

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



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.

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.

Exploring Sydney

Activity cost \$Free

Get out and about to see around interesting spots and sights in Sydney. Bring your own lunch or opt to buy.

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.

Healthy Cooking

Activity cost \$5

Learn how to cook a mean and healthy meal all while having fun. Nothing like eating healthy and staying fit & active.

THURSDAY



Cafe / Local Libraries

(alternate Thursdays)

Activity cost \$10 (cafe days)

We will go check out the best cafes in the neighborhood and alternate by visiting the local libraries every Thursday.

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.

FRIDAY



Ladies Day Out

Activity cost \$10

We will be going to different venues every day and enjoy doing some Girlie activities. \$10 spending money is optional, bring extra money if you wish to buy lunch.

Men's Community Leisure Day

Activity cost \$10

We will be going to different venues every day and enjoy doing those guy things and activities in the community. \$10 spending money is optional, bring extra money if you wish to buy lunch.

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

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