

# GUILDFORD COMMUNITY SERVICES HUB WEEKLY PROGRAM

9am – 3pm Monday – Friday. Drop off and pick up at Guildford Community Services Hub.

## MONDAY



Arts and Craft



Shopping (Meal planning)



Gardening

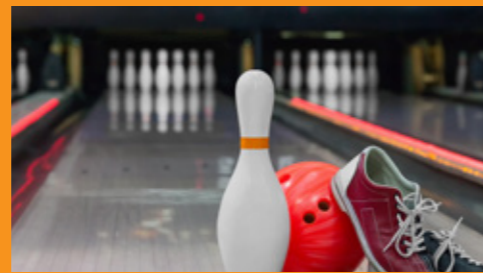


Outdoor Sports

## TUESDAY



Casula Museum



Bowling and a visit to the local park



Cooking



Gardening and Scrapbooking

## WEDNESDAY



Newspaper folding and delivery



Music Therapy



Group Activity



Smoothies and Group Activity

## THURSDAY



Bowling and a visit to the local park



Beauty Therapy



Gym and Fitness



Sensory Activities

## FRIDAY



Group Activity



Aqua Golf



Movies and Stocking



'Skills for Life' – Literacy and Numeracy

Start the conversation today and contact our friendly Client Engagement Team on 1300 588 688.  
**Guildford Community Services Hub** 11 – 25 Byron Road Guildford.  
[www.sunnyfield.org.au](http://www.sunnyfield.org.au)

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 provider



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