

LILYFIELD COMMUNITY SERVICES HUB

Monday – Friday 9.30am - 3.30pm. Drop off and pick up at Lilyfield Community Services Hub.
Group-based and 1-to-1 activities for participants aged 42+

MONDAY



Community access – Tamborine Man
10am – 2pm

Explore the local community together and then have fun making music at the Dulwich Hill Community Services Hub.

Activity cost \$10.00

Lunch Participants to bring lunch

Community access – Shopping and group lunch

10am – 12.15pm

Today we will head to the local grocery store to purchase ingredients to make a group lunch.

Then we'll head back to the hub to enjoy making our lunch together as a group, socialise and have a bit of fun while we clean up.

Activity cost \$6.00

TUESDAY



Community access – Café
10am – 12pm

Relax with friends as we head out to enjoy cakes or pastries. Sip on coffees or teas at our local café.

Activity cost \$10.00

Lunch Participants will have lunch at the Lilyfield Community Services Hub

Community access – Social

10am – 2pm

Get out and about in the local community and explore the sights and scenes.

Activity cost \$5.00

Lunch Participants to bring lunch

Brain Games

Relax with iPads and check out your favourite video clips or take part in a few interactive games and activities using the SMART Board.

WEDNESDAY



Community access – Café
10am – 2pm

Relax with friends as we head out to enjoy cakes or pastries. Sip on coffees or teas at our local café.

Activity cost \$10.00

Lunch Participants can bring lunch or buy

Brain Games

Relax with iPads and check out your favourite video clips or take part in a few interactive games and activities using the SMART Board.

THURSDAY



Community access – Shopping and group lunch

10am – 12.15pm

Today we will head to the local grocery store to purchase ingredients to make a group lunch.

Then we'll head back to the hub to enjoy making our lunch together as a group, socialise and have a bit of fun while we clean up.

Activity cost \$6.00

1-to-1 Participants choice activity

9am - 3pm

1-to-1 supported participants can choose from a range of activities including watching a movie, heading out into the local community or light sports and physical activities.

FRIDAY



Community access – Café
10am – 2pm

Relax with friends as we head out to enjoy cakes or pastries. Sip on coffees or teas at our local café.

Activity cost \$10.00

Lunch Participants can bring lunch or buy

Tambourine Man

1 Friday per month

Have fun making music together, sing along to your favourite song or dance as we listen to the Tamborine Man.

Activity cost \$10.00

Lunch Participants can bring lunch or buy

Gardening & Life skills

1.30pm – 2.30pm

Learn how to grow your own vegetables or flowers and work in a team to learn about daily tasks around the home.

Start the conversation today and contact our friendly Client Engagement Team T 1300 588 688 E enquiries@sunnyfield.org.au

Lilyfield Community Services Hub 15 Eric Street Lilyfield NSW 2040

www.sunnyfield.org.au

Registered
NDIS
provider



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