

TAMWORTH COMMUNITY SERVICES HUB WEEKLY PROGRAM

Activities run each week day from 9am- 3pm. Meet at Tamworth Community Services Hub

MONDAY



Morning

Gym program at Rural Fit

Community access or centre based - sports, exercise, fishing, local attractions, pub lunches and visits to local parks or a cafe

Afternoon

Centre based - listening to music, ball games, arts and crafts, table tennis and sensory room activities

TUESDAY



Morning

Lawn bowls at South Tamworth Bowling Club

Putt Putt golf at Moonbi

Interagency Sports at Tamworth Sports Dome (once a month)

Afternoon

Centre based - listening to music, ball games, arts and crafts, table tennis and sensory room activities

WEDNESDAY



Morning

Community access or arts and crafts

Afternoon

Music and movement

Bunnings DIY classes (monthly)

Sensory room activities

THURSDAY



Morning

Music jam session

Planning, shopping and group cooking program

Afternoon

Community access - lunch out at local cafe or pub (every 3rd week)

Centre based - listening to music, ball games, arts and crafts, table tennis and sensory room activities

FRIDAY



All Day

Big Day Out - explore the local region with a day full of activities, visit national parks, museums, waterfalls, go to the movies or have a picnic in the park. Every Friday is different.

Start the conversation today and contact our friendly team on 02 6760 1600.
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www.sunnyfield.org.au

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