

LAKE MACQUARIE 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



Planes, Trains and Automobiles *

Grab your opal card and let's hit the town. This program will include travel training and how to be safe when using public transport.

Activity cost \$Free

Additional info Please pack morning tea and lunch.

Espresso Yourself *

Let's enjoy morning tea at one of our awesome local cafes with our peers, we will rate the overall experience & write up a review for our upcoming monthly newsletter. Back to the hub for hub arvo skills and chill.

Activity cost \$ for coffee

Additional info Please pack morning tea and lunch.

TUESDAY



Our Kitchen Rules

The challenge is set who will be our top chef?

As part of our 12 week cooking program we will create a recipe book, set budgets, plant produce and cook some delicious, healthy meals and snacks. At the end of the program we will have a cooking challenge and name our top chef!!

Activity cost \$10 for lunch

Additional info Please pack morning tea.

Skills for Life

Let your words go free and your imagination run wild. Our skills for life group will head to the local Library to build literacy skills with reading and writing activities including learning sign language.

Activity cost \$Free

Additional info Please pack morning tea and lunch.

WEDNESDAY



The One That Got Away

FUN in fundraising!

It was thisssssss BIG!!! Join our weekly fishing club and enter our competition, prizes for who catches the most fish over the 12 weeks, who catches the biggest and smallest fish, we will even have a prize for the person that catches NO FISH! You will learn how to cast, bait, rig, fillet and cook your own fish.

Activity cost \$2

Additional info Please pack morning tea and lunch.

Fundraising Committee

As part of this program you will host our regular car wash, run our return and earn program, organise upcoming fundraising events and create new fundraising goals all while socialising with your peers. Let's put the FUN in fundraising and have a great time for a great cause.

Activity cost \$5

Additional info Please pack morning tea and lunch.

THURSDAY



Music Masters

Enjoy all things sensory!

Let's create art and music using fun and unique textiles. We will attend music and drumming classes.

Activity cost \$5

Additional info Please pack morning tea and money for lunch.

Let's Get Social *

Are you a social butterfly? Then this group is for you!

Week 1 we will attend our local club for Bingo and brunch to meet and mingle with other locals in our community. Week 2 we will compete in our Bowling League. Let's get out and get social!!

Activity cost \$13

Additional info Please pack morning tea and lunch.

FRIDAY



Social Sports *

Let's get physical, increase our fitness and have fun whilst doing it. Week 1 we will participate in a Zumba class.

Week 2 we will try out team sports

Activity cost \$10

Additional info Please pack morning tea and lunch.

Martial Arts *

Week 1 we will try out team sports.

Week 2 we will participate in our Karate club and work towards progressing through belt levels.

Activity cost \$10

Additional info Please pack morning tea and lunch.

Start the conversation today and contact Lisa Barrett T 0433 862 438 or 02 9412 8649 El.barrett@sunnyfield.org.au

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