

MAITLAND 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



Back to Basics

We go back to the basics of cooking, along the way we will not only learn the skills to cook, but nutrition and some delicious recipes!

Activity cost \$5

ECO Heroes

If you want to learn how to grow plants, how to build and look after a worm farm or in general want to care for the environment then this is the activity for you! Gardening, building, recycling, the list is endless for our Eco Heroes!

Activity cost \$5

TUESDAY



Pinterest Pals

This is where we use Pinterest as inspiration for a range of activities! Be it creating new artworks or decorations for the hub! The Pinterest Pals are our creative crew.

Activity cost \$5

Sunnyroos*

Building on from our soccer program, we'll aim to become the next Sunnyroos! We maintain our visits to our coach but will also incorporate our own practices to ensure we are in tip top form!

Activity cost \$6

WEDNESDAY



Body Balance

Are you looking to find your Zen! Well so are we! Body Balance is a yoga program that will aim to bring you balance in all things!

Activity cost \$10

Bongo Fit

Let's get ready to BONGO!!! We visit our friends at Premier Fitness for some fun and movement with their Bongo Fit program! Music, drums and dance, now that's a program!

Activity cost \$10

Brain Games

Because our Wednesdays are all about working out! We need to exercise our most important piece! Come along for some brain games and some fun!

Activity cost \$Free

THURSDAY



Karate Krew *

We've got the moves that would make Bruce Lee proud! Our karate crew learn all about self-defense and have a great time doing it!

Activity cost \$10

Sunnyfield Bowling League *

Let's get bowling, this league will be undertaken with our own crew. After bowling we will get the scoresheets and learn computer skills to craft a graph to keep the scores! At the end of the 3 months we will crown our champions!

Activity cost \$8.50

Bushwalking bunch

Do you want to explore the wild, get around nature or just love being outdoors? We hope so because we want to start a new Bushwalking program! Let's learn to travel new places and go exploring!

Activity cost \$Free (bring OPAL card)

FRIDAY



End of week Adventures *

Fridays keep up our adventures fun! Whether we go on a hunt, movies, bowling or enjoy a BBQ. Fridays will always be a new adventure! - Price varies for each activity. Please check monthly calendar for prices!

Start the conversation today and contact Michelle Hammond
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