



## AUGUST - Tuesday's

1<sup>st</sup> August - Cost \$12.00

### ► Croquet

- Port Macquarie Croquet Club
- BBQ Lunch Provided
- Morning/Afternoon Tea Provided

8<sup>th</sup> August - Cost \$13.00

### ► Ten Pin Bowling

- Wave Bowl PMQ
- BYO Lunch or \$\$ to Buy
- Morning/Afternoon Tea Provided

15<sup>th</sup> August - Cost \$12.00

### ► Koala Hospital

- Visit the Koala Hospital
- Lunch Provided
- Morning/Afternoon Tea Provided

22<sup>nd</sup> August - Cost \$12.00

### ► Dive Into Deliciousness

- Shop for & Cook a Tuna Bake
- Lunch Provided
- Morning/Afternoon Tea Provided

29<sup>th</sup> August - Cost \$12.00

### ► Roll Into Fun

- Bocce Competition at Stuarts Park
- BBQ Lunch Provided
- Morning/Afternoon Tea Provided

## AUGUST - Wednesday's

2<sup>nd</sup> August - Cost \$5.00

### ► Kempsey Museum

- Lunch at Lou's Cafe
- BYO \$\$ to Buy Lunch
- Morning/Afternoon Tea Provided

9<sup>th</sup> August - Cost \$12.00

### ► Log Wharf Reserve

- Outdoor Cooking & Games
- Lunch Provided
- Morning/Afternoon Tea Provided

16<sup>th</sup> August - Cost \$5.00

### ► Explore Crescent Head

- Dine at Crescent Head Tavern
- BYO \$\$ to Buy Lunch
- Morning/Afternoon Tea Provided

23<sup>rd</sup> August - Cost \$12.00

### ► Sculpture Trail

- Wauchope Riverside Trail
- BBQ Lunch Provided
- Morning/Afternoon Tea Provided

30<sup>th</sup> August - Cost \$13.00

### ► Ten Pin Bowling

- Wave Bowl PMQ
- BYO Lunch or \$\$ to Buy
- Morning/Afternoon Tea Provided

# Group Activities AUGUST 2023



Ph: 02 6581 0939



## AUGUST - Thursday's



3<sup>rd</sup> August - Cost \$12.00

### ► Karaoke Dance Party

- Get Your Groove on at The Foundation
- Lunch Provided
- Morning/Afternoon Tea Provided



10<sup>th</sup> August - Cost \$10.00

### ► Putt Putt Golf

- Lunch at Hibbard's Sports Club
- BYO \$\$ to Buy Lunch
- Morning/Afternoon Tea Provided



17<sup>th</sup> August - Cost \$12.00

### ► Master Chef 2023

- Outdoor Cooking at Narran Park
- Lunch Provided
- Morning/Afternoon Tea Provided



24<sup>th</sup> August - Cost \$12.00

### ► Crafting Day

- Create at the Foundation
- BYO Lunch or \$\$ to Buy
- Morning/Afternoon Tea Provided



31<sup>st</sup> August - Cost \$12.00

### ► Log Wharf Reserve

- Outdoor Cooking & Games
- BBQ Lunch Provided
- Morning/Afternoon Tea Provided

## AUGUST - Friday's



4<sup>th</sup> August - Cost \$10.00

### ► Hydro Golf

- Lunch at Hibbard's Sports Club
- BYO \$\$ to Buy Lunch
- Morning/Afternoon Tea Provided



11<sup>th</sup> August - Cost \$12.00

### ► Master Chef 2023

- Outdoor Cooking at Narran Park
- Lunch Provided
- Morning/Afternoon Tea Provided



18<sup>th</sup> August - Cost \$12.00

### ► Gourmet Works Burgers

- Cooking at The Foundation
- Lunch Provided
- Morning/Afternoon Tea Provided



25<sup>th</sup> August - Cost \$12.00

### ► Big Games Day

- Vacation Village
- BBQ Lunch Provided
- Morning/Afternoon Tea Provided

Willing & Able have been assisting adults with disabilities for over 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.

### DAY CENTRE....

Craft, Painting, Movie Afternoons, Cooking, Baking, menu planning and all things creative and fun!

### ALWAYS....

Friendship, fun, connections, support and Personal Growth.

All programs run from 9am - 3pm and include breakfast at the foundation, followed by a safety review of the day's activities.

**Contact: Reception**  
**Phone: 02 6581 0939**  
**Address: 39 Jindalee Rd,**  
**Port Macquarie NSW 2444**

All programs run from 9am - 3pm - Participants are welcome to attend half day programs.