

TUESDAYS

Group Activities

November 2025

WEDNESDAYS



4th – Bago Maze

Cost \$15

- This is going to be aMAZEing!
- Bring \$\$ for lunch
- Light breakfast provided



5th – Sailing

Cost \$12

- Let's set sail!
- Picnic lunch
- Light breakfast provided



Cost \$5

11th – Horse Care Therapy

- An excursion to Riding for the Disabled, Wauchope to meet the beautiful horses, the lovely volunteers & coaches & see what they do.
- Bring \$\$ for lunch
- Light breakfast provided



12th – Hydro Golf

Cost \$12

- Let's drive that ball into some targets!
- Bring \$\$ for lunch
- Light breakfast provided



18th – Hydro Golf

Cost \$15

- Care for a splash in the Pool (bring swimmers)?
- Lunch provided
- Light breakfast provided



19th – Kendall Pool

Cost \$15

- Did someone say Pool? I'm diving in!
- Lunch provided
- Light breakfast provided



25th – Kendall Pool

Cost \$15

- Let's chill out, it's pool O'clock
- Lunch provided
- Light breakfast provided



26th – Sea Acres

Cost \$12

- Let's get cool in the rainforest
- Bring \$\$ for lunch
- Light breakfast provided



Willing & Able have been assisting adults living with disability for more than 50 years. Among our many services is an activities program! Come along and join in the fun, in a safe, supported and inclusive environment.

IN COMMUNITY....

Walking, Swimming, Tennis, Mini Golf, Fishing, Ten Pin Bowling, Lawn Bowls, Outdoor Cooking & Games, Exploring the local area and attractions.

IN CENTRE....

Craft, Painting, Games, Music, Movie Afternoons, Cooking, Menu Planning, Baking and all things creative and fun!

ALWAYS....

Friendship, Fun, Connections, Support. Programs include a cooked breakfast every day, followed by a safety review of the day's activities.

Contact:

compliance@willingandable.org.au

02 6581 0939

39 Jindalee Rd
Port Macquarie

Group Activities

THURSDAYS

6th – Mystery Day Adventure

- Shhhh! It's a secret!
- Bring \$\$ for lunch
- Light breakfast provided



Cost \$5

13th– High Tea at the Foundation



- Oooh darling, fancy a cup of tea?
- Lunch provided
- Light breakfast provided

Cost \$20

20th – Card Making

- Let's create something amazing!
- Bring \$\$ for lunch
- Light breakfast provided

Cost \$12



27th – Kendall Pool



- Sink or swim? Swimming!
- Lunch provided
- Light breakfast provided

Cost \$15

November 2025

FRIDAYS

7th – Sea Acres



- Oh The serenity....
- Lunch provided
- Light breakfast provided

Cost \$15

14th – Bago Maze

- This place is aMAZEing!
- Bring \$\$ for lunch
- Light breakfast provided



Cost \$15

21st – Kendall Pool



- Bob, bob, bobbing along at Kendall Pool.
- Lunch provided
- Light breakfast provided

Cost \$15

28th – Hydro Golf

- Let's make a splash at Hydro Golf!
- Bring \$\$ for lunch
- Light breakfast provided

Cost \$12

