

# BRIGHT NIGHTS

Wednesdays weekly at 185 Allambie Road, Allambie Heights

Participants to be picked-up and dropped-off at home

Group-based activities for participants 18+

Start time 5.00pm Finish time 10.00pm Participants to bring their Opal/Companion/Concession Cards to each outing

## WEDNESDAY

3 July 2019



Night in at Allambie Heights Community Service Hub

## WEDNESDAY

10 July 2019



Chinese Banquet  
Activity cost \$30

## WEDNESDAY

17 July 2019



Night in at Allambie Heights Community Service Hub

## WEDNESDAY

24 July 2019



Bowling  
Activity cost \$20

## WEDNESDAY

31 July 2019



Night in at Allambie Heights Community Service Hub

## WEDNESDAY

7 August 2019



Manly Leagues  
Activity cost \$25

## WEDNESDAY

14 August 2019



Night in at Allambie Heights Community Service Hub

## WEDNESDAY

21 August 2019



Pizza Night  
Activity cost \$20

## WEDNESDAY

28 August 2019



Night in at Allambie Heights Community Service Hub

## WEDNESDAY

4 September 2019



Time and Tide  
Activity cost \$25

## WEDNESDAY

11 September 2019



Night in at Allambie Heights Community Service Hub

## WEDNESDAY

18 September 2019



Fish & Chips  
Activity cost \$20

## WEDNESDAY

25 September 2019



Night in at Allambie Heights Community Service Hub

Start the conversation today and contact Thomas Velden M 0413 122 560 T 8977 2755 E [northern Sydneygroups@sunnyfield.org.au](mailto:northern Sydneygroups@sunnyfield.org.au)  
[www.sunnyfield.org.au](http://www.sunnyfield.org.au)

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