



WEEKDAY SHARED SUPPORT



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MONDAY



Masterchef Monday **\$10**

Put on your cooking hat, come along and enjoy cooking lunch with friends.

TUESDAY

Brave Art **\$5**

Whether it's a canvas or painting a mural at the Hub, explore your creativity and artistic talent.



WEDNESDAY

Outdoor Adventurers **FREE**

Spend the day exploring our beautiful beaches, parks and walkways.

THURSDAY

Sport and Recreation **\$10**

Thursdays are all about keeping fit and having fun!



FRIDAY

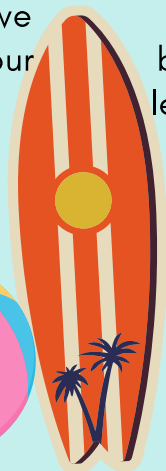
FRIDAY FUNDAY **\$15**

The week is done - let's celebrate. Friday Funday is always a blast!



Local Legends **FREE**

Walking shoes on, we are off to explore our local surrounds!



Builder Bobs **\$5**

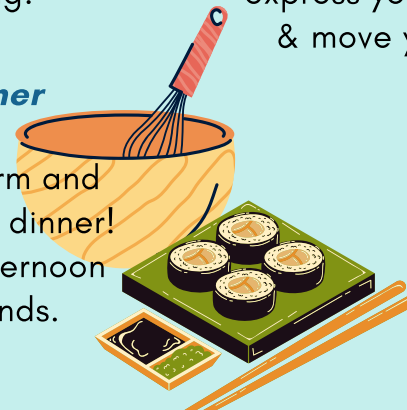
Woodwork and building skills for all levels. Lets see what we can create!

Enviro-Hub **FREE**

Recycling, gardening, composting!

Dinner Diner **\$10**

Cook up a storm and take home your dinner! Then, enjoy afternoon tea with friends.



Perform(d)ance **FREE**

Come along and express yourself, dance & move your body!

Lucky Strike Bowlers **\$16**

You'd be striking out if you missed the 4u weekly bowling competition.





IMPORTANT INFORMATION

All activities will be carried out in compliance with restrictions and practising the highest level of safety possible.

Hub Opening Times: 6am – 8pm (**8 Bean Street, Wallsend**)

Program Times: 9am – 3pm (Flexible arrangements are ALWAYS possible! Contact your liaison to plan your day)

Cost - “Support Time” costs will vary depending on booking numbers, with the per hour cost being based on 1:1, 1:2, 1:3, 1:4 or 1:5 ratios.

(These prices are reflected in the NDIS Price Guide.)

- Where a day has an extra cost – e.g. Friday Fun Day, we ask that this cost is paid in cash on arrival.

Cost of purchasing lunch is not included, except for cooking on Mondays.

Transport - Public Transport will be used on weekdays.

- If not suitable to use public transport e.g. due to weather or activity location – private staff/business vehicles will be used, with transport cost (85c in a carer vehicle and \$1.30 if a 4u Van is being used), to be split between all participants booked in for the day.

Please remember to bring: Water bottle, packed lunch (or money to buy), enclosed shoes, hat, sunscreen, **opal card**, companion card and positive vibes.

Wet Weather - If an organised activity is no longer suitable due to weather, an alternate activity will be arranged. If possible, prior notification will be given. These activities may include indoor sports, trampolining, movies, ten pin bowling, laser tag or a lunch outing.