

TAMWORTH COMMUNITY SERVICES HUB WEEKLY PROGRAM

Kontiki group

Activities run each week day from 9am- 3pm. Meet at Tamworth Community Services Hub.

MONDAY



Morning

360 gym program

Community access - sports, exercise, fishing, local attractions, pub lunches and visits to local parks or a cafe

Afternoon

Week 1 & 2

Client choice activities - sports, exercise, fishing, local attractions, pub lunches and visits to local parks or a cafe

Week 3

Fitness program

Week 4

Game of pool

TUESDAY



Morning

Week 1

Lawn bowls

Week 2

Cooking program

Week 3

Interagency Sports at Tamworth Sports Dome

Week 4

Cooking program

Afternoon

Client choice activities - sports, exercise, fishing, local attractions, pub lunches and visits to local parks or a cafe

WEDNESDAY



Morning

Group swimming at 360 gym

Line dancing

Afternoon

Healthy eating lunch

Additional cost \$5

Music and movement

Musical instrument and vocal workshop/choir

Bunnings DIY classes (monthly)

THURSDAY



Morning

Community activities - volunteer work and skills development

Group-based cooking and skills development

Afternoon

Community activities - group-based, volunteer work and skills development

FRIDAY



All Day

Community activities - volunteer work and skills development

Client choice activities - sports, exercise, fishing, local attractions, pub lunches and visits to local parks or a cafe

Start the conversation today and contact our friendly team on 02 6760 1600.

Tamworth Community Services Hub Suite 4, 468-472 Peel Street (Parry House), Tamworth

www.sunnyfield.org.au

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