

Forster Day Program Calendar

July- September 2026



Monday



"Brewing Abilities"

Hospitality & Barista Skills

Time: 9am- 12:30pm

Cost: \$10

Each week, participants will create and serve delicious café-style lunches and try their hand at barista skills.

Lunch 12:30pm -1pm

Bingo Blitz

Time: 1pm-4pm

Cost: \$5

Enjoy a lively and engaging group bingo experience where you can win prizes, connect with others, and have fun in a friendly, upbeat atmosphere.



Tuesday



Art and Craft

Time: 9am- 12:30pm

Cost: \$6

Unleash your creativity

Collaborate on exciting group projects and explore individual creations.

Lunch 12:30pm -1pm

Music Sesh

Time: 1pm-4pm

Cost: Free

Music Sesh is where you learn to understand, create, and perform music through listening, theory, and practice.



Wednesday



Videography, Media & Photography

Time: 9am- 12:30pm

Cost: \$6

A creative space where you can explore storytelling, emotions, and performance through acting.

Lunch 12:30pm -1pm

Dance Class

Time: 1pm-4pm

Cost: \$15

Where you will move, have fun, and feel confident in our dance classes with a professional teacher.



Thursday



Let's Get Physical (Sports & Games)

Time: 9am- 2:30pm

Cost: \$11

Encouraging movement, exercise, and embracing a healthy, active lifestyle with various activities.

Lunch 12:30pm -1pm

Karaoke

Time: 2:30pm-6pm

Cost: \$3

A fun and interactive activity where you sing along to popular songs from all genres, in front of their peers.



Friday



Community Outing

Time: 9am- 4:30pm

Cost: changes weekly depending on the activity.

Engaging with our community in a fun, inclusive, and supportive environment. These outings promote social interaction, life skills and independence.

BYO lunch unless notified otherwise

Whether it's a trip to a museum, park, restaurant, or event, the focus is on accessibility, enjoyment, and meaningful participation for everyone involved.

Hospitality and Barista Skills Program

Focus: Hands-on café experience, life skills development, teamwork, and social engagement.

Cost: \$10.00

What to Bring: Enclosed footwear (required for kitchen and café safety), A container for any leftover food items or snacks.

What's Provided:

Aprons, gloves, and personal protective equipment (PPE) will be provided to all participants to support hygiene, safety, and a realistic café work environment. All ingredients required for making the café items.

Each week, participants will prepare and make café-themed food for lunch.

Program Objectives:

- Promote vocational skills for employment and volunteering 📁
- Encourage independence, teamwork, and confidence 🙌
- Practice life skills like hygiene and safe food prep 🍷🍴
- Coffee & Chat ☕💬

Let us know about any dietary needs or allergies, so we can make sure everyone is catered for.

Weekly Skill Focus

Week 1

Learning how to cook new fantastic meals

Week 2

Learning how to cook new fantastic meals

Week 3

Learning how to cook new fantastic meals

Week 4

Learning how to cook new fantastic meals



- BINGO BLITZ -

Focus: Bingo's focus in group activity is to promote social interaction, inclusion, and engagement through a fun, shared experience.

Cost: \$5.00

What to Bring: You can bring your own Bingo Dobbers (optional) and any reading glasses needed.

What's Provided:

Bingo cards and markers are provided, often tailored for accessibility like large print. A caller announces numbers clearly with visual aids, while small prizes keep the game lively and inclusive. The setup is comfortable and welcoming to encourage everyone's participation and enjoyment.

Program Objectives:

- Encourage participants to engage with each other in a fun, relaxed environment.
- Support memory, attention, and number recognition through gameplay.
- Ensure the game is accessible and enjoyable for people of varying abilities.
- Provide opportunities for participants to experience success and celebrate achievements.
- Create a positive, enjoyable activity that reduces stress and promotes well-being.

