

# TWEED HEADS COMMUNITY SERVICES HUB WEEKLY PROGRAM

Activities run each week day from 9am- 3pm. Drop off and pick up at Tweed Heads Community Services Hub.

## MONDAY



### Let's Move

Yoga, Zumba, soccer, quoits

### Literacy and numeracy

Worksheets, money recognition

### Express yourself

Painting, clay modelling, origami

### Well being

Dental hygiene, personal appearance

## TUESDAY



### Literacy and numeracy

Worksheets, money recognition

### Let's Move

Yoga, Zumba, soccer, quoits

### Digital literacy

Using an iPad®, numeracy

### Community access

Getting to know my town: visit to parks, gardens or the beach

## WEDNESDAY



### Community access

Sailability, bowling, beach

### Cooking

Planning a menu, following a recipe

### Money skills

Money recognition, budgeting, purchasing

### Out and about

Travel training, road safety, being a passenger

## THURSDAY



### Cooking

Planning a menu, following a recipe

### Money skills

Money recognition, budgeting, purchasing

### About me

Daily diaries, communication books

### Well being

Dental hygiene, personal appearance

## FRIDAY



### Social skills

Knowing myself, conversations, hellos and goodbyes

### Express yourself

Painting, clay modelling, origami

### Let's Move

Yoga, Zumba, soccer, quoits

### Well being

Getting to know my town: visit to parks, gardens or the beach

- Participants can select from a range of daily supports or attend the full day.
- Additional fees may be required for community access activities.

Start the conversation today and contact our friendly team on 07 5524 8537.

Tweed Heads Community Services Hub Suite 1A-4A, 24/28 Corporation Circuit, Tweed Heads South

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