Group Activities

JANUARY 2025

WEDNESDAYS

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

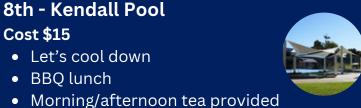




28th - Wave Bowl **Cost \$18**

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







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 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



