

# Group Activities

## JANUARY 2025

### TUESDAYS

#### 7th - North Haven Tidal Pool

Cost \$5

- Make a splash at North Haven
- Bring \$\$ for lunch (Chinese)
- Morning/afternoon tea provided



#### 14th - Kendall Pool

Cost \$15

- Splash into summer
- BBQ lunch
- Morning/afternoon tea provided



#### 21st - Lake Cathie

Cost \$12

- Let's cook up a storm by the lake
- Lunch provided
- Morning/afternoon tea provided



#### 28th - Wave Bowl

Cost \$18

- Strike a pose
- Bring \$\$ for lunch
- Morning/afternoon tea provided



### WEDNESDAYS

#### 8th - Kendall Pool

Cost \$15

- Let's cool down
- BBQ lunch
- Morning/afternoon tea provided



#### 15th - Coastal Walk

Cost \$5

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



#### 22nd - Sailability

Cost \$12

- Time to set sail
- Picnic lunch
- Morning/afternoon tea provided



#### 29th - Wave Bowl

Cost \$18

- Let's strike for fun
- 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:

[compliance@willingandable.org.au](mailto:compliance@willingandable.org.au)  
02 6581 0939  
39 Jindalee Rd  
Port Macquarie NSW

# Group Activities

## JANUARY 2025

### THURSDAYS

#### 9th - Pizza & Movie Day

Cost \$12

- Relax, unwind and throw on a movie
- Lunch provided
- Morning/afternoon tea provided



#### 16th - Kendall Pool

Cost \$15

- Throw on your swimmers and let's cool down
- BBQ lunch
- Morning/afternoon tea provided



#### 23rd - Alice in Paperland

Cost \$10

- Let's get into the creative flow
- Bring \$\$ for lunch
- Morning/afternoon tea provided



#### 30th - Explore North Haven

Cost \$5

- Let's explore beautiful North Haven
- Bring \$\$ for lunch (Chinese)
- Morning/afternoon tea provided



### FRIDAYS

#### 10th - Kendall Pool

Cost \$15

- Did somebody say 'Let's go swimming'?
- BBQ lunch
- Morning/afternoon tea provided



#### 17th - Lake Cathie Bowling Club

Cost \$5

- Let's bowl on in for a yummy lunch
- Bring \$\$ for lunch
- Morning/afternoon tea provided



#### 24th - Explore Dunbogan

Cost \$15

- Enjoy the coastal breeze
- Lunch provided
- Morning/afternoon tea provided



#### 31st - Ricardoes and The Settlers

Cost \$5

- Let's have a berry good time (pay for what you pick)
- Bring \$\$ for lunch
- Morning/afternoon tea provided

