

# TWEED HEADS COMMUNITY SERVICES HUB WEEKLY PROGRAM

Activities run each weekday from 9am - 3pm

## MONDAY



### Well-being

Dental hygiene or choose a skills for life activity

### About me

Arts and crafts

### Physical and sensory

Brain wizard activities

### Community access

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

## TUESDAY



### Digital literacy

Using an iPad®

### Physical and sensory

Indoor sports

### About me

Arts and crafts

### Community access

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

## WEDNESDAY



### Skills for life

Planning a menu

### Skills for life

Following a recipe

### Digital literacy

Using an iPad®

### Community access

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

## THURSDAY



### Physical and sensory

Indoor sports

### Digital literacy

Using an iPad®

### Skills for life

Literacy skills

### Community access

Trip to Currumbin Wildlife Sanctuary or Coolangatta Beach

## FRIDAY



### Skills for life

Travel training (practical)

### Physical and sensory

Brain wizard activities

### Skills for life

Money recognition

### Community access

Day trip to Byron Bay

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

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