

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

## MONDAY



### Let's Move

Swimming

### Literacy and numeracy

Worksheets, money recognition and words

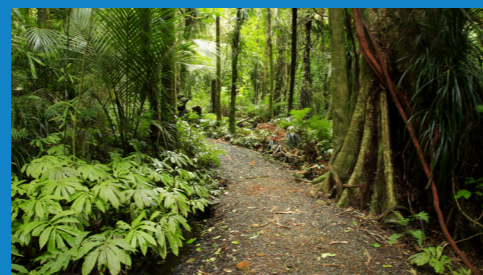
### Creative Outlet

Seasonal art

### Well being

Dental hygiene, personal appearance

## TUESDAY



### Literacy and numeracy

Worksheets, money recognition, numbers and letters

### Let's Move

Yoga, Zumba, soccer, meditation

### Community access

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

### Collaborate & bake

We'll bake cookies, cakes, scones or muffins

## WEDNESDAY



### Community access

Sailability, bowling, beach

### 5 minute meals

Easy quick and healthy meals

### Money skills

Money recognition, budgeting, purchasing

### Writers Club

We'll write letters to our PenPals, stories and visits.

## THURSDAY



### Cooking

Planning a menu, following a recipe

### Money skills

Money recognition, budgeting, purchasing

### Independent living skills

You learn about skills essential to everyday living

### Digital knowledge

Using an iPad, computers and numeracy

## FRIDAY



### Social skills

Knowing myself, conversations, hellos and goodbyes

### Creative outlet

Seasonal art

### The science project

Let's experiment with a science project

### Community access

Getting to know my town, visits to parks, gardens or the beach

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

[www.sunnyfield.org.au](http://www.sunnyfield.org.au)

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