

ASHFIELD COMMUNITY SERVICES WEEKLY PROGRAM

Monday - Friday 9am - 3pm. Pick up and Drop off from Ashfield. Open to participants 18+

MONDAY



Skills for Life

Cooking: You'll plan a menu, pick meals, write a shopping list, purchase the items and cook using a recipe.

Well-being

Gardening: You'll learn how to grow your own vegetables, work in a team and maintain the garden.

About Me

Scrapbooking: Today we'll create, make and build on a scrapbook that focuses on identifying your family relationships, your goals and aspirations. This will be an on-going project that we can build on each week.

Community access

Participant's choice outing.

Well-being

Relaxation: This session focuses on physical and sensory relaxation activities. You'll learn how to use foam rollers for stretching and massage. Then we'll end with a foot spa and aromatherapy.

TUESDAY



Well-being

Music & Dance: Today we'll enjoy recreational music making, singing and learning how to play instruments. Then we'll mix things up while swinging to the beat with Zumba, hip hop and free movement.

Skills for Life - Money Skills

Money Recognition: You'll learn how to identify notes, coins and understand numbers.

Numeracy: You'll learn how to recognise numbers from 1 – 100, complete basic sums, including adding and subtraction.

Purchasing: You'll shop for basic things in a store, compare prices and learn how to pay for items.

Arts & Crafts

Each week this activity will focus on artistic expression, you'll choose from painting, weaving, beading, lacing or sewing. Then we'll finish up with some group activities including puzzles and games.

Communication & Technology

Using an iPad®, you'll learn about how to use social media to communicate, how to use Google to research things you like or how to access YouTube to watch your favourite video clips or movies.

WEDNESDAY



Breakfast Club

Today we will enjoy meeting new friends, prepare and share a group breakfast of pancakes and orange juice. Then we'll play a few board games and sports while listening to our favourite music tracks.

About Me

Scrapbooking: Today we will create, make and build on a scrapbook that focuses on identifying family relationships, your goals and aspirations.

Literacy

Today we'll work through a range of basic reading and writing activities that will incorporate story-telling, interactive games and your own picture dictionary.

Skills for Life

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Well-being

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THURSDAY



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FRIDAY



Sport & Fitness

Today you'll choose from a range of sports based activities using ball or the trampoline, play some table tennis or shoot a few hoops playing basketball. Then we'll finish up with a few light exercises to build health and fitness.

Social & Community

Each week we'll meet new people and make some new friends as we meet up for lunch at the Marrickville Community Services Hub or host a BBQ at Ashfield.

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Relaxation: This session focuses on physical and sensory relaxation activities. You'll learn how to use foam rollers for stretching and massage. Then we'll end with a foot spa and aromatherapy.

Start the conversation today and contact our friendly Client Engagement Team T 1300 588 688 E enquiries@sunnyfield.org.au

Ashfield Community Services 1 Hampden Street, Ashfield

www.sunnyfield.org.au

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NDIS
provider



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