Weekly Skill Focus

Week 1

*Bingo Blitz games
with prizes to be won*



Week 2

*Bingo Blitz games
with prizes to be won*

Week 3

*Bingo Blitz games
with prizes to be won*

Week 4

*Bingo Blitz games
with prizes to be won*



Arts and Craft

Focus: Encouraging creativity in a social environment to allow shared inspiration, experimentation and developing new skills

Cost: \$6.00

What to Bring: Excitement and Imagination

What's Provided:

All craft supplies and art equipment needed for each session, plus visual step by step instructions on the process to allow independence were appropriate and skill building.

Project Objective

- Spark creativity and imagination through hands-on artistic activities 🧠 ✨
- Develop fine motor skills and hand-eye coordination 🖐️ 👁️
- Encourage self-expression in a fun, supportive environment 😊
- Promote teamwork and collaboration through group projects 🤝
 - Celebrate cultural diversity through themed art and craft activities 🌍 🎨
- Boost confidence and a sense of achievement through creative exploration 💪 🎉

Weekly Skill Focus

Week 1

Participant focused projects

Week 2

Fun exploring new creative ways to craft

Week 3

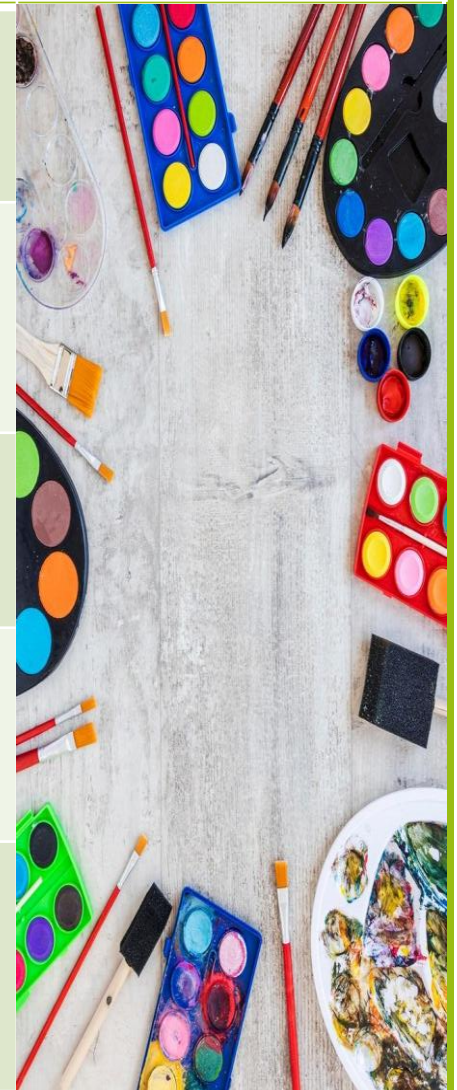
Participant focused projects

Week 4

Fun exploring new creative ways to craft

Week 5

Participant focused projects



Mastering Music

Focus: Interactive music sessions, self-expression through sound, rhythm and movement, teamwork, confidence building, and social connection.

Cost: Free

What to Bring: water bottle to stay hydrated.

What's Provided:

All instruments and equipment needed for each session, plus visual aids and group resources to support a fun and engaging music experience.

Program Objectives:

- Encourage creative expression through music & rhythm 🎤 🎵
 - Build confidence, communication, and social skills 🤝 🧠
 - Develop fine and gross motor skills through movement and instruments 🎸 🎹
- Celebrate connection and joy through music and song each week 🎵 😊

Concert Songs – Participant Chosen Songs

Practicing concert songs each participant has chosen to perform at the concert and having fun with a mixture of music and instruments

