

# ALLAMBIE HEIGHTS COMMUNITY SERVICES HUB WEEKLY PROGRAM

Activities run each weekday from 9am – 3pm. Drop-off and pick-up at Allambie Heights Community Services Hub.  
For participants aged 18 +

## MONDAY



### Social circle

A group activity that will support you in developing social skills, exploring feelings and emotions and how to express yourself.

### Music and movement

Dance and move, combing your favourite songs, instrumental play and dancing in a fun group setting.

### Photography

Capture your world and learn new skills, expressing your creativity through photography.

Activity cost \$2

## TUESDAY



### Sport and fitness

Get fit with friends, enjoy fun ball games and sports which will support you in your improving health and wellness.

### Cooking

Try new recipes and hone your cooking skills with a fun and educational cooking program.

Activity cost \$2

### Arts and craft

Flex your creative skills with our arts and craft program.

## WEDNESDAY



### Green thumbs

Our green thumbs gardening group gets outdoors and their hands dirty growing vegetables, planting and potting vegetables.

### Music and movement

Dance and move, combing your favourite songs, instrumental play and dancing in a fun group setting.

### Arts and craft

Flex your creative skills with our arts and craft program.

Activity cost \$2

## THURSDAY



### Social circle

A group activity that will support you in developing social skills, exploring feelings and emotions and how to express yourself.

### Photography

Capture your world and learn new skills, expressing your creativity through photography.

Activity cost \$2

### Meditation and relaxation

Learn relaxation and mediation techniques for everyday life.

Activity cost \$2

## FRIDAY



### Yoga

Keep fit and flexible with our weekly yoga program.

### Beauty tips

Practice beauty and self care habits including make up, hair and nails.

### Friday Fun Day

We celebrate the end of the week with group activities, a BBQ, karaoke, music and games, sports and fitness or a themed day.

Start the conversation today and contact Lucia Jordan on T 0413 122 535.  
Allambie Heights Community Services Hub 185 Allambie Road Allambie Heights  
[www.sunnyfield.org.au](http://www.sunnyfield.org.au)

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