

Weekly Program

Gregory Hills Hub

Group based activities for participants **18+**

Transport available



Sunnyfield

Monday



Magic Mondays

Money and me

Hone your money skills with practical exercises that make learning fun. Focussing on financial literacy, counting money and making purchasing decisions.

Activity cost: Free

Cooking

Get ready to get cooking. From planning, budgeting, measuring and creating healthy recipes to safety tips in the kitchen this program will see you enter a new era of chefdom.

Activity cost: Free



Social Club

Learn conversation starters and extenders, take turns in discussion and build deeper connections with friends through shared leisure time

Activity cost: Free

Choose an afternoon activity.
From 2-3pm

- Yoga • Colouring
- Digital literacy and safety



Tuesday



Terrific Tuesday

Bowling

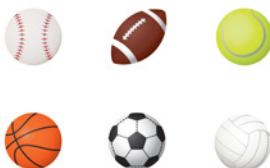
Encouraging social turn-taking, peer support and managing emotions in a light competitive environment. Have fun with friends out and about in your community.

Activity cost: \$7

Music and Movement

Move to the rhythm of your own beat. Try a new instrument, bust out a tune and find the beat with friends. A fun program to get you up and grooving.

Activity cost: Free



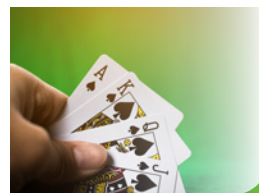
Heroes with Ability

Join this community lead initiative by learning new sports and getting involved in your local area. Try new things and get active. Fun, fitness and friends combined.

Activity cost: Free

Choose an afternoon activity.
From 2-3pm

- Mindfulness and Journaling
- Cards • Stretching



Wednesday



Wonderful Wednesdays

Sensory Day

Dedicated time for calming, sensory activities like playdough/ clay, water play or light/bubble walls. Practice mindfulness tec.

Activity cost: \$5

Travel Training

Build independence and confidence while learning to safely use local public transport. These skills are key to accessing your community safely.

Please bring Opal Card



Photo Scavenger Hunt

Flex your creative skills with a photography based scavenger hunt. Explore and learn about your local area by piecing together a fun and creative puzzle.

Activity cost: Free

Choose an afternoon activity.
From 2-3pm

- Colouring • Board Games
- Pen pals



Start the conversation today and contact Amira Salama

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Gregory Hills Hub Suite 5B, 15A/1 Gregory Hills Drive, Gledswood Hills

Registered
NDIS
Provider



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Thursday



Tremendous Thursdays

Upcycling Craft

For those with creative flare, transform low-cost, materials (e.g. old magazines, plastic bottles, cans) into new items.

Activity cost: \$5

Dance and Karaoke

A dedicated time for self-expression, gross motor movement and fun. Bust out a move and build your confidence with friends.

Activity cost: Free



Swimming

Make a splash with our swimming program. Using the pool environment as a fun, engaging setting for promoting physical health.

Activity cost: \$5

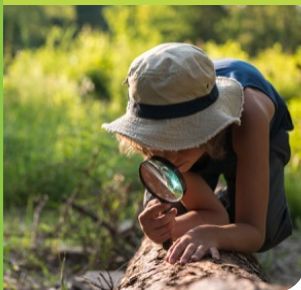


Choose an afternoon activity.
From 2-3pm

- Stretching and mindfulness
- Cards • Board Games



Friday



Fantastic Fridays

Local History Detectives

Love learning about the world around you? Uncover the super cool history surrounding you using your investigative skills.

Activity cost: \$5

Creative Arts and Design

Explore your creative side with group art projects, explore techniques of art making with different mediums. Put your own individual style into your creations.

Activity cost: Free



Soap & Candle Making

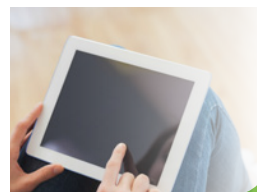
A guided, multi-sensory workshop (smell, touch, sight) using melt-and-pour soap base or simple soy wax kits.

Activity cost: \$5



Choose an afternoon activity.
From 2-3pm

- Yoga • Pen Pals
- Digital literacy and safety



Live. Learn. Work. Belong.



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