

TUESDAYS

Group Activities

March 2026

WEDNESDAYS



3rd – Hydro Golf

Cost \$12

- Who wants to win some money?
- Bring \$\$ for lunch
- Light breakfast provided



4th – Sailability

Cost \$12

- Let's set sail into the sunset.
- Lunch provided
- Light breakfast provided



10th – Wauchope Pool

Cost \$15

- Let's make some waves
- Lunch provided
- Light breakfast provided



11th – Bowling

Cost \$18

- Let's swing into action.
- Bring \$\$ for lunch
- Light breakfast provided



17th – Croquet

Cost \$12

- Let's hit those balls through the hoops!
- Bring \$\$ for lunch
- Light breakfast provided



18th – Card Making

Cost \$15

- Let's put our creative hats on!
- Lunch provided
- Light breakfast provided



24th – Sea Acres

Cost \$15

- Let's find some peace.
- Lunch provided
- Light breakfast provided



25th – Croquet

Cost \$12

- A day on the green
- 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:

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Port Macquarie

Group Activities

THURSDAYS

March 2026

FRIDAYS

5th – Cooking at the Foundation

- Yummo! Let's cook up a storm!
- Lunch provided/Butter Chicken
- Light breakfast provided



Cost \$15

12th– Craft at the Foundation



- Let's create a piece of art.
- Lunch provided
- Light breakfast provided

Cost \$15

19th – Card Making

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



Cost \$12

26th – Sea Acres

Cost \$5



- What a beautiful day to walk it out in the rainforest.
- Bring \$\$ for lunch
- Light breakfast provided

6th – Bowling

Cost \$18



- Strike a pose!
- Bring \$\$ for lunch
- Light breakfast provided

13th – Wauchope Pool

Cost \$15

- Splash into fun!
- Lunch provided
- Light breakfast provided



20th – Coastal Walk & Drive

Cost \$5



- Let's explore our country region
- Bring \$\$ for lunch
- Light breakfast provided

27th – Sea Acres

Cost \$12



- Let's step it out!
- Lunch provided
- Light breakfast provided