

# MCCABE COMMUNITY SERVICES HUB

9am - 3pm Monday - Friday. Drop off and pick up at McCabe Community Services Hub.  
Group based activities for participants 18 +  
Extended hours are available on request.

## COMMUNITY ACCESS



### Ten pin bowling

Bowling time with friends

**Participants to bring**

Morning tea and lunch

**Activity cost \$7.00**

### Jazz at Killcare and McMasters beach

Enjoy relaxing and listening to a live Jazz band while getting social in your community

**Participants to bring**

Morning tea and lunch

### Picnic lunch

Enjoy various outings and scenery on the beautiful Central Coast and surrounds including community parks, national parks, beaches and more

**Participants to bring**

Morning tea and lunch

### Plan a day trip, train, bus or ferry

Pick a destination, an activity or a venue and experience something new each time we travel

**Participants to bring**

Morning tea and an OPAL card

Fish and chips \$10

## EXPRESS YOURSELF



### Interactive music therapy

Get ready to groove

**Participants to bring**

Morning tea and lunch

**Activity cost \$5.00**

### Art and Craft

Express yourself through art and design

**Participants to bring**

Morning tea and lunch

### Meditation, massage and Reiki

Enjoy a relaxing and refreshing experience in our meditation zone

## HEALTH & WELL-BEING



### Swimming

Mobility, fitness, fun and confidence in the water

**Participants to bring**

Morning tea and lunch

**Activity cost \$6.00**

### Exploring our surroundings

Explore the gardens, take in some fresh air and get some exercise

**Participants to bring**

Morning tea and lunch

### Sailing (Summer)

Learn to sail with Sailability BBQ lunch provided

**Participants to bring**

Morning tea

**Activity cost \$10.00**

## NEW EXPERIENCES



### Lustre Lodge horse farm (fortnightly)

Enjoy the sights, sounds and senses of a working horse farm

**Participants to bring**

Morning tea and lunch

### Sensory park at Canton Beach

Enjoy putting your feet in the sand, playing ball games and lunch outside with friends

**Participants to bring**

Morning tea and lunch

### McCabe International food day

Plan, purchase, prepare and eat different foods from different regions each week

Start the conversation today and contact Daniel Avis T 0438 647 165 E [d.avis@sunnyfield.org.au](mailto:d.avis@sunnyfield.org.au)

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

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