

ST MARYS COMMUNITY SERVICES HUB WEEKLY PROGRAM

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

MONDAY



Cooking

Each week participants will take turns 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 \$6.00

Bowling

Light sport activities and fun competition with the group building social and money skills.

Activity cost \$6.50

Lunch Participants can bring lunch or buy

Foot golf

Build health, fitness and social fun with Foot golf. Played on a golf course, participants learn and develop around being able to control their ball enough to “get it in the hole”.

Activity cost \$7.00

Lunch Participants can bring lunch or buy

TUESDAY



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

Movie Making

Movie making is an ongoing program where the guys learn to act, read lines and write a script.

Activity cost \$4.00

Lunch Participants can bring lunch or buy

Bowling

Light sport activities and fun competition with the group building social and money skills.

Activity cost \$6.50

Lunch Participants can bring lunch or buy

Living skills

The program will involve basic maths, writing, computer skills and learning easy living skills.

Activity cost \$2.00

Lunch Participants can bring lunch or buy

Travel training (training)

The best way to practice travelling is to take a trip, and this program will support participants do just that.

Activity cost \$10.00 - \$15.00

Travel Train (Opal card required)

Lunch Participants can bring lunch or buy

Zumba

Light exercise and sport activity to help with fitness and mobility.

Enjoy socialising with peers and the wider community.

Activity cost \$3.00

Lunch Participants can bring lunch or buy

WEDNESDAY



Gym

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

Activity cost \$7.00

Lunch Participants can bring lunch or buy

Bingo

Socialise with peers, learn money and number skills while playing Bingo. Great prizes to be won.

Activity cost \$5.00

Lunch Participants can bring lunch or buy

Photography

Enjoy learning basic photography skills whilst accessing the community. Learn how to capture some beautiful images of Autumn/Winter. Photos will be compiled into a personal “brag book”.

Activity cost \$2.00

Lunch Participants can bring lunch or buy

THURSDAY



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 \$4

Lunch Participants can bring lunch or buy

Gym

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

Activity cost \$7.00

Lunch Participants can bring lunch or buy

Zumba

Light exercise and sport activity to help with fitness and mobility.

Enjoy socialising with peers and the wider community.

Activity cost \$3.00

Lunch Participants can bring lunch or buy

Swinging to the beat

The music group is aimed at enhancing the wellbeing of people through enjoyable recreational music making. The group will work on developing a beat to a well-liked song. This will involve learning how to play a variety of instruments while swinging to the beat.

Lunch BBQ lunch will be provided

FRIDAY



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

Gardening

Learn about plants and how to care for them.

Bowling

Light sport activities and fun competition with the group building social and money skills.

Activity cost \$6.50

Lunch Participants can bring lunch or buy

Scrapbooking

We will scrapbooking, card making and doing other popular crafts. This helps build fine motor skills, socialising and money skills.

Activity cost \$2.00

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

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www.sunnyfield.org.au

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