

DULWICH HILL COMMUNITY SERVICES HUB WEEKLY PROGRAM

Monday – Friday 9am – 4pm
Open to participants 18+

MONDAY



Travel training

Participants will need an Opal Card and can bring lunch or buy lunch.

Casula Powerhouse

Activity cost \$7.50

Participants can bring lunch or buy lunch.

Centre-based activities

We have a range of art, music and gardening activities available. We also have computers and daily living programs for participants to choose from.

Mr Tambourine Man

Activity cost \$10

TUESDAY



Casula Powerhouse

Activity cost \$7.50

Participants can bring lunch or buy lunch.

Centre-based activities

We have a range of art, music and gardening activities available. We also have computers and daily living programs for participants to choose from.

Cooking – Shopping

Today we'll head to the supermarket to purchase our ingredients for our recipe in tomorrow's cooking class.

'Return & Earn'

Today we head to the local recycling centre for the 'Return & Earn' program.

WEDNESDAY



Cooking Program

Today we'll learn how to follow a recipe and measure ingredients to create a delicious treat in the kitchen.

Activity cost \$6.00

Performability

Express yourself with our dance and drama class.

Coffee Club

Today we'll head to our local café for a cuppa and some afternoon tea.

Activity cost \$7.00

Centre-based activities

We have a range of art, music and gardening activities available. We also have computers and daily living programs for participants to choose from.

THURSDAY



Sport & fitness

Today participants can choose from a range of fitness and light exercise activities including an aqua fit class at our local swimming centre, attend a session at the gym or play a few sports games.

Activity cost \$10.00

Participants can bring lunch or buy lunch.

Centre-based activities

We have a range of art, music and gardening activities available. We also have computers and daily living programs for participants to choose from.

FRIDAY



Community access - optional activity

Today participants can choose a local outing and spend the day in the park, visiting a local attraction or head to the movies.

Activity cost \$10.00

Participants can bring lunch or buy lunch.

Centre-based activities

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Start the conversation today and contact Sue McGregor T 0402 798 315 E s.mcgregor@sunnyfield.org.au

Dulwich Hill Community Services Hub 2 Herbert Street Dulwich Hill

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