

Monday

Tasty Cooking

Let's get cooking!
9AM – 12PM
\$10 fee

Feel-Good Yoga

Stretch and relax!
9AM – 12PM
\$15 fee

Zumba Groove

Move and groove!
9:30AM – 12PM
\$10 fee

Health & Wellbeing

Feel your best!
12PM – 3PM
\$5 fee

Ten-Pin Bowling

Strike up some fun!
12PM- 3PM
\$10-\$18 fee

Tuesday

Walking Group

Step into fun!
9AM – 12PM
FREE

Arts & Crafts

Get creative!
9AM – 12PM
\$5 fee

BBQ at the Garden

Eat and Garden!
12PM – 3PM
BYO BBQ FOOD

Movie Magic

Lights, Camera, Fun!
12PM – 3PM
FREE

Wednesday

Textile Creations

Craft & Connect!
9AM – 12PM
\$5 fee

Gym & Fitness

Move & Thrive!
9AM – 12PM
\$7 fee

Youth Adventure Day

Hang out, Have FUN
9AM – 3PM
FREE to \$30

Karaoke Jam

Sing, Laugh & Shine!
12PM – 3PM
\$10 if you're singing
and
\$20 for lunch

Thursday

Community Access

Coffs Community
Adventure!
9AM – 12PM
FREE

Tasty Cooking

Let's get cooking!
9AM – 12PM
\$10 fee

Music in the Park

Picnic, Play & Listen to
Music!
12PM – 3PM
FREE

Games Galore

Play and Connect!
12PM- 3PM
FREE

Friday

Creative Art

Imagine, Create &
Connect!
9AM – 12PM

Recreational Trip


Fun, Fresh &
Community-
Focused!
10AM – 4PM
FREE to \$30 fee

Saturday

Field Trip

Explore, Connect &
Have Fun!
9AM – 4PM
\$30 fee
Held **once a month**
on Saturdays

Saturday Night Live

Connection & Good
Times! 
5PM – 10PM
\$30 fee
Held **on Saturday**
Nights

Movie & Dinner

Film, Food & Fun!
5PM – 10PM
\$40 fee
Held **once a month**
on Saturdays

Week 1 – 3/07/2026



Coffs Coast Wildlife Sanctuary

- \$30 Entry Fee
- Morning Tea, Picnic Lunch, Water & Hat

Experience marine animals up close and connect with these magnificent creatures! Spend time learning about why it is critical to protect them and what we can do to help save our marine life. Enjoy a picnic lunch at the sanctuary.

Week 2 – 10/07/2026



Grafton Brewing Co – Pub Lunch

- \$20 - Pub Lunch
- Morning Tea, Water & Hat

Head off for a road trip to Grafton stopping at Woolgoolga for morning tea on the way. Once in Grafton enjoy a delicious pub lunch at the Grafton Brewing Company. After lunch go for a walk by the river and enjoy the sunshine.

Week 3 – 17/07/2026



Scotts Head BBQ

- \$10 BBQ Lunch
- Morning Tea, Water, Hat & Sensible Footwear

Enjoy a road trip to stunning Scotts Head – a true gem of the Coffs Coast. Enjoy exploring the area, bush walks, beach games and chats in the sunshine. Have a delicious BBQ Lunch by the beach supplied by us :)

Week 4 – 24/07/2026



Christmas in July

- \$15 Fee
- Morning Tea & Christmas Clothes

Celebrate Christmas in your CHRISTMAS best and spend the day singing carols, creating Christmas craft and watching Christmas movies. Lunch will be a fabulous Christmas feast with all the trimmings!

Feedback on Rec Trips?

If you'd like to provide feedback on our Rec Trips you can provide it here.



Week 5 – 31/07/2026



Darlington Park

- \$15 Entry Fee
- Morning Tea, Water, Hat, Picnic Lunch or Money for Lunch

Have an amazing day out at Darlington Park! Enjoy Bowling, Tennis, Go Carting, Craft, Colouring, Lego, Movies and Games at one of our favourite destinations. Bring your own lunch or some money to buy lunch at the café.

Week 1 – 1/07/2026



The Town Padel

- \$15 for Games
- Morning Tea, Picnic Lunch, Water & Afternoon Tea

Enjoy morning tea in Brelsford Park and watch the world go by before heading to The Town Padel for some fun filled games of Padel Ball. After plenty of fun and competitive games head to the Jetty Foreshores for a picnic lunch.

Week 2 – 08/07/2026



Dorrigo Skywalk & BBQ

- \$10 for BBQ Lunch
- Morning Tea, Water, Hat & sensible footwear

Go for a road trip up the mountain to the beautiful scenic town of Dorrigo. Enjoy a lovely walk on the skywalk and look at the spectacular view before going to the Crystal Shower Falls for a look at the amazing waterfalls.

Week 3 – 15/07/2026



Moana at the Movies

- \$18 Movie Ticket
- Morning Tea, Water, Picnic Lunch & Afternoon Tea

Enjoy the brand new and much anticipated release of MOANA at Birch Carroll & Coyle. Cruise around the plaza for a look at the shops and do some people watching before enjoying a picnic lunch at Diggers Beach.

Week 4 – 22/07/2026



Pub Lunch at Corindi Beach

- \$25 Lunch
- Morning Tea, Water & Afternoon Tea

Visit beautiful Emerald Beach for a lovely morning tea and a chat with your friends. Go for a walk and a hunt for shells before heading to Corindi Beach Pub for a sensational Pub Lunch and a game of pool.

Feedback on Adventure Groups?

Please provide any feedback on our Adventure Groups here.



Week 5 – 29/07/2026



OK Boomer! Exhibition

- \$10 Entry Fee
- Morning Tea, Water, Picnic Lunch

Go to the Botanical Gardens for morning tea and a scavenger hunt. Then off to Sawtell Beach for a picnic lunch before exploring the Holden Museum and the National Cartoon Gallery featuring the Ok Boomer! Exhibition.