

# Ashfield Mirco Hub, Weekly Program

## Our goal, our choice respite

Group based activities for participants: **Adults 18+**

Start time: **10am** Finish time: **2pm**



Sunnyfield

## Monday



### Everyday living

- Shopping
- Bed Making
- Laundry
- Creating personal routines

Build skills to support your independence, grow your confidence with our Everyday living skills program.

**Please bring:** a packed morning tea and lunch.

## Tuesday



### Create and Connect

- Label with Love
- Hand made decoration making

Explore your creative talents, express yourself and learn new artistic techniques in this dedicated group program.

Cost \$10

**Please bring:** a packed morning tea and lunch.

## Wednesday



### Active lifestyle

- Yoga
- Swimming
- Gym
- Walk

Get moving, stay activated and motivated while having heaps of fun along the way.

Cost \$6.80

**Please bring:** a packed morning tea and lunch.

Start the conversation today and contact us



1300 588 688



enquiries@sunnyfield.org.au



sunnyfield.org.au

Registered  
NDIS  
Provider



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## Thursday



### My Kitchen rules

- Budget
- Group meal
- Recipe
- Kitchen safety

Hone your chef skills in this skill building, fun and delicious cooking program.

Cost \$10

**Please bring:** a packed morning tea and lunch.

## Friday



### Good times memories

- Park visits
- Local attractions
- Movies
- Community events

Get out and explore your community, check out local events and attraction with plenty of friends along the way

Cost \$10

**Please bring:** a packed morning tea and lunch.

**Live. Learn.  
Work. Belong.**



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