

# MUSWELLBROOK COMMUNITY SERVICES HUB WEEKLY PROGRAM

Group-based activities for participants 20+  
Monday – Friday 9am – 3pm  
Transport options available at an additional cost.

## MONDAY



### Boxing & Fitness

Let's visit the PCYC pals with boxing and fitness.

**Activity cost \$4**

### Cooking

Let's cook dishes from around the world. We will also maintain our vegie garden and make cool table decorations.

**Activity cost \$5**

## TUESDAY



### Community Connections

Let's get some community connections when doing our local coffee run. Then we'll head down to the local sports field to learn some sporting skills whilst keeping fit.

### Let's get Crafty

We'll make crafts after researching on the Internet and Pinterest for some crafty ideas.

## WEDNESDAY



### Hope City Church

We'll build and create items made from wood.

**Activity cost \$5**

### Green Thumbs

Let's learn about seasonal veggies, herbs and old school remedies using produce.

### Games, Computers & Movies

Let's learn about computers, online games and catch a movie in the afternoon.

### Challenge Ability

At Singleton Library on the 2nd Wednesday of each month.

## THURSDAY



### Recycle and Upcycle

Let's visit our local partners to collect recycling cans for our local fundraising. When we come back we will start the Upcycle program where we get old pieces of furniture and look at bringing it back to life.

**Activity cost \$5**

## FRIDAY



### Out & About

We'll head to the Mangoola mines in the morning and go out locally to enjoy lunch with our peers and then explore the local community.

Start the conversation today and contact Josh Skelton M 0433 862 477 E [j.skelton@sunnyfield.org.au](mailto:j.skelton@sunnyfield.org.au)

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

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