Saheli Day Centre

Weekly Activity Planner · W/C 14 September 2026

HAWA MULTICULTURAL SERVICES CIC community | culture | empowerment

MONDAY 14TH St Luke's Church	WEDNESDAY 16TH Fleetville Community Centre	THURSDAY 17TH Fleetville Community Centre
9:30–10:00 am **Registration**	**9:30–10:00 am** **Registration**	**9:30–10:00 am** **Registration**
10:00–11:30 am **Arts & Crafts** Group project- Design and create a colourful privacy curtain for use during exercise sessions. The activity involves sewing, decorating and adding creative touches to create a practical and attractive finished piece that benefits all our members. Plus: literacy and digital support, games and puzzles.	**10:00–11:30 am** **Digital** Building confidence with usernames, passwords and two-factor authentication, while developing essential online safety skills. Plus: literacy support, arts and crafts, games and puzzles.	**10:00–11:30 am** **Literacy** Share your favourite holiday photos and memories, then talk, write or draw about the places you visited, people you met, and favourite thing you did. Supports communication, vocabulary and memory recall. Plus: arts and crafts, digital support, games and puzzles.
10:00 am –12:00 pm **Community Kitchen** – a warm and friendly space for asylum seekers to cook favourite foods, share cultures and meet, socialise and connect with others.		
11:30 am–12:00 pm **Tea break**	**11:30 am–12:00 pm** **Tea break**	**11:30 am–12:00 pm** **Tea break**
12:00–1:00 pm **Exercise:** Pilates with Najima (Cover)	**12:00–1:00 pm** **Exercise:** Cancelled	**12:00–1:00 pm** **Exercise:** Resistance training with Rabina
1:00–1:30 pm Friendly catch-up	**12:00–1:00 pm** **Special Event- In Memory of Bibi Azizi**	**1:00–1:30 pm** Friendly catch-up

Activities may change. Please check the latest update before attending.