

# COMMUNITY LIFESTYLES CALENDAR

JULY – DECEMBER

Ability Options offer meaningful social activities to support people with disability in acquiring new skills and making new friends. Please email [Pille.Puvendi@abilityoptions.org.au](mailto:Pille.Puvendi@abilityoptions.org.au) or phone 8811 1723 for more information. From July 2016 we're excited to introduce a newly revamped Ability Options Hub in Seven Hills, housing an accessible, fully equipped kitchen, chill-out areas, gaming zone, sensory escapes and a soon-to-be-launched creative arts space.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>FEATHERS, FURS, FINS AND CREEPY CRAWLIES</b> Various venues 9:30am - 2:30pm</p> <p>Meet up with animals furry, feathered or otherwise. You can meet with the animals up close, or you can just stand back and watch. .</p> <p><b>ON THE MOVE</b> Various venues 9:30am - 2:30pm</p> <p>Using trains, buses and ferries, you will be visiting a mixture of popular tourist haunts as well as spots not so well known.</p> <p><b>BOWLING</b> AMF Bowling, Rooty Hill 10:30am - 12:30pm</p> <p>Come along and learn the skills of bowling. Make new friends and be part of a bowling team. This popular program is lots of fun with a party at the end to celebrate our strikes.</p>	<p><b>ENTERTAINMENT - SHOWTIME</b> Various venues 9:30am - 2:30pm</p> <p>This is a great way to spend the day. As a group, we will be going to our popular spots including local clubs and other fun venues. There will usually be a show as well as lunch. Be prepared to be entertained.</p> <p><b>SAILABILITY</b> Penrith Lakes 10:30am – 2:30pm</p> <p>A new program that takes you out on the water. We will explore all types of water based activities, including water safety and introduce you to sailing. Come and join in on the fun and experience life on the water.</p> <p><b>ZUMBA GOLD</b> Meet at Seven Hills 9:30am - 12:00pm</p> <p>Join this Community Program for some fun and dancing. This program is specifically designed for those who enjoy shaking their bootie but at a gentler pace.</p> <p><b>GREEN THUMBS</b> Shalvey Community Centre 9:30am - 2:30pm</p> <p>Take part in a community garden to experience the wonderful world of flowers, vegetables and herbs. You might even find your gardening produces enough to share the pickings with friends and family.</p>	<p><b>GOLDEN MEMORIES</b> Various venues 9:30am - 2:30pm</p> <p>Do you remember your first movie experience? This program is for those who prefer the quieter side of visiting older style cinemas. See an organ come out of the stage or sing along to some show tunes!</p> <p><b>OUT AND ACTIVE</b> Various venues 9:30am - 2:30pm</p> <p>For the much more agile and adventurous – not one for the faint hearted. We will be visiting some exciting venues such as Luna Park, Tree Top Walks and other popular places for adrenalin filled activities. Be prepared to be thrilled and excited!</p> <p><b>KITCHEN KAPERS</b> Seven Hills 9:30am - 11:30am</p> <p>Experience our new kitchen facilities and explore exciting ways of preparing meals. We will be concentrating on nutrition, healthy eating and wellness.</p> <p><b>ENTERTAINMENT – MOVIES</b> Blacktown Hoyts – Westpoint Shopping Centre 9:30am - 1:30pm</p> <p>As an alternative to shows, we are offering a movie program. This program offers you the opportunity to see the latest movies as well as some old favourites.</p>	<p><b>YOUNG @ HEART</b> Various venues 9:30am – 2:30pm</p> <p>An old favourite but one that we can never retire, nor want to!! We will visit a variety of venues which will include live shows with singing and dancing, exhibitions, museums and music.</p> <p><b>FEATHERS, FURS, FINS AND CREEPY CRAWLIES</b> Various venues 9:30am - 2:30pm</p> <p>This program is so popular that it runs twice a week. Visit wildlife parks, farms and other places and get up close to animals – furry or otherwise.</p> <p><b>CREATIVE OPTIONS</b> Shepherd Street, Darlington 9:30pm - 2:30pm</p> <p>Designed to bring out your creativity, this is a chance to explore different art mediums. You'll have the opportunity to exhibit your work at the end of the year and show off your creative side.</p>	<p><b>BOWLING AND BBQ</b> Seven Hills 9:30am - 2:30pm</p> <p>Come along and learn the skills of bowling, make new friends and be part of a bowling team. After bowling, travel to various local parks and enjoy a BBQ lunch to wind down at the end of the week.</p> <p><b>PUBSPORTS</b> Various venues 11:00am - 2:00pm</p> <p>With our ever popular PubSports program, enjoy a pub lunch with your friends, play pool, cards or other activities. You will need to bring money to cover your pub lunch.</p> <p><b>FISHING</b> Various venues 10:00am - 1:00pm</p> <p>With the warmer weather coming up, this a great way to explore our local waterways as well as some nook and crannies on our rivers. You may even catch a fish to take home.</p>

For more information on our services and current news, please visit [abilityoptions.org.au](http://abilityoptions.org.au)

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