pm

MON 2 NOVEMBER	TUE 3 NOVEMBER	WED 4 NOVEMBER	THU 5 NOVEMBER	FRI 6 NOVEMBER
10:00AM - 12:00PM **Redfern Legal Clinic**	10:00AM - 11:00AM **Yoga** 11:00AM - 12:00PM **Karaoke**	10:15AM - 12:15PM **Sewing**	10:00AM - 1:00PM **Births, Deaths & Marriages Clinic** 11:00AM - 12:00PM **Jewellery**	
12:30 - 1:00PM Lunch	**12:30 - 1:00PM Lunch**	**12:30 - 1:00PM Lunch**	**12:30 - 1:00PM Lunch**	**12:30 - 1:00PM Lunch**
1:30PM - 2:30PM **Movement and Meditation** 1:00PM - 3:30PM **Salvation Army AOD Casework**	11:00AM - 1:30PM **4Voices**	1:00PM - 3:00PM **Art**	12:00PM - 2:00PM **Job Readiness** *(booking required)*	