

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. Participants to bring their Opal/Companion/Concession Cards to each outing

MONDAY



From Garden to Plate

This 12 week cooking program is all about being more sustainable at Kurri. We will be alternating weeks of cooking and gardening, looking to plant usable ingredients and how to tend to them to produce an array of fresh ingredients and 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 some dedicated gym time. These activities rotate on a weekly basis.

Activity cost \$10 (Karate) or \$5 (gym)

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

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

Einstein's Club

Join us to work with some different textures and mediums to create exciting sensory creations and out of the box artworks. It's sure to bring out the inventor in all of us.

Activity cost \$5

WEDNESDAY



Creative Hub

Practicing our research skills, we will focus on researching a chosen topic for the month, and it will be our focus of 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

This program has been a hit with working together as a team. Let's focus on another team and skill building project that showcases our imagination and creativity for 12 weeks! We also get to visit our friends at Bunnings for some DIY fun once a month.

Activity cost \$5

Karaoke

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

Activity cost \$15

THURSDAY



High flyers

If you like heights and moving your body to the beat, fly high on the adrenaline rush provided by rotating activities of rock climbing and Bongo fit. These activities rotate on a weekly basis and costs vary, so these are date specific.

Activity cost \$10 (Bongo Fit)

\$8 (Rock Climbing)

Kurri Connections

Join us to create a community hub you love. Focused on creating new ideas for our centre, managing upcoming activities, and planning for future endeavours, we want to focus on the present and future of our Kurri Hub!

Activity cost \$6

**optional cost for coffee, choosing new local coffee spots to brainstorm.*

Social Club

Enjoy a game of bowls at the local club, socialising with members of the community, or join us at Port Stephens for some bingo. These activities are date specific and prices vary.

Activity cost \$5 - 10

FRIDAY



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 bullseyes in no time!

Activity cost \$10

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!

Activity cost \$5 (Opal Card)

Centre Based Skills and Chills

For those of us that like to take it a bit easier on the last day of the week, we spend our day at the centre focusing on our fine motor skills with some art and creative therapy, some money skills and some chill out time focusing on learning meditation, relaxation breathing and yoga. We might even watch a sneaky movie once a month.

Activity cost \$Free

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

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www.sunnyfield.org.au

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