

Weekly Program (29th June to 2nd October 2026)

McCabe (Kariong)

Group based activities for participants **18+**

Start time 9am Finish time 3pm



Sunnyfield

Monday



Marvellous Monday

King Pins (Morning)

It's time for some healthy competition between friends, as we head to the local bowling alley to see who can get the most strikes! We will record our scores weekly and have a presentation at the end of the 12 weeks.

Please Pack morning tea and lunch.

Activity cost \$12

The Crafty Crew (Morning)

Join our friendly craft group where creativity meets community! We will experiment with all types of hands-on crafts to make amazing things for our selves and our microbusiness!

Please pack morning tea and lunch.

Story Telling (Afternoon)

This group supports participants to tell and create stories through spoken storytelling, books and writing and film. We will use different mediums in creative ways to build confidence, communication and self expression.

Please pack morning tea and lunch.

Calm Corner (Afternoon)

Calm Corner is a gentle session that supports individuals to slow down, reset and practise mindfulness at their own pace. The group will explore breathing exercises, relaxation and simple meditation activities, with options like calming music, sensory items or quiet reflection to support wellbeing and self-regulation.

Please pack: Morning tea and lunch

Tuesday



Terrific Tuesdays

Tour and Explore (Morning)

We're going to get out in our local community and visit café's, beaches, libraries and other fun activities around the Central Coast.

Please Pack: Lunch and Morning tea and a hat.

Parks and Recreation (Morning)

This is a low intensity walking group, focusing on getting out and about to enjoy local parks, accessible bushland trails and walking tracks whilst encouraging gentle movement, fresh air and fun!

Please pack morning tea, lunch and a hat.

Sensory Explorers (Morning)

We will explore our senses using music, art, craft and games. We will engage in tactile exploration, visual stimulation and movement.

Please pack morning tea and lunch

Activity cost \$5

Multimedia Gamer Group (Afternoon)

A fun and engaging session where participants build skills through board and computer games to build social connection, turn taking and teamwork and problem solving.

Please pack morning tea and lunch.

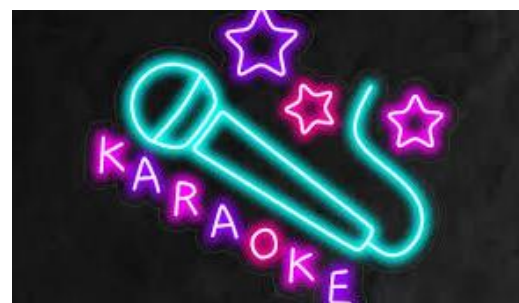
Dig it! Gardening Club (Afternoon)

A fun hands on session where we will get outdoors to plant and care for our garden. The group will also include creative projects in a relaxed and social environment.

Please bring a packed morning tea and lunch.

Activity Cost \$5

Wednesday



Wonderful Wednesdays

Fundraising and Return and Earn (Morning)

We will collect bottles and cans to raise money for McCabe and local community causes. We can make a big impact 10c at a time and help the environment as we go!

Please Pack morning tea, lunch and a hat.

Vocal Vibes (Morning/Afternoon)

Join us at Wyong Milk Factory for a day of singing our hearts out and socializing with our friends. Afterwards, we will purchase our lunch from the Pub.

Please pack morning tea and money for lunch

Activity Cost \$15

The Sensory Circle (Morning)

In this Hub based group, we will explore our senses with music, art, craft and games. Here you will engage in tactile exploration, visual stimulation and movement.

Please pack morning tea and lunch.

Activity Cost \$5

Mindful Movement (Afternoon)

A gentle, low impact session focused on accessible yoga style movement, stretching and breathing. The group will take part at their own pace whilst improving flexibility and body awareness in a calm and supportive environment.

Please pack morning tea and lunch.

Thursday



Tremendous Thursdays

Happy Snappy (Morning)

We'll learn to take photos on different devices and to print them to have a keepsake at the end of 12 weeks. You can also purchase lunch whilst we're out.

Please bring a packed morning tea and lunch or money for lunch.

Activity cost: \$5 and money for lunch

Zen Zone (Morning)

Spend the morning getting pampered at the Hub and leave feeling relaxed and rejuvenated. Choose from a foot spa, mini facial or even get your nails painted.

Please bring a packed morning tea and lunch.

Activity cost: \$5

Creative Stitchers (Afternoon)

Join our fun, hands on sewing group where creativity and community come together! We will work on simple projects for ourselves to enjoy and to sell for our microbusiness.

Please pack morning tea and lunch.

Music and Rhythm (Afternoon)

A fun and engaging group where we explore sound and beat through music-based activities. Sessions will include drumming, singing, listening and expressing ourselves to build social connection in a supportive environment.

Please pack morning tea and lunch.

Friday



Fantastic Fridays

Cook and Connect (Morning)

Come and join our cooking group to build confidence and life skills through fun, hands on experiences. We will explore safety, meal prep, budgeting and shopping in a supportive environment.

Please pack morning tea and lunch.

Activity Cost: \$5

The Art Club (Morning)

A relaxed and inclusive group where we can enjoy creative art activities whilst using to learn different art mediums and develop skills and confidence. This group supports creativity, confidence and self expression

Please pack morning tea and lunch.

Dance Vibe Tribe (Afternoon)

Are you looking for a place to get movin' and groovin'? Well, look no further than Friday because it's all about swinging to the beat!

Please pack morning tea and lunch.

Activity cost \$12

Chill Zone (Afternoon)

A relaxed end of week space where anyone can go and unwind in a calm and supportive space. You can choose low key activities including sensory games, relaxing music, board games and mindfulness in our sensory room.

Please pack morning tea and lunch.

Start the conversation today and contact Cath Haysom.

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