

# 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**

## 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

### Swimming

Practice your swim strokes, get fit and splash around with mates

**Activity cost \$10.00**

### Community café baking

Baking delicious treats for 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 (fortnightly)

Fitness classes at the gym  
**Activity cost \$7.50**

### Sailing & BBQ lunch (fortnightly Summer)

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 shopping centres and cafes within your community  
**Activity cost \$6.00**

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](http://www.sunnyfield.org.au)

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