

# BLACKTOWN COMMUNITY SERVICES HUB WEEKLY PROGRAM

Open for participants 18+ Monday to Friday Start time 9am Finish time 3pm  
Participants to bring their Opal/Companion/Concession Cards to each outing  
Program activity fees range from \$2-\$7 each day.

## MONDAY



### Music & Movement

#### Activity cost \$3

Join in with your fellow peers and get your boogie on with our music and movement program. Clients will have the opportunity to practice for a routine and a singing number to participate in the International Day of People With a Disability Talent Quest. Enjoy learning about different types of musical and how they sound.

### Scrapbooking & Pen Pals

#### Activity cost \$3

Scrapbooking is back! Have fun creating your very own scrapbook documenting all your precious moments and making it all about you. We will also be penpalling with our friends in Tweed Heads, exchanging letters and making new friends.

## TUESDAY



### Doodly Café and Animal Interaction

#### Activity cost Free

Enjoy a morning out with your peers visiting our Orchard Hills Community Service Hub, Sit down and have a relaxing beverage and cake at the Doodly Doo's café or Interact with the farm animals. Great way to meet new friends.

### The 5 Senses

#### Activity cost \$2

Learn all about the 5 different senses (touch, sight, taste, smell, sound) with different activities to engage the senses! Activities will include science experiments, puzzles, massage therapy and more.

### Horse Interaction

#### Activity cost \$5

Clients will be participating in horse interaction at Calm Wood Equestrian Centre! Clients will be able to pet and groom the horses and be educated in how to interact with a horse. Lunch will be had afterwards in the outdoors at a park.

## WEDNESDAY



### Art & Craft

#### Activity cost \$5

Come and create an exciting arts and craft project which will be completed as a group. Clients can get as creative as can be and create a wonderful masterpiece which can entered into local art shows and competitions. Craft may include painting, sculpting, constructing and more.

### Drama Club/ Living Skills

#### Activity cost \$3

Learn all about using different technology, online safety, building, relationships, personal hygiene and other skills essential to everyday living. Join our drama group and have the chance to dress up and become a character, have fun using different body movements and expressions and make dram masks through craft.

## THURSDAY



### Don Bosco

#### Activity cost \$5

Come and do some exciting activities at Don Bosco in St Mary's with your peers and people from other services. Have a round of basketball, soccer, or pool with your peers or get your body bouncing on the trampolines!

### Sensory Activities & Indoor Games

#### Activity cost \$2

Join your peers with exciting sensory activities in the morning and all types of indoor games in the afternoon. Sensory activities will be catered to the clients to engage all the different senses and utilise the sensory room. Indoor games will take place in the afternoon and will be physical to get your body moving.

### Zone Bowling

#### Activity cost \$7

Come and have a ball with a friendly but competitive game of bowling. Bowling will be held at Zone Bowling (Penrith) followed by an outdoor lunch at a park. Lunch can be purchased if desired.

## FRIDAY



### Aqua Golf

#### Activity cost \$5

Get into the swing of things and have a go at Aqua Golf. The aim of the game is to hit the balls into targets randomly on the lake, you may just win a prize. No golf skill required. After golf it will be time to sit down and have a picnic lunch before heading back to the hub in the afternoon.

### BBQ Sports Day

#### Activity cost \$5

Come and enjoy a day out in Parramatta Park for a sports day and enjoy a BBQ lunch. Meet up with Parramatta Community Service Hub and get involved with sporting activities such a Cricket, soccer, team building skills, ball games and much more.

### Hub Activities/Individual Program

#### Activity cost \$2

Have your choice of doing activities in the hub such as sensory or craft activities and visit the local library or shopping centre and explore the local area. Activities will be decided on a week to week basis.

Start the conversation today and contact Joyce Woods on T 0403 479 593 E j.woods@sunnyfield.org.au

Blacktown Community Services Hub 87 Flushcombe Road, Blacktown

www.sunnyfield.org.au

Registered  
NDIS  
provider



Sunnyfield  
disAbility Services