

# MAITLAND COMMUNITY SERVICES HUB WEEKLY PROGRAM

Group based activities for participants 17+  
Monday to Friday **Start time 9am Finish time 3pm**

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

## MONDAY



### Lessons for life

Lessons for life focuses on working on life skills such as, meal planning, budgeting, shopping, money handling, cooking, cleaning. We also look at basic first aid, vehicle maintenance & much more!

**Activity cost \$5**

### Green thumb project

Fortnightly program! The Green Thumb Project where we learn to identify plants, fruits and vegetables. How to maintain and care for our garden. Weeding, watering, planting. Learning about seasonal growing. Afterwards we go for a BBQ at the park & a walk or game of cricket! Let's get growing!

**Activity cost \$Free**

## TUESDAY



### Aqua fit (fortnightly)

Our aqua fitness, we aim to increase fitness, mobility, and confidence and overall have some fun!

**Activity cost \$Free**

### The Pinterest project

Pinterest, a place filled with wonder! Let's use our research skills to find projects that aim to provide function or decoration. Improving research skills, planning, budgeting, fine motor skills & express your creativity!

**Activity cost \$5**

### Socceroos (fortnightly)

Soccer stars! Let's hone those skills, pass the ball, shoot for goal, and learn how to dribble or block everything coming your way! All while promoting fitness & fun!

**Activity cost \$6**

## WEDNESDAY



### Workout warriors

Whether it's Bongo fit, body balance or just fun at the park! Wednesday we get moving, learn to get fit and have fun doing it! Promote flexibility, fitness and an active lifestyle!

**Activity cost \$5 - \$10**

### Lawn bowls (monthly)

Monthly lawn bowls. We visit friends up North, practice your bowls skill and have some fun with friends!

**Activity cost \$5**

## THURSDAY



### Thursday strikers

Practice your strikes at karate, learn how to defend yourself, have fun and get fit at the same time! STRIIIKE! Bowling is on, let's lace up the shoes and get the competition going! Who will make the most pins fall!

**Activity cost \$5 - 10**

### Booming Bingo (monthly)

Bingo continues! Each month our friends up North hold a bingo day, let's get up and get dotting!

**Activity cost \$5**

## FRIDAY



### End of week adventures

Whether it's continuing our smashing success with our scavenger hunts, just getting out & hanging out at the park or kicking back at the cinema, Friday is Adventure Day, with activities changing each month and each week!

**Activity cost \$TBC\***

*\*Varies for each activity. Please check monthly calendar for prices.*

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

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

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