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 to 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 meditation techniques for everyday life.
Activity cost $Free

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.

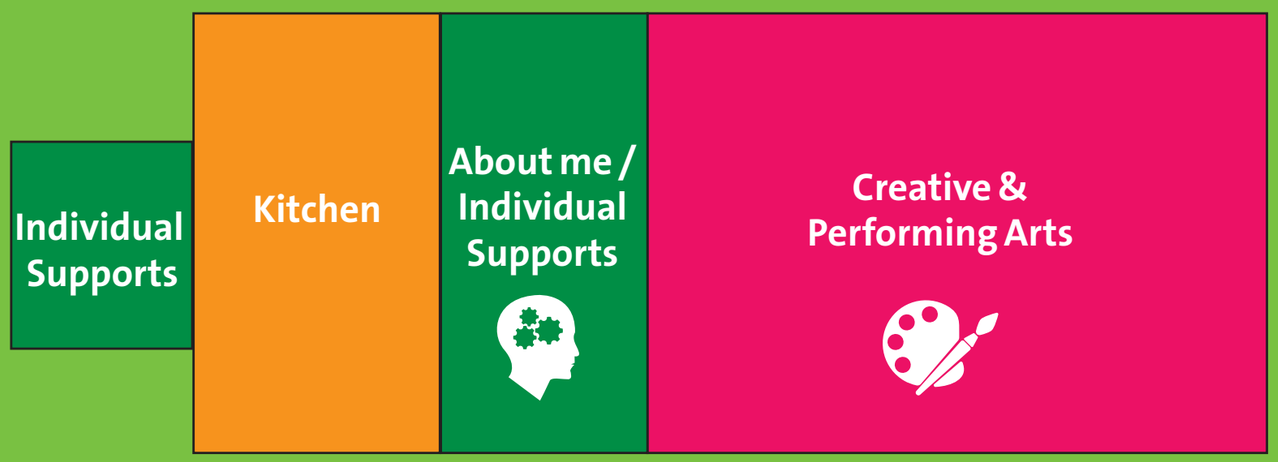
Friday Fun Day
We celebrate the end of the week with group activities, a BBQ, karaoke, music and games, sports and fitness or a themed day.

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

Registered NDIS provider

Sunnyfield
disAbility Services

ALLAMBIE HEIGHTS COMMUNITY SERVICES HUB PROGRAM ZONES



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