

# ORCHARD HILLS COMMUNITY SERVICES HUB WEEKLY PROGRAM

Monday – Friday 9am – 4pm. Drop off and pick up at Orchard Hills Community Services Hub. Group-based activities for participants 18+

## MONDAY



### Travel Training (practical)

The best way to practice traveling is to take a trip, and this program will support participants do just that. It will begin with a session on planning where, how and when the trip will take place and throughout the program participants will learn how to develop strategies for the trip and address any anxieties around traveling.

**Activity cost** between \$5 - \$10

**Travel Train** (Opal card required)

**Lunch** Participants can bring lunch or buy

### World Gym

Build health and fitness, socialising with peers and the wider community.

**Activity cost** \$4.50

**Lunch** Participants can bring lunch or buy

### Cooking

Each week participants will take turn's in choosing what they would like to cook.

The group will then:

Plan menu, purchase items, prepare and cook meal, serve and clean-up work area.

**Activity cost** between \$8.00

## TUESDAY



### Sailing

Enjoy the day on the water. Feel the wind on your face. Open to participants of all skill levels.

**Activity cost** \$18.75

**Lunch** Participants can bring lunch or buy

### Community access

Spend time with friends and get out and about in the community building social and money skills.

**Activity cost** \$10 - \$15

**Travel Train** (Opal card required)

**Lunch** Participants can bring lunch or buy

### Café

Enjoy cakes or pastries. Sip on coffees or teas. Practice your money skills and relax with friends.

**Activity cost** \$5.00 - \$10.00

**Lunch** Participants can bring lunch or buy

## WEDNESDAY



### Animal and garden care

Get up and close to farmyard animals. Or learn about plants and flowers and how to care for them.

**Activity cost** \$5.00

**Lunch** Participants can bring lunch or buy

### Meals on Wheels

This program gives back to the community and builds social skills by delivering meals for Nepean Food Services.

**Lunch** Participants can bring lunch or buy

### Literacy & numeracy

The program will involve maths, writing, computer skills and living skills. There will be fun skill-based learning games and puzzles.

**Activity cost** \$5.00

**Lunch** Participants can bring lunch or buy

## THURSDAY



### Don Bosco Youth and Recreation Centre

Play indoor soccer, basketball, volleyball, football or other fun activities at this great space.

**Activity cost** \$5

**Lunch** Participants can bring lunch or buy

### Swimming

Light exercise to help with fitness and mobility. Enjoy socialising with peers and the wider community.

**Lunch** Participants can bring lunch or buy

### Arts and crafts

Each week this program will focus on a form of artistic expression, often working toward completing a project to display within the centre.

**Activity cost** \$5.00

**Lunch** Participants can bring lunch or buy

## FRIDAY



### Drama class – Powerhouse Museum

Have fun acting and expressing yourself while making new friends. Fantastic way to build self-confidence and develop your creativity.

**Activity cost** \$15.00 (pre-booked group and pay per term)

**Lunch** Participants can bring lunch or buy

### Fitness & living skills

Light exercise and sport activity to promote fitness and mobility. Enjoy socialising with peers and the wider community.

**Activity cost** \$10

**Lunch** Participants can bring lunch or buy

### Community access

Out and about, being part of the community, building social and money skills.

**Activity cost** Various prices

**Travel Train** (Opal card required)

**Lunch** Participants can bring lunch or buy

Start the conversation today and contact our friendly Client Engagement Team T 1300 588 688 E [enquiries@sunnyfield.org.au](mailto:enquiries@sunnyfield.org.au)

Orchard Hills Community Services Hub 30 – 36 Caddens Road, Orchard Hills

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

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