

# LAKE MACQUARIE COMMUNITY SERVICES HUB WEEKLY PROGRAM

Group-based activities for participants 16+  
Monday – Friday 9am – 3pm

Transport options available at an additional cost. Participants will need to bring their Opal Card each day.

## MONDAY



### Coffee & Craft Club

Chill, chat, and create!!

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. Then we will head back to the hub for some creative craft time.

**Participants** should bring a packed lunch and money for the Coffee Club.

### 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, writing, editing and publishing our monthly newsletter.

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

## TUESDAY



### Fitness & Fun

Let's get physical!!

Let's get physical and increase our fitness and have fun while doing it! Each fortnight we will head to spring-loaded to bounce around and play court sports. Alternatively we will explore one of the many awesome walking trails followed by lunch at the park or beach.

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

### Activity cost \$10

### My Choice

Grow Grow Grow!!

Grow your knowledge and skills in this 12 week program. You can choose from a range of centre based activities including gardening and centre maintenance, arts and craft, or jump on a computer for some skill building or grow your mind with some awesome science experiments.

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

## WEDNESDAY



### 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!!

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

### Fundraising Committee

FUNdraising!!

Welcome to our social 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 objectives and goals all while socialising with your peers. Let's put the FUN in fundraising and have a great time for a great cause.

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

## THURSDAY



### Tour and Explore

Adventure awaits!!

Let's head out into the big wide world for some travel training and explore our beautiful Cities and Towns. You can choose your own adventure, plan where you want to go and what you want to see. We will grab lunch out and discover new places to dine and write a review for our Lake Mac newsletter.

**Participants** should bring their Opal Card and money for lunch.

### Let's Get Social

Are you a social butterfly? Then this group is for you! Each fortnight we will attend our local club for Bingo and brunch and to meet and mingle with other locals in our community. On the alternate week you can choose from a social game of croquet, lawn bowls or botche. Let's get out and get social!!

**Participants** should bring money for lunch.

**Activity cost \$13**

## FRIDAY



### Our Kitchen Rules

Top chef look out!!

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 all while learning cooking and kitchen skills. At the end of the 12 weeks we will have a cooking challenge and name our top chef!!

**Participants** should bring a packed morning tea.

**Activity cost \$10**

### Fitness & Fun

Martial Up!! Explore the karate kid in us all, 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, participate in a boot camp or attend a Zumba class.

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

**Activity cost \$10**

Start the conversation today and contact Josh Skelton M 0433 862 477 E [j.skelton@sunnyfield.org.au](mailto:j.skelton@sunnyfield.org.au)

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

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