

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 05/08/2026



Nambucca Lawn Bowls

- \$25 for Lunch and Bowls
- Bring Morning Tea, Hat & Drink

Head down to beautiful Nambucca Valley for an explore before going to Nambucca Bowling Club where they have delicious lunch specials to enjoy. Then spend the afternoon at the club playing lawn bowls with your friends!

Week 2 12/08/2026



Springloaded

- \$30 Entry Fee
- Bring Morning Tea, Lunch, Hat & Drink

Have morning tea at Sawtell Headland and a walk before heading to Springloaded! We have organised two hours of supercharged activity and fun at the trampoline park. Then enjoy a picnic lunch at scenic Bongil Bongil.

Week 3 19/08/2026



Grafton Brewing Co

- \$20 - Pub Lunch
- Bring Morning Tea, Hat & Drink

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 4 26/06/2026



Discovering Belling

- \$10 for BBQ
- Bring Morning Tea, Hat & Drink

Enjoy a beautiful morning exploring the Never Never Creek in Belling. Wander the main street and purchase some delicious sausages from the butcher and get some bread from the bakery before having a delicious BBQ lunch by the Belling River.

Week 1 – 07/08/2026



Coffs Cup Race Day

- **\$20 Entry Fee**
- **Bring Morning Tea, Lunch, Hat and Drink**

It's the most glamorous day in the Coffs Calendar - Coffs Cup Race Day and we are going! Dress to impress and then spend the morning getting race ready before heading off to the track to see the horses in the mounting yard, watch some races and admire the fashions on the field.

Week 2 – 14/08/2026



Macleay Valley Farm

- **\$18 Entry Fee**
- **Bring Morning Tea, Lunch, Hat and Drink**

By special request, because you had so much fun last time, we have arranged a return visit to the Macleay Valley Farm. This is a private visit just for us and includes bags of food to feed all the gorgeous animals. After patting and feeding all the animals enjoy a picnic lunch at the farm!

Week 3 – 21/08/2026



Club Urunga

- **\$20 – Pub Lunch**
- **Bring Morning Tea, Hat and Drink**

Enjoy morning tea at beautiful Mylestom before heading down to Urunga to walk along the Urunga Boardwalk and do a fun Scavenger Hunt for some awesome prizes. For lunch head into Club Urunga for a delicious Pub Lunch or a succulent Chinese meal!

Week 4 – 28/08/2026



Carobana Chocolate Factory

- **\$10 BBQ Lunch**
- **Bring Morning Tea, Hat and Drink**

Have a yummy morning tea in the fabulous gardens of the Carobana Chocolate Factory before exploring the factory and sampling some delicious carobana products. Then head to Sandy Beach for a BBQ lunch supplied by us and some fun in the playground.