

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



Paws Pet Therapy

Lucy the Golden Retriever joins us to interact with clients and staff

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



Exploring our surroundings

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

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

McCabe Community Services Hub 10 McCabe Road, Mount Penang, Kariong

www.sunnyfield.org.au

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NDIS
provider



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