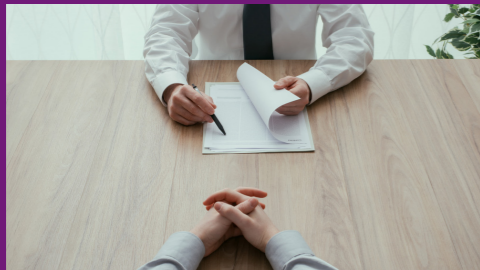


# LAKE MACQUARIE COMMUNITY SERVICES HUB WEEKLY PROGRAM

Group-based activities for participants 16+  
Monday to Friday Start time 9am Finish time 3pm

Pick up and drop off available. Participants to bring their Opal/Companion/Concession Cards to each outing

## MONDAY



### Ready to Work

**Ready, set work!**

Our work ready program is all about building skills, learning interview techniques, writing and updating your resume and attending workshops on finding and keeping a job. We will be visiting local businesses and seeking out volunteer work in the community. The work force needs you!!

**Activity cost** \$Free

**Participants** to bring morning tea and a packed lunch.

### Zen Day

**Lets start the week off the zen way.**

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** 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

**Participants** to bring morning tea

### Independence Day

**Choose your own adventure!**

On independence day you will make and pack your own lunch at the hub, organise and plan your trip, learn budgeting skills, time management and skills for life

**Activity cost** \$5

**Participants** to bring morning tea.

## WEDNESDAY



### The One That Got Away

**It was thissssss 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 a 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



### 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 a packed 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 money for lunch.

## FRIDAY



### Fun Fit Friday

**Sweat it out!**

Summer is coming so let's get summer-ready and have a go at some amazing activities like archery, Zumba, yoga, tennis and boot camp all while having fun, getting fit and reaching personal goals.

**Activity cost** \$10

**Participants** to bring morning tea and a 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 head to the gym for some boxing and personal training.

**Activity cost** \$10

**Participants** to bring morning tea and a packed lunch.

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

Lake Macquarie Community Services Hub 253 Main Road, Fennell Bay

[www.sunnyfield.org.au](http://www.sunnyfield.org.au)

Registered  
NDIS  
provider



Sunnyfield  
disAbility Services