

KURRI KURRI COMMUNITY SERVICES HUB WEEKLY PROGRAM

Group based activities for participants 18+
Monday to Friday **Start time** 9am **Finish time** 3pm
Pick up and drop off available at additional cost.

MONDAY



From Garden to Plate

This cooking program is about being more sustainable. Incorporating gardening and cooking, we will be planting usable ingredients, learn how to tend to them, and plan our cooking around what we grow!

Activity cost \$5

Fitness Fanatics

Let's start the week off right, with some targeted movement! Enjoy a variety of martial arts and self-defence (\$10), or some tennis basics (\$5). These activities rotate on a weekly basis.

The costs for each vary so activity dates will be advised.

Activity cost \$5-\$10

TUESDAY



Soccer stars

Head to Cessnock PCYC with us to train with our soccer coach, Ian. Soccer on Tuesdays, that's a GOAL!

Activity cost \$6

Social club

This group is about enjoying the good things in life. Spending time with friends, going out for lunch, catching up on weekend adventures, while enjoying the company of friends. There is a cost once a month for lunch, and you may purchase lunch other weeks if you wish.

Activity cost \$Free (\$15 per month for lunch)

Green machines

Dedicated to recycling, we take advantage of the return and earn scheme, and build funds for some exciting happenings at Kurri.

Activity cost \$Free

WEDNESDAY



Creative Hub

Practicing our research skills, we will focus on researching a chosen topic for the month, and it will be our focus for our 'did you know' wall. We will also custom make some work books for everyone to practice our writing and literacy.

Activity cost \$Free

M-arts-terpiece

We have some exciting art projects planned to kick off the year great! If you enjoy creating, we want you! Once a month in February and March we also visit our friends at Bunnings for tips, tricks and hands-on fun!

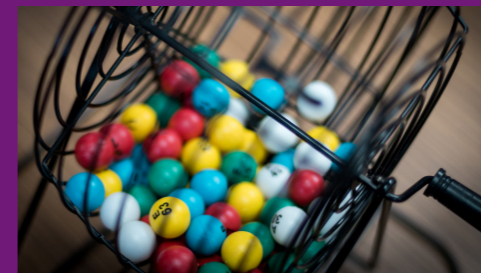
Activity cost \$5

Karaoke

Once a month join us at The Railway Hotel at Cessnock for some karaoke and lunch.

Activity cost \$5

THURSDAY



Movers and shakers

If you like moving your body to the beat, come and make some moves with us during rotating activities of Zumba and Bongo fit (\$10). These activities rotate on a weekly basis, so activity dates will be advised.

Activity cost \$10

Lawn bowls

Every second Thursday we head to our local Club, the ECBC, for some lawn bowls and lunch. This has become a crowd favourite activity, so come and see what all the fuss is about!

Activity cost \$10

Bingo

Once a month we will head to Bingo at Port Stephens with our Sunnyfield friends. Fortnightly we will run our own bingo at Kurri with the help of YouTube.

Activity cost \$Free at Kurri; \$10 for lunch and bingo at Port Stephens

FRIDAY



Tour and explore

Enjoy a day out, with our focus on being able to go with the flow, plan on the fly, and be stress free. We want to focus on travel training, and finding new places to visit. Help us create the day out you want!

As activities will have input from participants, the cost will be advised at the beginning of the month

Activity cost \$5-\$20

Archery

Steady hands and an eye for targets will help you in this activity. Come and meet Lyn our instructor, she will have you seeing and shooting bull's eye in no time!

Activity cost \$10

Scrapbooking

Come and join us at Kurri for some unwind time. Getting creative, printing photos, organising our memories, and making something we can keep. Do you want to create great memories as well?

Activity cost Initial cost of \$10 for book, then \$5 per week.

Start the conversation today and contact Josh Skelton T 0433 862 477 or 02 9412 8601 E j.skelton@sunnyfield.org.au

Kurri Kurri Community Services Hub 121 Alexandra Street Kurri Kurri

www.sunnyfield.org.au

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