

ABILITY OPTIONS COMMUNITY SYDNEY

SEPTEMBER 2026 ACTIVITIES CALENDAR • 7 SEPTEMBER – 2 OCTOBER

MONDAY 7 SEPTEMBER	TUESDAY 8 SEPTEMBER	WEDNESDAY 9 SEPTEMBER	THURSDAY 10 SEPTEMBER	FRIDAY 11 SEPTEMBER
Brighton-Le-Sands: Beachside walk, plane spotting and lunch by the bay. Bowling & Picnic: Two games and a park picnic – \$14. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Bicentennial Park: Explore the parklands, walking trails and enjoy a picnic lunch. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Bowling & Picnic: Two games and a park picnic – \$14. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Fagan Park: Explore the Gardens of Many Nations, walking paths and enjoy a picnic. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Friday Crew – Regatta Park: Riverside walks, games and lunch at Regatta Park Kitchen. Friday Connect – Museum of Fire: Historic fire engines and firefighting displays – \$12.50 concession.

MONDAY 14 SEPTEMBER	TUESDAY 15 SEPTEMBER	WEDNESDAY 16 SEPTEMBER	THURSDAY 17 SEPTEMBER	FRIDAY 18 SEPTEMBER
Bankstown Airport: Watch the planes, explore the airport area and enjoy lunch at the café. Bowling & Picnic: Two games and a park picnic – \$14. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Warragamba Dam: Take in the dam views, explore the area and enjoy an outdoor lunch. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Bowling & Picnic: Two games and a park picnic – \$14. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Carss Bush Park: Waterfront walks, bushland, bay views and a relaxing picnic lunch. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Friday Crew – Auburn Botanic Gardens: Explore the Japanese gardens, animals and enjoy a picnic. Friday Connect – Aqua Golf: Hit balls over the lake and enjoy lunch – \$10 bucket / \$6 Companion Card.

MONDAY 21 SEPTEMBER	TUESDAY 22 SEPTEMBER	THURSDAY 24 SEPTEMBER	FRIDAY 25 SEPTEMBER	MONDAY 28 SEPTEMBER
Macquarie Park, Windsor: Riverside scenery, open spaces and a relaxed picnic lunch. Bowling & Picnic: Two games and a park picnic – \$14. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Campbelltown Arts Centre: Explore the galleries and Japanese Garden followed by lunch. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Rouse Hill Regional Park: Explore the parklands, enjoy outdoor games and a picnic lunch. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Friday Crew – Penrith Regional Gallery: Explore the gallery and gardens followed by a café lunch. Friday Connect – Hijinx Hotel: Fun interactive challenge rooms – \$10 PWD; carer FREE.	Parramatta River Foreshore: Riverside walk, explore the foreshore and enjoy lunch together. Bowling & Picnic: Two games and a park picnic – \$14. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.

TUESDAY 29 SEPTEMBER	WEDNESDAY 30 SEPTEMBER	WEDNESDAY 30 SEPTEMBER	THURSDAY 1 OCTOBER	FRIDAY 2 OCTOBER
Merrylands Gardens: Garden walks, animals, open spaces and a relaxing picnic lunch. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	SPECIAL OUTING – Australian Pioneer Village: Train & tractor rides, feed animals, old-style dress-ups – bring cash: \$5 entry + \$5 per ride. Bowling & Picnic: Two games and a park picnic – \$14. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Bowling & Picnic: Two games and a park picnic – \$14. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Armoury Wharf: Riverside walk, nature, history and lunch overlooking the water. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Friday Crew – Prospect Reservoir: Scenic reservoir views, walking and a relaxed picnic lunch. Friday Connect – DigiPark: Interactive digital games and immersive challenges – allow approx. \$35 + lunch.

Please bring lunch or lunch money as required, water, hat and suitable footwear for community outings.