



Social Connections Day Program

Weekly Activity Schedule

Centre Name: East Hills Social Connections.

Location: 49 Maclaurin Street, East Hills

Week Commencing: 05 January 2026

Monday

All day (9:30am – 3:30pm)

- City Travel
- Bowling

Morning (9:30am – 12:30pm)

- Cooking
- Band Practice

Afternoon (12:30 – 3:30pm)

- Water Play
- Mini Woolies – Work Experience

Tuesday

All day (9:30am – 3:30pm)

- Swimming & Park Lunch
- Bushwalking

Morning (9:30am – 12:30pm)

- Art & Craft
- Games & Table Tennis

Afternoon (12:30 – 3:30pm)

- Boxing
- Garden Club

Wednesday

All Day (9:30am – 3:30pm)	Morning (9:30am – 12:30pm)	Afternoon (12:30 – 3:30pm)
<ul style="list-style-type: none">• Travel Training & Rock Pool Swimming• Big Day Out	<ul style="list-style-type: none">• Light Exercise and Strengthening• Bingo	<ul style="list-style-type: none">• Pampering Spa• Karaoke & Dance Group

Contact us



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Thursday

All day (9:30am – 3:30pm)

- Photography
- Woodwork

Morning (9:30am – 12:30pm)

- Chair Yoga
- Plus Fitness Gym with Activate Clinic EP

Afternoon (12:30 – 3:30pm)

- Sensory science
- Book Club

Friday

All day (9:30am – 3:30pm)

- Sports Group
- BBQ

Morning (9:30am – 12:30pm)

- Upcycle Artworks
- Mini Woolies – Work Experience

Afternoon (12:30 – 3:30pm)

- Crosswords, puzzles and board games
- Sensory Activities

Notes

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Special Events

- Aquatopia Water Park – Fairfield
- Dee Why Beach
- Bubble Planet
- Wollongong Science Museum
- The House Down under
- Shine Shed Campbelltown
- NSW Rail Museum
- Cronulla Whale Watching

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