



Day Programs & Social Activities



Our day programs and social activities are tailored for adults 18+ who live with disability and want to develop life skills, connect socially, and engage with their local community.

Programs are flexible and participant-led, designed to suit your goals and interests.

Benefits of Day Groups & Social Activities

- Build confidence and independent living skills
- Make genuine friendships in a relaxed and supported environment
- Discover and explore special interests
- Strengthen communication and conversational skills
- Access qualified disability support and fully accessible facilities
- Develop healthy habits and improve wellbeing.
- Stay active with inclusive exercise options
- Enjoy meaningful participation in your local community

What can I get involved in?

Our day programs offer a mix of in-centre activities and community outings that support skill development, creativity, and social engagement.

Day Program activities:

- Budgeting and cooking classes
- Arts, crafts, sewing and photography
- Music and karaoke
- Board games, LEGO, cards and puzzles
- Gardening and outdoor activities



Social & Community engagement:

- Walking groups and light exercise
- Bowling, mini golf, and cinema trips
- Shopping trips and lunch outings
- Picnics and community activities
- Visits to local attractions

Why choose Ability Options?

Supporting choice for people living with disability has been at the heart of Ability Options for nearly 50 years.

Our day programs are flexible, inclusive, and shaped by you. With a strong focus on choice, independence, and capacity building, we offer weekday and evening sessions tailored to your interests and NDIS goals. Many of our locations feature modern facilities with spaces for art, sensory activities, games, and outdoor connection. We also offer accessible transport options at most of our sites for outings and group activities.

Join us

Our programs are open to adults with NDIS funding for *Assistance with Social and Community Participation*, hosted in key locations across the Mid North Coast and Sydney.

- Coffs Harbour
- Forster
- Kempsey
- Nambucca Heads
- Seven Hills
- Taree

Whether you're looking to build your confidence, meet new people, or try something new - there's a place for you at Ability Options. Get in touch to learn more about what programs, supports and facilities are available at your nearest location.

abilityoptions.org.au/disability-services/day-programs-and-social-activities

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