

Group Activities

OCTOBER 2024

TUESDAYS

1st – WAVE BOWL

Cost \$15

- Time to strike for fun
- Bring \$\$ for lunch
- Morning/afternoon tea provided



8th – AIR FRY (DRY FRY DAY)

Cost \$12

- Learn about healthy cooking
- Lunch provided
- Morning/afternoon tea provided



15th – EXPLORE COWARRA DAM

Cost \$12

- Enjoy the scenic views
- BBQ lunch
- Morning/afternoon tea provided



22nd – LAWN BOWLS

Cost \$5

- Bring \$\$ for lunch
- Morning/afternoon tea provided



29th – VACATION VILLAGE

Cost \$15

- Grab your swimmers and jump into Spring
- BBQ lunch
- Morning/afternoon tea provided

WEDNESDAYS

2nd – SPRING LUNCH

Cost \$12

- Explore Dunbogan
- Lunch provided
- Morning/afternoon tea provided



9th – SAILABILITY

Cost \$12

- Picnic Lunch
- Morning/afternoon tea provided



16th – SCENIC BITES BY CHOW HAUS

Cost \$5

- And games at McInherney Park
- Bring \$\$ for lunch
- Morning/afternoon tea provided



23rd – VACATION VILLAGE

Cost \$15

- Swimming and games
- BBQ lunch
- Morning/afternoon tea provided



30th – SEA ACRES

Cost \$10

- Explore our local rainforest
- Bring \$\$ for 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:

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39 Jindalee Rd, Port Macquarie NSW

Group Activities

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THURSDAYS

3rd – EXPLORE PORT MACQUARIE FORESHORE

Cost \$5

- Taking our taste buds and walking shoes exploring
- Bring \$\$ for lunch – Westport Cafe
- Morning/afternoon tea provided



10th – SPRING HEALTHY COOKING

Cost \$15

- Time to don the apron
- Lunch provided
- Morning/afternoon tea provided

17th – ALICE IN PAPERLAND

Cost \$10

- Nautical Theme
- Bring \$\$ for lunch
- Morning/afternoon tea provided



24th – WAVE BOWL

Cost \$15

- Bowl into fun
- Bring \$\$ for lunch
- Morning/afternoon tea provided



31st – VACATION VILLAGE

Cost \$15

- Splash into fun at Vacation Village
- Lunch provided
- Morning/afternoon tea provided



FRIDAYS

4th – SPRING HEALTHY COOKING

Cost \$12

- Country Drive
- Lunch provided
- Morning/afternoon tea provided



11th – FUN DAY FRIDAY

Cost \$5

- Your choice
- Bring \$\$ for lunch
- Morning/afternoon tea provided



18th – VACATION VILLAGE

Cost \$15

- Friday fun day
- BBQ lunch
- Morning/afternoon tea provided



25th – RICARDOES & SETTLERS FOR LUNCH

Cost \$5

- Pay for what you pick
- Bring \$\$ for lunch
- Morning/afternoon tea provided

