

# MUSWELLBROOK COMMUNITY SERVICES HUB WEEKLY PROGRAM

Group based activities for participants 16+  
Monday to Friday Start time 9am Finish time 3pm

Pick up and drop off available at additional cost. Participants to bring their Opal/Companion/Concession Cards to each outing.

## MONDAY



**Boxing & Fitness**  
Fitness/circuit training @  
PCYC Muswellbrook.  
**Activity cost \$4**

**Cooking**  
Back to basics cooking and  
learning new skills.  
**Activity cost \$5**

**Car maintenance**  
Let's learn how to maintain  
a vehicle including doing  
safety checks.  
**Activity cost \$Free**

## TUESDAY



**Coffee run**  
Let's get out to see our  
community mates, learn  
money handling, order  
taking, and of course  
communication skills.  
**Activity cost \$Free**

**Park activities**  
Let's get fit by learning water  
safety skills and swimming  
skills at our local pool.  
**Activity cost \$5**

**Free choice**  
Lets pick between:  
Movies, Games and Pinterest  
Pals.  
**Activity cost \$Free**

## WEDNESDAY



**Hope City Church**  
Woodworking and Craft  
Activities.  
**Activity cost \$5**

**Tech heads**  
Let's learn life skills using iPad  
and computer, as well fine  
tuning our money handling  
skills.  
**Activity cost \$Free**

**Recycling program**  
Save our environment by  
recycling cans & bottles (or)  
Start getting Christmas-ready  
by making gifts and cards  
with a twist.  
**Activity cost \$Free**

## THURSDAY



**Exploring the upper Hunter  
districts**  
Let's get out and about to visit  
Museums and other various  
places of interest in our own  
backyard (lunch included).  
**Activity cost \$15**

## FRIDAY



**Mangoola lunch run**  
Ordering and delivering  
lunches to Mangoola Mine.  
**Activity cost \$Free**

**Lunch and park activities**  
Let's improve our motor  
skills. We will rotate sporting  
activities from Tennis, soccer  
& various ball games.  
**Activity cost \$Free**

Start the conversation today and contact Cheryl Lloyd M 0433 862 343 or 02 9412 8601 E c.lloyd@sunnyfield.org.au  
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