

MAITLAND COMMUNITY SERVICES HUB WEEKLY PROGRAM

Monday – Friday 9am – 3pm extended hours available on request
Group-based activities open to participants 18+
Transport options are available at an additional cost.

MONDAY



Skills for Life

Mondays are for learning new tricks and looking after ourselves. We will rotate between cooking and budgeting, car detailing, first aid safety, personal grooming, cyber safety and fire safety.

Activity cost \$5

TUESDAY



Soccer Stars

Tuesdays are for team sports and meeting up with our friends. We will head to Cessnock PCYC for a friendly game of indoor soccer with our mate Ian and our friends from Kurri Kurri Hub.

Activity cost \$6

Pinterest Pal's

If you are looking for something a little less energetic we have our Pinterest Pal's groups. This is all about browsing through Pinterest for inspirational ideas for arts and craft, gardening and fundraising.

Activity cost \$5

WEDNESDAY



Workout Wednesday

Are you ready to bang it out at Bongo Fit, find your inner Zen with Body Balance or participate in some circuit fitness at the local park? If so, then Wednesdays are for you!!

Activity cost \$10

Barefoot Bowls

Monthly activity.

Activity cost \$5 – 10

THURSDAY



Fitness & Friendships

Whether it's going for a strike at Ten Pin Bowling, unleashing our inner Bruce Lee at Martial Arts or shouting BINGO at our monthly game of Bingo with our buddies from Port Stephens. Thursdays are for building friendships and fitness.

Activity cost \$5 – 10

FRIDAY



Tour & explore

Let's end the week by getting out into the community for a fun filled day out. Whether it be a going out for a pub lunch, visiting local attractions, going to the cinema or heading to the park for a BBQ, Fridays are for FUN!!

Activity costs will vary each month.

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

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