

SEPTEMBER - Tuesday's

6th Sept - Cost \$14.50

► Movie Day

- Visit Majestic Cinema
- BYO Lunch or \$\$ to Buy
- Morning/Afternoon Tea Provided

13th Sept - Cost \$12.00

► Explore Lake Cathie

- Fish & Chips by the Water
- Lunch Provided
- Morning/Afternoon Tea Provided

20th Sept - Cost \$12.00

► Koala Hospital & BBQ

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

27th Sept - Cost \$12.00

► Healthy Eating Day

- Plan, Shop & Cook a Healthy Meal
- Lunch Provided
- Morning/Afternoon Tea Provided

SEPTEMBER - Wednesday's

7th Sept - Cost \$12.00

► Koala Hospital & BBQ

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

14th Sept - Cost \$15.00

► Fishing & BBQ Lunch

- BBQ Lunch Provided
- Morning/Afternoon Tea Provided

21st Sept - Cost \$11.00

► Ten Pin Bowling

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

28th Sept - Cost \$10.00

► Davis Farm

- Visit The Davis Farm
- BYO Lunch
- Morning/Afternoon Tea Provided

SEPTEMBER - Thursday's

1st Sept - Cost \$10.00

► Create & Organise

- Arts and Crafts Day
- BYO Lunch
- Morning/Afternoon Tea Provided

8th Sept - Cost \$12.00

► Visit the Library

- Picnic Lunch Provided
- Morning/Afternoon Tea Provided

15th Sept - Cost \$12.00

► Shop & Cook

- Bake a Cob Loaf
- Lunch Provided
- Morning/Afternoon Tea Provided

22nd Sept - Cost \$12.00

► Bath Time Delights

- Create Scented Bath Products
- BYO Lunch
- Morning/Afternoon Tea Provided

29th Sept - Cost \$15.00

► Resin Jewellery Making

- BYO Lunch
- Morning/Afternoon Tea Provided

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

SEPTEMBER - Friday's

2nd Sept - Cost \$15.00

► Multi Sport Games Day

- Indoor Sports Stadium
- BBQ Lunch Provided
- Morning/Afternoon Tea Provided

9th Sept - Cost \$5.00

► Bonny Hills Garden Centre

- Visit the Garden Centre for Lunch
- BYO \$\$ to Buy
- Morning/Afternoon Tea Provided

16th Sept - Cost \$15.00

► Italian Day

- Cook and Learn
- Lunch Provided
- Morning/Afternoon Tea Provided

23rd Sept - Cost \$5.00

► Marine Discovery Centre

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

30th Sept - Cost \$15.00

► Fishing & BBQ

- BBQ Lunch Provided
- Morning/Afternoon Tea Provided

Willing & Able have been assisting adults with intellectual disabilities for over 40 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 and all things creative and fun!

LIFE SKILLS....

Menu Planning, Self Care, Budgeting, Cooking, Shopping, Staying Safe, Capacity Building and Personal Growth.

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

Contact: Reception

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Group Activities September 2022



Ph: 02 6581 0939