

SINGLETON COMMUNITY SERVICES HUB WEEKLY PROGRAM

Monday – Friday 9am – 3pm extended hours available on request
Open to participants 18+
Transport options are available at an additional cost.

MONDAY



Budgeting

You'll learn the basics of how to create and manage a budget.

Activity cost \$0

Library Visit

We'll head to the local library, check out some of our favourite books and learn how to use the library's facilities.

Activity cost \$0

Travel Training

You'll learn skills about catching the bus, how to read a time-table and using your Opal Card. Participants will be required to have an Opal Card for this activity.

Activity cost \$0

TUESDAY



Our Kitchen Rules

Let's find some healthy yummy recipes to master while we learn some fast facts about "Paddock to plate".

Activity cost \$10

Fitness fun

We'll head down to the PCYC to learn different sporting skills, have a few laughs and build up our fitness!

Activity cost \$5

WEDNESDAY



Earn & Return Fundraising

We head out and visit our local community partners, present our fun facts about recycling and then we'll cash in our cans.

Activity cost \$0

Photography

Get your creative juices flowing as we go out into the community to explore, and learn about the various styles of photography from still, wildlife, nature then collate for our own photo book.

Activity cost \$0

Hip Hop

Cut some shapes as we learn some new dance steps and add in a few of our favourites!

Activity cost \$0

THURSDAY



Let's get Social

This morning we'll head to the "Open Door" to assist with cooking breakfast for Singleton locals and meet new people. Then we'll get physical at the PCYC gym with our individual fitness programme.

Activity cost \$5

Candle Making

Let's learn how to make all forms of candles including pillars, containers, votives and more.

Activity cost \$10

FRIDAY



Money skills

We head out and visit our local community partners, present our fun facts about recycling and then we'll cash in our cans.

Activity cost \$0

Let's get Crafty

We checkout Pinterest to get some inspiration and crafty ideas. Then we'll visit some of the local op shops to find some bargains and a bit of art deco shopping.

Activity cost \$10 – 15

Cooking

Each week you'll find a different recipe using the Internet. Then we'll purchase the ingredients and follow the recipe to create a delicious treat.

Activity cost \$5

Start the conversation today and contact Josh Skelton T 02 9412 8601 E j.skelton@sunnyfield.org.au

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