

PORT STEPHENS COMMUNITY SERVICES HUB WEEKLY PROGRAM

Group-based activities for participants 18+
Monday – Friday 8.30am – 3pm

Transport options available at an additional cost. Participants must have an Opal Card and Companion Card.

MONDAY



Our Kitchen Rulz

Let's learn to read recipes, shop for ingredients, prepare meals and tables settings. We will build our own cook book to take home of our dishes. Then let's get out in the garden to grow our produce to introduce into our food.

Participants should bring a morning tea and water.

Activity cost \$10

TUESDAY



Make and Create

Help research, shop and make some sensory items. Begin to create our own sensory room at our centre.

Activity cost \$5

Participants should bring a packed lunch and water.

Port Stephens Fundraising Committee

You will be working with your peers to create ideas for activities or programs you would like to see in your hub. You will be learning about creating events and fundraise to reach our group goals.

Participants should bring a packed lunch and water.

Music therapy & My Choice

Start our morning of with some move'n and groove'n in our fun fit music therapy class then, finish the day off with some centre based activities ranging from Xbox challenge, team building board games and puzzles.

Monthly Excursion

Once a month we will visit Newcastle museum to participate in some wonderful activities.

Activity cost \$10

WEDNESDAY



Tour and Explore

Let's get together and explore our backyard. We will plan and run our own action packed day out which could include swimming, ten pin bowling, oak vale farm, blackbutts reserve, fishing etc.

Activity cost \$10

Participants should bring a packed lunch, water, Opal and Companion Cards.

Lawn Bowls

Lawn Bowls class 4th Wednesday of each month.

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

THURSDAY



Fun and fitness with Glenn

Today we will learn about agility and coordination in the park with Glenn or, you may decide to go and explore our amazing headlands in a relaxing walk. Let's then refuel the body preparing a healthy lunch together (lunch is optional). **Activity cost** \$15 (Gym & lunch) or \$5 (Walk & lunch).

Splash out

Let's hit the local swimming holes and enjoy some swimming and water fitness. You can take part in a water aerobics class of just do your own thing, the choice is yours.

Participants should bring a packed lunch, swimmers and a towel.

Activity cost \$7

Bingo

Sunnyfield Bingo is held the 2nd Thursday of each month, this is ran by our own participants and assists in our end of year fundraising.

Activity cost \$10 (inc. lunch)

FRIDAY



League of their own

Let's catch up with our peers from services around Port Stephens and join them in a friendly game of ten pin bowling.

Activity cost \$12

Participants can bring lunch or buy lunch.

Start the conversation today and contact Josh Skelton M 0433 862 477 E ej.skelton@sunnyfield.org.au

Port Stephens Community Services Hub Cnr Victoria Parade & Dixon Drive, Nelson Bay

www.sunnyfield.org.au

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