

# MILLER COMMUNITY SERVICES HUB WEEKLY PROGRAM

Monday – Friday 9am – 3pm. Open to participants 18+  
Pick-up and drop-off transport options available at an additional cost.

## MONDAY



### Casula Powerhouse Exhibition

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

### Magic Mondays

Drama & karaoke at Casula Powerhouse

**Activity cost** \$7.50

### 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.

### 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.

## TUESDAY



### Sport & fitness

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

### Swimming

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

**Activity cost** \$7

Participants should bring their Opal Card

### Scrap-booking

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

### Skills for Life - Numeracy

This program is designed to support participants to recognise numbers from one to one hundred and complete basic sums including adding up numbers and subtracting numbers.

## 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.

**Transport cost** \$10

### 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.

## THURSDAY



### Skills for Life – Following a Recipe

Participants will learn how to follow a recipe from start to delicious finish. You'll learn about what makes a good recipe, where to find recipes and how to follow directions.

**Activity cost** \$3

**Transport cost** \$10

### Bowling

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

**Activity cost** \$7.00

### 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.

## FRIDAY



### Friday Fun Day

Today we'll have some fun with music and movement, and then head to a local café for some morning tea.

**Activity cost** \$7

**Transport cost** \$10

### 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 - Numeracy

This program is designed to support participants to recognise numbers from one to one hundred and complete basic sums including adding up numbers and subtracting numbers.

Start the conversation today and contact Melissa Sedrak Service Manager T 0452 517 847 E [m.sedrak@Sunnyfield.org.au](mailto:m.sedrak@Sunnyfield.org.au)

Miller Community Services Hub PCYC 100 Cartwright Ave Miller

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

Registered  
NDIS  
provider



Sunnyfield  
disAbility Services