

# TUESDAYS

# Group Activities

## February 2026

# WEDNESDAYS



### 3rd – Wauchope Pool

Cost \$15

- Care for a splash?
- Lunch provided
- Light breakfast provided



### 4th – Sailability

Cost \$15

- I am sailing 
- Lunch provided
- Light breakfast provided



### 10th – Sea Acres

Cost \$15

- Let's stride it out at Sea Acres!
- Lunch provided
- Light breakfast provided



### 11th – Kendall Pool

Cost \$15

- Throw your swimmers on & let's go for a dip!
- Lunch provided
- Light breakfast provided



### 17th – Bowling

Cost \$18

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



### 18th – Card Making

Cost \$15

- Let's get our creative hats on!
- Bring \$\$ for lunch
- Light breakfast provided



### 24th – Snooker

Cost \$5

- Let's get cued up at Snooker!
- Bring \$\$ for lunch
- Light breakfast provided



### 25th – Sea Acres

Cost \$5

- Let's walk it out in the beautiful rainforest!
- 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:

[compliance@willingandable.org.au](mailto:compliance@willingandable.org.au)

02 6581 0939

39 Jindalee Rd  
Port Macquarie

# Group Activities

## THURSDAYS

February 2026

## FRIDAYS

### 5th – Wauchope Pool

- Did somebody say “Let’s go swimming”?
- Lunch provided
- Light breakfast provided



Cost \$15

### 12th– Movies



- Let’s relax, unwind & watch a movie.
- Bring \$\$ for lunch
- Light breakfast provided

Cost \$15

### 19th – Card Making

- Creative Fun!
- Bring \$\$ for lunch
- Light breakfast provided



Cost \$15

### 26th – Sea Acres



- Let’s step it up whilst we stay cool at Sea Acres.
- Lunch provided
- Light breakfast provided

Cost \$15

### 6th – Snooker



- Let’s be Snooker stars!
- Bring \$\$ for lunch
- Light breakfast provided

Cost \$5

### 13th – Hydro Golf

- Let’s get putting!
- Lunch provided
- Light breakfast provided



Cost \$18

### 20th – Coastal Walk & Lunch ay Shelly Beach



- Let’s walk with purpose!
- Lunch provided
- Light breakfast provided

Cost \$15

### 27th – Sea Acres

- Care for a stroll?
- Bring \$\$ for lunch
- Light breakfast provided



Cost \$5