

MILLER COMMUNITY SERVICES HUB WEEKLY PROGRAM

ADULTS 18+

Mondays – Saturdays.

Participants can shape activities each day based on their interests and goals.

MONDAY



Green Thumbs

Our green thumbs gardening activity will see participants get outdoors to get their hands dirty growing vegetables, planting and potting vegetables and tending to our chickens.

Skills for Life – Numeracy

You'll learn to recognise numbers from one to hundred and complete basics like adding up and subtracting numbers.

Bingo & SMART Board Activities

We'll play BINGO, then build numeracy skills in a group setting with loads of interactive games and fun using a SMART Board.

Participants can bring a packed lunch or buy lunch.

TUESDAY



Sports & Fitness

Participants can choose from outdoors sports or take part in the indoor obstacle course.

Casula Powerhouse Drama

We'll head to Casula Powerhouse and visit the exhibitions.

Activity cost \$11

Swimming

We'll head to the Whitlam Leisure Centre for swimming and hydro therapy.

Activity cost \$7

Scrap-booking

Today we'll pick a theme and then get creative with scrapbooking.

Participants can bring a packed lunch or buy lunch.

WEDNESDAY



Community Access

Participants can choose to have a morning of sport & fitness activities or go on a nature walk and explore at Harrow Parklands.

Group-art project

We'll spend the afternoon on our group art project, we'll brainstorm some ideas, research different art techniques and work collaboratively to create a masterpiece.

Participants can bring a packed lunch or buy lunch.

THURSDAY



Skills for Life – Planning a Menu & Following a Recipe

You'll learn to plan a menu & follow a recipe from start to a delicious finish.

Activity cost \$12

Bowling

We'll head to the local Ten Pin bowling centre for a few games of bowling.

Activity cost \$7

Bingo & SMART Board Activities

We'll play BINGO, then build numeracy skills in a group setting with loads of interactive games and fun using a SMART Board.

Participants can bring a packed lunch or buy lunch.

FRIDAY



Friday Fun Day

Participants can choose their adventure for the day.

Activity cost \$10 (Lunch)

Photography

We'll get out and about and explore our surroundings taking photos and then printing them out to create our own photography scrapbook.

Skills for Life – Road Safety

You'll learn how to cross the road safely and read traffic signage.

Dine and Groove

6pm – 9pm

We'll head to the local RSL or Liverpool Catholic Club and spend the night dancing, making new friends and enjoying a shared meal together.

SATURDAY



Weekend Chills & Thrills

10am – 3pm

Weekends are for friends and adventure. You'll get out and about, do things to build independence and make new friends on this social group-based program.

Activity cost \$10 – \$20

Participants can bring a packed lunch or buy lunch.

Start the conversation today and contact Melissa Sedrak Service Manager T 0452 517 847 E m.sedrak@Sunnyfield.org.au

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provider



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