Coffs Harbour Day Program Activities

69-71 Park Beach Rd, Coffs Harbour NSW 2450

To book your spot (02) 5622 8498

carla.beachley@abilityoptions.og.au

AbilityOptions

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 and a Movie 🎬
BBQ Food & Lights Camera, Action!
12PM – 3PM
BYO BBQ FOOD

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**

Friday Rec Trips

November 2026

Week 1 – 06/11/2026

BBQ at Moonee Beach

- **$10 for BBQ Lunch**
- **BRING Morning Tea, Hat & a Drink**

Enjoy morning tea at North Sapphire Park and burn some energy on the flying fox or go for a beach walk and a hunt for shells. Then head to the beautiful Moonee Beach Reserve for a sensational BBQ lunch provided by us!

Week 2 – 13/11/2026

Redd's Golf Zone - Woopi

- **$20 - 2 hours play**
- **BRING Morning Tea, Hat Lunch & a Drink**

Spend the morning playing golf at the premier indoor golf experience - Redd's Golf Zone in Woolgoolga. After working up an appetite hitting all those balls head to Woolgoolga Beach Reserve for a picnic lunch by the ocean in the fresh air and sunshine.

Week 3 – 20/11/2026

Lunch at the Buffalo Farm

- **$25 for Lunch**
- **Bring Morning Tea, Hat & a Drink**

It's time for a road trip out to Eungai Creek for another visit to the Buffalo Farm! They have a fabulous newly upgraded café where you can enjoy a delicious lunch while looking for the buffalo and the horses!

Week 4 – 27/11/2026

Big Banana Water Park

- **$23.50**
- **BRING Morning Tea, Hat, Lunch, swimmers, towel & a Drink**

Pack your swimmers and your towel and get ready for a few hours of splashing and sliding at the Big Banana Water Park. Once you have finished cooling off with your friends head to Diggers Beach for a late picnic lunch and some games.