



LADIES DAY PROGRAM

Maitland

Registered
NDIS
provider



Sunnyfield
disAbility Services



FRIDAYS ARE FOR FRIENDS AND ADVENTURE

Sunnyfield's Ladies Day program is the perfect Friday out for women who enjoy making new friends, visiting local attractions, going out for lunch, making delicious baked treats or spending time with peers to create inspirational arts and crafts.

Activities rotate each month and include a range of community access and centre-based activities. This group-based program is open to participants 18+ and runs each Friday from 9am – 3pm at Sunnyfield's Maitland Community Services Hub.

- Pick-up and drop-off transport options are available at an additional costs
- Activity costs range from \$5 - \$15 each week

Start the conversation today and contact Josh Skelton

M 0433 862 477

E joshua.skelton@ega.org.au

www.sunnyfield.org.au

