

BLACKTOWN COMMUNITY SERVICES HUB WEEKLY PROGRAM

Monday – Friday, 9am – 3pm. Open to participants 18+
Program activity fees range from \$2 - \$9 each day.

MONDAY



Music & Movement

Join in with peers and get your boogie on with our music and movement program. You'll practice for a dance and singing routine for a talent quest and learn about different types of instruments.

Activity cost Free

Scrapbooking & Pen Pals

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.

Activity cost \$3

Healthy Cooking

Join the fun and learn about healthy cooking, writing and planning a recipe, budgeting, shopping for ingredients and then cooking a delicious lunch.

Activity cost \$5

TUESDAY



The 5 Senses

Learn all about the five senses, touch, sight, taste, smell and sound with different activities that will engage the senses! Activities will include a range of science experiments, puzzles, massage therapy and more.

Activity cost \$2

Horse Interaction

You'll pet and groom the horses and learn how to interact with a horse at Calm Wood Equestrian Centre. Then we'll enjoy lunch at the park.

Activity cost \$5

Cafe Day

Join your peers at Orchard Hills Hub and enjoy a cup of coffee, homemade cakes and visit the farm animals.

Activity cost \$2 - \$5

WEDNESDAY



Art & Craft

Come and create an exciting arts and craft project which will be completed as a group. Mediums will include painting, sculpting, constructing and more.

Activity cost \$5

Living Skills

Learn all about using different technology, online safety, building relationships, personal hygiene and other skills essential to everyday living.

Activity cost Free

Drama Club

Join our new drama club, dress up and become a character, have fun using different body movements and expressions.

Activity cost Free

Bingo

We'll head to the Blacktown Workers Club for an exciting game of Bingo and then we'll enjoy a nice lunch at the club.

Activity cost \$2

THURSDAY



Don Bosco

Join us for some fun and excitement at Don Bosco in St Mary's and meet some new friends and peers. You'll choose from a round of basketball, soccer, pool or get your body bouncing on the trampolines!

Activity cost \$5

Sensory Activities

Join in for a range of sensory activities that are catered to each client to engage all of the senses in our sensory room.

Activity cost \$2

Indoor Games

Get your body moving with all the indoor games you can imagine, you'll get physical and have loads of fun and laughter.

Zone Bowling

Come and have a ball at Zone Bowling in Penrith. Then we'll enjoy lunch at the park. Participants can bring or buy lunch.

Activity cost \$6.45 - \$6.90

FRIDAY



Picnic in the Park

Enjoy a day outdoors with lots of activities in the park including sports games like cricket and soccer. We'll enjoy a nice group lunch together in the park.

Locations will vary each week.

Activity cost Free

Hub Activities & Local Explore

You'll get to choose from a range of activities within the Blacktown Hub including sensory or crafts, checking out the local shopping centre, libraries or exploring what's on in the area. Activities will vary each week.

Activity cost \$2

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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