



## MONDAY

### Sewing

9:00AM - 3:00PM

\$5.00

### Cook to Connect

4:00PM - 7:00PM

\$10.00

## TUESDAY

### Craft

9:00AM - 2:00PM

\$5.00

### Dance Troupe

4.30PM - 7.30PM

No extra cost

## WEDNESDAY

### MENsday

10:00AM - 2:00PM

No extra cost

### Gaming

5.00PM - 8.30PM

No extra cost

## HOLIDAYS

### Need a holiday?

We are currently taking  
bookings for our  
December packages

To register interest email  
[holidays@empoweredcs.com](mailto:holidays@empoweredcs.com)

## THURSDAY

### Powermoves

9:00AM - 3:00PM

\$10.00

### Hour of Power Fitness

4:00PM - 6:00PM

\$5.00

## FRIDAY

### Friends on Friday

9:00AM - 3:00PM

No extra cost

### Pizza and Movie Night

5:00PM - 9:00PM

\$10.00

**CONTACT US**

## SPECIAL EVENTS

### CHRISTMAS LIGHTS SPECTACULAR

@ Hunter Valley Gardens

SHOWCASE @ The Space



0240 549 286



[rachellowe@empoweredcs.com](mailto:rachellowe@empoweredcs.com)



[www.empoweredcommunityservices.com](http://www.empoweredcommunityservices.com)

# A CLOSER LOOK AT OUR GROUPS

## The Space



### Powermoves

Fast track your fitness goals with Power Moves, where our personal trainer blends movement and mindfulness. On top of the moves, participants will also enjoy a healthy lunch that will have you feeling your best!

### Gaming Group

Every Wednesday night, the group meets at The Space to play different video games on various consoles. Each week the guys take turns choosing video games as well as choosing the weekly take out dinner!  
Power Moves



### Cook to Connect

If you love to cook and share a meal with friends, then our new Cook to Connect group is for you! You will learn the basics of cooking, how to read a recipe, prepare ingredients and of course, you will get to cook and try nutritious meals and desserts! ay be the right fit for you!!

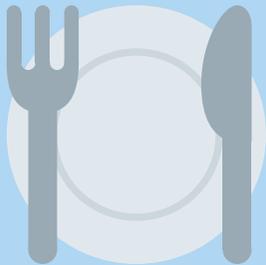
### Hour of Power Fitness

It's time to stay active and healthy by exercising in our purpose-built gym @ The Space! Each week we will come together and do a range of fitness activities in a supportive session, including weights and cardio. Do you have fitness outcomes you would like to achieve?



# NEW GROUPS AT THE SPACE

## The Space



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### Dance Troupe!

Introducing Empowered's very own Dance Troupe! The benefits of dance are enormous, and by joining our dance troupe, not only will you be improving your health, but it will be a wonderful social platform. Each week you will learn choreographed dance routines before heading out for dinner to discuss upcoming performances.



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### Friends on Friday

Our new Friday group is all our groups rolled into one plus more!! We will spend our Fridays between The Space and out in the community with a focus on community participation. If you like to do various activities, including art, cooking, fitness, music, and day trips and you are looking for a social group with community access, then our Friday group may be the right fit for you!!

