

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, combining 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, combining 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 meditation techniques for everyday life.

FRIDAY



Yoga

Keep fit and flexible with our weekly yoga program.
Activity cost \$2

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 our friendly Client Engagement Team on 1300 588 688.

Allambie Heights Community Services Hub 185 Allambie Road Allambie Heights

www.sunnyfield.org.au

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provider



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disAbility Services

ALLAMBIE HEIGHTS COMMUNITY SERVICES HUB PROGRAM ZONES



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