

# Caringbah Micro Hub

## Weekly Program

Group based activities for participants: **18 – 30 Years**

Start time: **9am** Finish time: **3pm**

**During School Holidays:** this program will be run out of Maroubra Micro Hub



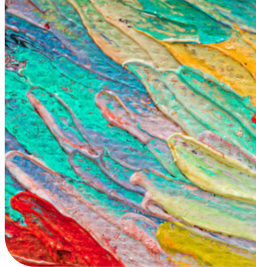
### Monday

#### Marvelous Mondays

##### Morning – Crafty Creations Club

Explore your creativity with various art activities such as colouring, painting, drawing, craft and more.

**Activity cost:** Free



##### Afternoon – Music Makers

A hands-on music program where participants develop skills, confidence, and connection through collaborative music-making.

**Activity cost:** Free



##### All Day – Swimming at Sutherland Leisure Centre

Enjoy a fun-filled day swimming at Sutherland Leisure Centre. Pack your swimmers and a towel! leisure time

**Activity cost:** \$15 per week (Leisure Centre Card/Pass required) + BYO Lunch



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

### Tuesday

#### Terrific Tuesday

##### Morning – The Stroll Patrol

A weekly walking group that explores a new local walking hotspot each week. Enjoy fresh air, gentle exercise, and social connection while discovering new places.

**Activity cost:** Free



##### Afternoon – Flour Power

Bake, create, and enjoy! A practical program to build skills, confidence, and a love for baking.

**Activity cost:** \$5 (Per Week)



##### All Day – Travel Training/Café Club

An all-day program where participants build travel skills, explore the community, and enjoy café visits while developing independence, social, and practical life skills.

**Activity cost:** Opal Card/Companion Card + \$ for Café purchases if desired.



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

### Wednesday

#### Wonderful Wednesdays

##### Morning – Fun & Fitness Crew

A fun, active program held at a local park where participants engage in team sports, games, and physical activities to build fitness, coordination, and teamwork skills.

**Activity cost:** Free



##### Afternoon – Sensory Seekers

Explore, play, and relax in our sensory room! Participants enjoy a range of activities designed to stimulate the senses, support self-regulation, and encourage exploration.

**Activity cost:** \$5 (Per Week)



##### All Day – Pathways to Independence – Skill Building Program

(Details).

**Activity cost:** Varies each week – See program for details.



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

Start the conversation today and contact us



1300 588 688



enquiries@sunnyfield.org.au



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Sunnyfield

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### Thursday

#### Tremendous Thursdays

##### Morning – The Lunch Makers

A hands-on program where participants plan, prepare, and cook a healthy lunch, building practical cooking skills, independence, and confidence in the kitchen.

**Activity cost:** \$5 (per week)



##### Afternoon – The Games & Movies Lounge

A unique mix of interactive games and themed movie sessions that encourage creativity, imagination, and social connection in a fun environment.

**Activity cost:** Free



##### All Day – Big Day Out

Every week is a new adventure! Participants visit fun and educational destinations, discover local attractions, and enjoy a full day out with friends. See last page for the full list of destinations and costs.

**Activity cost:** See last page



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

### Friday

#### Fantastic Fridays

##### Morning – Bowling Buddies

Strike, spare, and have fun! Participants enjoy ten-pin bowling in a supportive environment, building confidence, social connection, and teamwork.

**Activity cost:** \$7 (per week)



##### Afternoon – Drama Club

A term-based drama project where the group works together to create a play from start to finish. Participants develop characters, rehearse scenes, and build confidence through drama activities, ending with a final performance for an invited audience.

**Activity cost:** Free



##### All Day – Grill & Chill – BBQ Adventures

All-Day BBQ takes participants to a different park, beach, or local spot each week, combining outdoor fun, cooking, and social connection in a relaxed environment.

**Activity cost:** \$10 (per week)



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

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