

MARRICKVILLE COMMUNITY SERVICES HUB WEEKLY PROGRAM

Monday – Friday 9.30am – 3.30pm. Drop off and pick up at Marrickville Community Services Hub. Group-based activities for participants 18+

MONDAY



Travel training 10.00am – 2.15pm

The best way to practice travelling is to take a trip, and this program will support participants do just that. It will begin with a session on planning where, how and when the trip will take place and throughout the program participants will learn how to develop strategies for the trip and address any anxieties around travelling.

Activity cost \$10.00 - \$15.00

Travel Train (Opal card required)

Lunch Participants can bring lunch or buy

Tambourine Man

12.30 – 1.30pm

Have fun making music together. Great for socialising and building self-confidence.

Activity cost \$10.00

Lunch Participants can bring lunch or buy

Paper making

11.30am – 12noon

Each week this program will focus on a form of artistic expression, often working toward completing a project to display within the hub.

Activity cost \$5.00

TUESDAY



Drama - Powerhouse Museum 10.00am – 12.00pm

Have fun acting and expressing yourself while making new friends.

Activity cost \$7.50

Lunch Participants can bring lunch or buy

Centre-based activities

1.00pm – 2.30pm

Enjoy baking. Express yourself with art and craft projects. Play games while socialising with friends. Learn new skills.

WEDNESDAY



Cooking 10.00am – 1.00pm

Each week participants will take turns in choosing what they would like to cook. The group will then: Plan menu, purchase items, prepare and cook meal, serve and clean-up work area.

Activity cost \$5.00

Performability

11.00am – 12.00pm

Have fun acting and expressing yourself while making new friends. Fantastic way to build self-confidence and develop your creativity.

Lunch Participants can bring lunch or buy

Bio-art

1.00pm – 2.30pm

Moss painting: This activity focuses on artistic expression that works towards completing a project to display within the hub.

THURSDAY



Aqua fit & lunch out in the community 10.30am – 2.00pm

Build health, fitness and have lunch out in the wider community after aqua fitness class.

Activity cost \$10.00

Lunch Participants can bring lunch or buy

Paper making

1.00pm – 2.00pm

This activity focuses on artistic expression that works towards completing a project to display within the hub.

Activity cost \$5.00

FRIDAY



Community access 10.00am – 11.30am

Out and about, being part of the community, building social and money skills.

Activity cost Various prices

Travel Train (Opal card required)

Lunch Participants can bring lunch or buy

Bio-art & paper making

1.00pm – 2.30pm

This activity focuses on artistic expression that works towards completing a project to display within the hub.

Activity cost \$5.00

Lunch Participants can bring lunch or buy

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

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www.sunnyfield.org.au

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