

# Group Activities

## APRIL 2024

### TUESDAYS

#### 2<sup>nd</sup> – COOKING @ THE FOUNDATION

Cost \$12

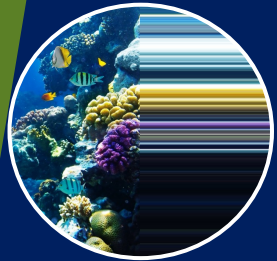
- Cooking at the Foundation
- Lunch provided
- Morning/afternoon tea provided



#### 9<sup>th</sup> – MARINE DISCOVERY CENTRE

Cost \$12

- See, touch, feel and learn
- Lighthouse BBQ lunch and walk
- Morning/afternoon tea provided



#### 16<sup>th</sup> – MASTERCHEF NARRAN PARK & WAUCHOPE RIVERSIDE SCULPTURAL TRAIL

Cost \$12

- Exploring the cultural art at Wauchope & mountain views at Narran Park
- Lunch provided
- Morning/afternoon tea provided



#### 23<sup>rd</sup> – CROQUET - PMQ CROQUET CLUB

Cost \$10

- It's all about the swing, aim & fun on the field
- Bring \$\$ for lunch
- Morning/afternoon tea provided



#### 30<sup>th</sup> – LOU'S CAFÉ & MUSEUM

Cost \$5

- Delving into Kempsey's rich historical diversity & dining
- Bring \$\$ for lunch
- Morning/afternoon tea provided



### WEDNESDAYS

#### 3<sup>rd</sup> – WAVEBOWL

Cost \$20

- Ten Pin bowling
- Picnic lunch provided
- Morning/afternoon tea provided



#### 10<sup>th</sup> – KOALA HOSPITAL & BIG GAMES DAY

Cost \$12

- Education & awareness of our koalas
- BBQ Lunch
- Morning/afternoon tea provided



#### 17<sup>th</sup> – NORTH HAVEN EXPLORE & CHINESE LUNCH

Cost \$5

- Today is a sensory delight for the eyes & taste buds
- Bring \$\$ for lunch at Family Chinese Restaurant
- Morning/afternoon tea provided



#### 24<sup>th</sup> – NARRAN PARK MASTER CHEF & BOARD GAMES

Cost \$12

- Time to adorn the chef hats & aprons!
- Healthy lunch provided
- Morning/afternoon tea provided



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## APRIL 2024

### THURSDAYS

#### 4<sup>th</sup> – ARTS & CRAFTS @ FOUNDATION

Cost \$12

- Bring your creative hats!
- Lunch provided
- Morning/afternoon tea provided



#### 11<sup>th</sup> – ALICE IN PAPERLAND

Cost \$8

- Free play making cards
- Lunch at cafe
- Morning/afternoon tea provided



#### 18<sup>th</sup> – COOKING @ FOUNDATION

Cost \$15

- Making chocolate crackles
- Lunch provided – you're cooking
- Morning/afternoon tea provided



#### 25<sup>th</sup> – ANZAC DAY - NO ACTIVITIES

**LEST WE FORGET**  
— ANZAC DAY —



### FRIDAYS

#### 5<sup>th</sup> – LAWN BOWLS

Cost \$6

- Bowling into Friday with a game of lawn bowls
- Bring \$\$ for lunch
- Morning/afternoon tea provided



#### 12<sup>th</sup> – CATTAI WETLAND WALKING TRACKS

Cost \$15

- It's time to board the bus & explore the beautiful Cattai Wetlands
- Picnic lunch provided
- Morning/afternoon tea provided



#### 19<sup>th</sup> – OUTDOOR MASTERCHEF – NORTH SHORE DRIVE

Cost \$12

- Cooking at Settlement Point and a cruise on the ferry to North Shore
- Picnic lunch provided
- Morning/afternoon tea provided



#### 26<sup>th</sup> – BBQ BREAKFAST & LUNCH AT TACKING POINT TAVERN

Cost \$12

- A perfect location for BBQ breakfast & walk
- Tacking Point Tavern lunch
- Morning/afternoon tea 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:

 [linda@willingandable.org.au](mailto:linda@willingandable.org.au)

 02 6581 0939

 39 Jindalee Rd, Port Macquarie NSW