

CHARMHAVEN COMMUNITY SERVICES HUB WEEKLY PROGRAM

8:30am - 4pm Monday - Friday, extended hours available on request.
Drop off and pick up at Charmhaven Community Services Hub.
Open to participants 18+.

MONDAY



Sensory activities

Includes listening tapes, games, Wii Fit, sensory walks and music

Skills for Life

Following a recipe, food safety and planning a menu
Activity cost \$6.00

Express yourself

Arts and craft with friends
Activity cost \$5.00

Cooking (fortnightly)

Cook up a storm of delicious treats
Activity cost \$5.00

TUESDAY



Green thumbs

Tending to the vegetable garden and caring for the chickens

Community access

BBQs, café visits, bowling fishing and much more
Additional cost based on activity

WEDNESDAY



Meals on Wheels (fortnightly)

Volunteering for Meals on Wheels

Dance class (fortnightly)

Get ready to move at the Ritz Dance Studios

Theatre combat fitness (monthly)

Fitness, hand-eye coordination and mindfulness techniques
Activity cost \$15.00

Community café baking

Baking delicious treats to sell at the community café

THURSDAY



Community access

Fishing, games of pool, visits to the Hunter Valley Gardens and Zoo

Additional cost based on activity

Fit fam

Fitness classes at the gym
Activity cost \$7.50

Sailing & BBQ lunch

Learn to sail and enjoy a BBQ lunch by the water
Activity cost \$10.00

FRIDAY



Music jam session

Get ready to move and groove
Activity cost \$10.00

Café mates

Check out the local café and shopping scene with mates
Activity cost \$6.00

Community access

Visiting local parks, outdoor activities, shopping and local attractions
Additional cost based on activity

Start the conversation today and contact Judi Fernance, Service Manager on T 0423 021 270.
Charmhaven Community Services Hub 105-115 Hakone Road, Woongarah NSW 2259
www.sunnyfield.org.au

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