

LAKE MACQUARIE COMMUNITY SERVICES HUB WEEKLY PROGRAM

Group based activities for participants 18+
Monday to Friday **Start time** 9am **Finish time** 3pm
Participants to bring their Opal/Companion/Concession Cards to each outing.

MONDAY



Wet N Wild

Let's make a splash for the summer!
The wet n wild program will involve water safety lessons, aqua aerobics, swimming, kayaking, sailing, water sports and hitting the beach all while learning water and sun safety and gaining confidence in the water and keeping fit.

Activity cost \$10

Participants to bring morning tea and packed lunch.

Espresso Yourself

Chill, chat, and create!

Zen masters will have you feeling calm, relaxed and ready to tackle the week. Zenners will explore the art of tai chi, meditation, art therapy and zen gardening.

Activity cost \$10

Participants to bring morning tea and a packed lunch.

TUESDAY



Tour and Explore

Planes, trains and automobiles.

Grab your opal card and let's hit the town. Along the way we will explore local eateries and grab a bite to eat and a cup of coffee. This program will include travel training and safe use of public transport.

Activity cost \$10 (for lunch)

Participants to bring morning tea.

Art Masters

All things sensory!

Let's create art using fun and unique textiles. We will attend music and drumming classes and build our literacy skills with pen pals and creative writing.

Activity cost \$5

Participants to bring morning tea and packed lunch.

WEDNESDAY



Work It Wednesday

FUN in fundraising!

As part of this program you will host our regular car wash, run our return and earn program, organise upcoming fundraising events. Let's put the FUN in fundraising! There will be opportunities to complete work experience at Landcare and volunteer in our local community.

Activity cost \$Free

Participants to bring morning tea and packed lunch.

Our Kitchen Rules

Top chef look out!

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 all while learning cooking and kitchen skills. We will also get set for the summer making healthy refreshing smoothies and juices.

Activity cost \$10

Participants to bring morning tea.

THURSDAY



The One That Got Away

It was thisssssss BIG!!!

Join our weekly fishing club and enter our 12 week 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

Participants to bring morning tea and \$\$ for lunch.

Let's Get Social

Are you a social butterfly?

Each fortnight we will attend our local club for Bingo for brunch and to meet and mingle with other locals in our community. On the alternate week we will join the local tenpin bowling league. Let's get out and get social!!

Activity cost \$13

Participants to bring extra \$\$ for lunch.

FRIDAY



Social Sports

Let's get physical!

Increase our fitness and have fun whilst doing it! Each week we will choose to go either bowling, putt putt or trampolining.

Activity cost \$10

Participants to bring morning tea and packed lunch.

Martial Arts

Explore the karate kid in you!

Each fortnight you will participate in our Karate club and work towards progressing through belt levels.

On the alternate week we will keep active outdoors or at the gym.

Activity cost \$10

Participants to bring morning tea and packed lunch.

Happy Snappers

Grab your selfie sticks.

Our photography club will be keeping active exploring Lake Mac's best walking trails. Back at the hub let's edit our photos for newsletter.

Activity cost \$Free

Participants to bring morning tea and a packed lunch.

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

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www.sunnyfield.org.au

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