

TUESDAYS

Group Activities

March 2026

3rd – Hydro Golf

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

Cost \$12



10th – Wauchope Pool

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



Cost \$15

17th – Croquet

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

Cost \$12



24th – Sea Acres

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

Cost \$15



WEDNESDAYS

4th – Sailability

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

Cost \$12



11th – Bowling

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

Cost \$18



18th – Card Making

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

Cost \$15



25th – Croquet

- A day on the green
- Bring \$\$ for lunch
- Light breakfast provided

Cost \$12



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

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

March 2026

FRIDAYS

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