

PORT STEPHENS WEEKLY PROGRAM

Group-based activities for participants 18+ Monday – Friday **Start time** 8.30am **Finish time** 3pm. Pick up and drop off available at additional cost.

Note: To ensure we are keeping everyone healthy, safe and reducing the risk of exposure to COVID-19. In the short-term our program formats will be adjusted to minimise social groups and community access. These activities will be reviewed on a regular basis. All activities marked with an * will be replaced with an alternative activity and will be communicated by your Service Manager.

MONDAY



Ladies Day

Let the ladies take charge and organise activities that will sooth our feminine souls. We'll try cooking, crafts, water aerobics, shopping or enjoy a few pamper days.

Additional info Please bring packed morning tea and lunch

Activity cost \$10

Men's Business

Let's do some SECRET Men's stuff. We'll build in our Men's Shed, check out local sporting events, try Putt Putt, fishing, soccer golf or volunteer in local landscaping programs.

Additional info Please bring packed morning tea and lunch.

Activity cost \$10

TUESDAY



Fundraising Committee

Our group works together to organise fundraisers such as recycling, discos, bingo and raffles. This program builds money handling, project management and builds social skills.

Additional info Please bring packed lunch or money to buy lunch.

Activity cost \$10

Micro business management

We learn how to build on our micro-business, hold a stall at the local markets or centre to sell our handcrafted arts and crafts, baked treats or garden items.

Additional info Please bring packed lunch or money to buy lunch.

Activity cost \$10

Swimming program *

This one is for the water babies! You'll spend the day learning and improving your water skills, safety practices and then we'll enjoy a shared lunch.

Additional info Please bring packed lunch.

Activity cost \$5

WEDNESDAY



Social Wednesday *

Social Wednesdays are all about building our travel skills, money handling, social skills and independence.

Activity cost \$10 (to buy lunch)

Lawn Bowls *

4th Wednesday of every month we participate in lawn bowls at Raymond Terrace bowling club.

Activity cost \$15 (inc. lunch) or \$5 with own packed lunch.

THURSDAY



Swimming program *

The swimming group will participate in water aerobics, learn about water safety, play some water sports and build confidence in the water to improve movement and fitness.

Additional info Please bring packed morning tea and lunch.

Activity cost \$5

Gym in the park / Healthy cooking

Gym junkies will get involved in loads of activities to build strength, mobility and movement. You'll also learn how to run gym sessions with assistance from our Fitness Instructors. Then we'll work up a sweat in the kitchen, cooking a healthy lunch together.

Activity cost \$15 includes lunch or \$10 if own packed lunch.

Bingo *

2nd Thursday of each month we ALL participate in our fundraising social Bingo Program.

Activity cost \$10 (inc. lunch)

FRIDAY



Ten Pin Bowling *

Our bowling leaguers join forces with other services within the area and compete in our social bowling league, this builds confidence, fitness and friendships.

Additional info Please bring packed lunch or money to buy lunch.

Activity cost \$7 per game (max 2 games)

Start the conversation today and contact Kim Harding M 0433 862 551 E k.harding@sunnyfield.org.au
Port Stephens Community Services Hub Cnr Victoria Parade & Dixon Drive, Nelson Bay www.sunnyfield.org.au

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