



CIVIC HUB WEEKLY PROGRAMS

		Hinkler Hub	Sutherland Hub	New Era Hub	Liverpool Hub
MON	AM	Indoor Basketball Table Tennis	Bowling	Travel Training Community Service	Cooking
	PM	Recycling Program Crochet	Outdoor Fitness	Karaoke	Computer Skills Outdoor Fitness
TUES	AM	Community Access	Flip-Out Day Trip	Yoga	Swimming Community Access Social Skills
	PM		Computer Skills	Social Skills	
WED	AM	Social Outing Movies Train, Bus, Ferry Travel	Day Trip	Swimming Outdoor Fitness	Outdoor Fitness Community Access Arts & Craft
	PM		Photography	Gentle Exercise Zumba	
THURS	AM	Swimming	Golf Swimming Day Trip	Day Trip Community Service	Community Access Computer Skills
	PM		Day Trip	Social Skills	
FRI	AM	Culture Day	Flip-Out	Art Therapy Massage Therapy	Activities Community Access Social Skills
	PM		Outdoor Fitness BBQ	Travel Training	
SAT				Day Trip Community Access	
SUN		*Sunday activities at Liverpool occur on a fortnightly basis.			Day Trip Community Access

Fitness for all	Fitness for all supports people of all abilities to take part in improving their own level of fitness. The sessions are catered to a client's level of ability. Clients may be required to get medical approval to take part
Health & Wellbeing Sessions	Health and Wellbeing sessions take a holistic approach in the quest for optimal health and wellness. The sessions also support clients with personal self expression. Music, Art and Massage therapy are run by licensed therapists
Educational Sessions	Educational sessions help clients to increase their independence and skills. Programs break down activities step by step in order to promote active learning and achievable goals
Weekly or Seasonal Outings	Weekly Outings involve travel training, budgeting, community participation and encourage social interaction

For Bookings please call 1300MYCIVIC (1300 692 484)

CIVIC.ORG.AU

