

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

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

EXPRESS YOURSELF



Interactive music therapy

Get ready to groove
Participants to bring morning tea and lunch

Art and Craft

Express yourself through art and design
Participants to bring morning tea and lunch

Dance and Movement

Join Josh for this interactive dance and movement class for all levels of participation and fun while staying fit

Cooking

Hone your cooking skills, try new recipes and learn new things with our cooking program

HEALTH & WELL-BEING



Swimming

Mobility, fitness, fun and confidence in the water

Participants to bring morning tea and lunch

Exploring our surroundings

Explore the gardens, take in some fresh air and get some exercise
Participants to bring morning tea and lunch

Sailing

Learn to sail with Sailability, a BBQ lunch will be provided

Participants to bring morning tea

NEW EXPERIENCES



Lustre Lodge horse farm

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
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NDIS
provider



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