

Group Activities

MARCH 2024

TUESDAYS

5th – COOKING @ THE FOUNDATION

Cost \$12

- Cooking at the Foundation
- Lunch provided
- Morning/afternoon tea provided



12th – HYDRO GOLF

Cost \$10

- Hydro golf & lunch @ Hibbard
- Bring \$\$ for lunch
- Morning/afternoon tea provided

19th – OUTDOOR COOKING

Cost \$15

- Exploring and outdoor cooking
- Lunch provided
- Morning/afternoon tea provided



26th – VACATION VILLAGE

Cost \$12

- Big games day & swimming
- Lunch provided
- Morning/afternoon tea provided

WEDNESDAYS

6th – KENDALL POOL

Cost \$15

- Swimming
- BBQ lunch provided
- Morning/afternoon tea provided



13th – MASTER CHEF OUTDOOR COOKING

Cost \$12

- Cooking & games @ Narran Park
- Lunch provided
- Morning/afternoon tea provided

20th – HYDRO GOLF

Cost \$10

- Hydro Golf
- Bring \$\$ for lunch – participant's choice
- Morning/afternoon tea provided



27th – RICCARDO'S TOMATOES

Cost \$10

- Pay for what you pick
- Picnic lunch provided
- Morning/afternoon tea provided

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THURSDAYS

7th – ALICE IN PAPERLAND

Cost \$8

- Card making/stamping/ink techniques
- Bring \$\$ for lunch at cafe
- Morning/afternoon tea provided



14th – LIBRARY

Cost \$12

- Lake Cathie outdoor games & craft
- Picnic lunch provided
- Morning/afternoon tea provided



21st – ALICE IN PAPERLAND

Cost \$8

- Easter craft
- Bring \$\$ for lunch at cafe
- Morning/afternoon tea provided



28th – HEALTHY COOKING

Cost \$12

- Cooking @ the Foundation
- Lunch provided
- Morning/afternoon tea provided



FRIDAYS

1st – VACATION VILLAGE

Cost \$15

- Master Chef healthy eating & swimming
- Lunch provided
- Morning/afternoon tea provided



8th – WAVE BOWL

Cost \$15

- Ten pin bowling
- Bring \$\$ for lunch
- Morning/afternoon tea provided



15th – CROQUET

Cost \$15

- Port Mac Croquet Club
- Picnic lunch provided
- Morning/afternoon tea provided



22nd – HYDRO GOLF & SETTS

Cost \$10

- Hydro golf then lunch at Settler's
- Bring \$\$ for lunch
- Morning/afternoon tea provided



29th – GOOD FRIDAY – NO ACTIVITIES

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:

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