

KURRI KURRI 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.

Note: To ensure we are keeping everyone healthy, safe and reducing the risk of exposure to COVID-19. In the short-term our program formats will be adjusted to minimise social groups and community access. These activities will be reviewed on a regular basis. All activities marked with an * will be replaced with an alternative activity and will be communicated by your Service Manager.

MONDAY



Garden to plate

This cooking program is about being more sustainable. Incorporating gardening and cooking, we'll plant fresh produce, 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 or work at your own pace at the gym. These activities rotate on a weekly basis.

Activity cost \$10 martial arts; \$5 gym

TUESDAY



Soccer stars*

Soccer on Tuesdays, that's a goal! We head to Cessnock PCYC to train with Ian our Soccer Coach. At the end of term we'll head to Bellbird Workers club to celebrate our fantastic soccer program with a disco.

Activity cost \$6; Disco cost \$15 (once every 3 months)

Green machines

Dedicated to recycling, we take advantage of the return and earn scheme, to generate funds for exciting activities and events at Kurri.

Activity cost \$Free

WEDNESDAY



Creative minds

We will research a topic of choice, and build on our 'Did you know wall'. We'll also build our literacy and writing skills adding to our own workbooks. Once a month we will visit Petersons house for a creative day, giving our minds a rest!

Activity cost \$10 per month

M-arts-terpiece

We have some exciting art projects planned for April-June, such as new signs for our vege gardens, and chalkboards for handy garden info. If you enjoy creating, we want you!

Activity cost \$5

Karaoke*

Once a month join us at The Railway Hotel Cessnock for karaoke & lunch!

Activity cost \$15

Bunnings

Twice during this calendar term we will visit our friends at Bunnings for some hands on craft activities, DIY hints and tips!

Activity cost \$Free

THURSDAY



Beats and bowls*

This program combines our Thursday favourites Bongo fit and Lawn bowls. Tap out the beat with Tyler, and roll your way down the green at the ECBC. These activities rotate weekly, so in this program, you'll always enjoy your Thursday!

Activity cost \$10

Entrepreneurs Crew

Join us in creating a little side project, where we can be proud of our creations and make a little extra money to put back into our programs. If you like the sound of having a market stall set up on weekends, this program is for you!

Activity cost \$Free

FRIDAY



Scrapbooking

We will spend one Friday exploring and creating the memories, and the next Friday capturing them in our books!

We also plan on having lunch out once a month, as you can't make good memories without good food!

Activity cost \$10 initial after that \$5 per week (\$15 for lunch once a month)

Friday frolics*

We will be out and about every Friday, joining in archery, creating a bowling competition, playing some pool. You want action? We'll give you action!

Activity cost \$5-\$20

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

Kurri Kurri Community Services Hub 121 Alexandra Street Kurri Kurri www.sunnyfield.org.au

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