

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 – 02/10/2026



Ten Pin Grafton

- \$16 Two Games
- **BRING** Morning Tea, Picnic Lunch, Water & Hat

After a scenic drive up the highway challenge your friends in two games of Ten Pin Bowling at the fabulous Ten Pin Grafton. Then head out into the sunshine to enjoy a picnic lunch at the beautiful Jacaranda Park.

Week 2 – 09/10/2026



William Sharpe Park BBQ Lunch

- \$10 – BBQ Lunch
- **BRING** Morning Tea, Water & Hat

Enjoy morning tea by the sea at the Jetty and have a walk along the Jetty to see if you can see any dolphins or turtles. Then head to William Sharpe Park for lots of FUN and games and a delicious BBQ lunch with your friends.

Week 3 – 16/10/2026



Bowraville Pub

- \$30 Pub Lunch and Museum Entry
- **BRING** Morning Tea, Water & Hat

Road trip down south to beautiful Bowraville to explore the fascinating Bowraville Folk Museum. After looking at all the quirky displays enjoy a very yummy pub lunch at the famous Bowraville Pub.

Week 4 – 23/10/2026



Halloween Party

- \$15 Fee
- **BRING** Morning Tea, Hat & drink and wear a spooky outfit

Its HALLOWEEN!! Have a spooky day in centre creating Halloween art and craft, watching scary movies, playing frightening games and scaring your friends with your terrifying costumes. Lunch will be a Halloween inspired feast.

Feedback on Rec Trips?

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



Week 5 – 30/10/2026



Wildwood Movie

- \$16.50 Movie Tix
- **BRING** Morning Tea, Hat, Water & Picnic Lunch

Head down to the historic Sawtell Cinema for the new release of the much anticipated Wildwood Movie. Then enjoy a picnic lunch at Boronia Park and a stroll to Sawtell Beach to watch the surfers and hunt for shells.