



# CIVIC HUB WEEKLY PROGRAMS

		Hinkler Hub	Sutherland Hub	New Era Hub	Liverpool Hub
MON	AM	Indoor Basketball	Bowling	Travel Training	Community Service
	PM	Table Tennis	Outdoor Fitness	Karaoke	Cooking
TUES	AM	Community Access	Flip-Out	Yoga	Swimming
	PM	Community Access	Computer Skills	Social Skills	Community Access
WED	AM	Social Outing	Day Trip	Swimming	Outdoor Fitness
	PM	Movies	Photography	Gentle Exercise	Arts & Crafts
THURS	AM	Swimming	Golf	Day Trip	Community Access
	PM	Recycling Program	Day Trip	Community Service	Gaming
FRI	AM	Culture Day	Flip-Out	Art Therapy	Activities
	PM	Cooking	Outdoor Fitness	Travel Training	Community Access
SAT	AM		BBQ		Swimming
	PM				Social Skills
SUN	AM				Day Trip
	PM				Community Access

\*Sunday activities at Liverpool occur on a fortnightly basis.

## 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

\*Advertised activities are a guide which can be altered or changed depending on the needs and requests of clients.

For Bookings please call 1300MYCIVIC (1300 692 484)

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