

KURRI KURRI COMMUNITY SERVICES HUB WEEKLY PROGRAM

Monday – Friday, 9am – 3pm
Open to participants 18+
Transport options available at an additional cost.

MONDAY



Master Chefs

Creating art with food is our game! Our Master Chef program incorporates learning how to prepare and follow a recipe, shop and budget for our ingredients, food preparation and, of course, eating! We focus on food hygiene and handling, kitchen cleanliness and healthy food choices.

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 (self-defence) 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

Einstein's Club

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

Activity cost \$5

Green machines

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

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.

M-arts-terpiece

Come and help us plan and execute a group project full of small goals, adding to an end result. Bring your enthusiasm and inspiration! Once a month 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 \$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 \$8 (rock climbing) or \$10 (Bongo fit).

Kurri committee

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!

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

Activity cost \$6

FRIDAY



Tour & 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 bullseyes in no time!

Activity cost \$10

Start the conversation today and contact Josh Skelton M 0433 862 477 E j.skelton@sunnyfield.org.au

Kurri Kurri Community Services Hub 121 Alexandra Street Kurri Kurri

www.sunnyfield.org.au

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