Weekly Skill Focus

Week 1

Singing and playing games with music

Week 2

Exploring different types of music

Week 3

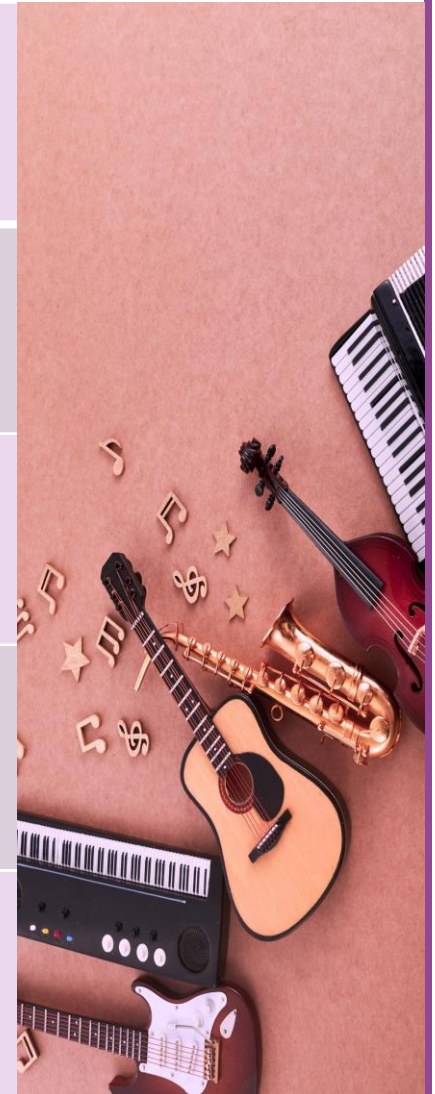
Singing and playing games with music

Week 4

Exploring different types of music

Week 5

Singing and playing games with music



Lights, Camera, Action

Focus: Encouraging creativity in a social environment to allow shared inspiration, experimentation and developing new skills

Cost: \$6.00

What to Bring: A smile and dramatic flair

•What's Provided:

All filming and photography equipment and a selection of props for film and photo projects. Access to various locations in the local area and use of different creative spaces at the centre for shooting and editing. Everything you need to start creating—from cameras to inspiring settings—is ready and waiting!

Program Objectives

- Develop skills in videography, photography, and dramatic performance to create compelling visual stories. 🎬
- Encourage self-expression and creativity through acting, directing, framing shots, and storytelling. 🗣️
- Build teamwork and communication skills through group projects and productions. 🤝
- Reflecting and editing visual works and performances thoughtfully. 🧠
- Equip individuals with practical skills for careers or further study in media, arts, and entertainment. 🚀

Weekly Skill Focus

Week 1

*Photography at
different locations
& scrapbooking*

Week 2

*Photography at
different locations
& scrapbooking*

Week 3

*Photography at
different locations
& scrapbooking*

Week 4

*Photography at
different locations
& scrapbooking*



Dance Class

Focus: Empowering everybody through rhythm, movement, and joy. Our inclusive classes celebrate self-expression, build confidence, and bring the community together, one step at a time.

Cost: \$15.00

What to Bring: A water bottle, comfortable clothing and appropriate footwear.

What's Provided:

Guided instruction, music, and a safe, supportive environment where participants can engage in physical activity that promotes fitness, coordination, and overall well-being. Adaptations and equipment may be provided to ensure activities are inclusive and accessible for all ability levels.

Program Objectives

- Learn fundamental moves, improve coordination, and feel the rhythm. 🕺
- Explore your unique style and tell stories through dance. 🎨
 - Boost strength, flexibility, balance, and endurance. 💪
- Boost confidence & self-esteem to shine bright and feel great performing in a supportive space. ☀️
- Dance together, make friends, and build teamwork skills. 🤝
 - Move in sync with music and understand rhythm. 🎵
 - Get ready to showcase your dance in class or shows! 🎭

Weekly Skill Focus

Week 1

*Dance Teachers
creating fun
movement*

Week 2

*Dance Teachers doing
dance routines*

Week 3

*Dance Teachers
creating fun
movement*

Week 4

*Dance Teachers doing
dance routines*



Bowling Battles

Focus: Skill development of tenpin bowling with engaging physical games and sports activities designed to enhance overall fitness, coordination, and teamwork.

Cost: \$11.00

What to Bring: A water bottle, comfortable clothing and appropriate footwear.

What's Provided:

We've got all the essentials covered from balls, cones, and nets to safe play zones that keep the fun rolling!, clear instructions so no one's left guessing, and competition with our Taree Crew in Tenpin.

Program Objectives

- Develop basic tenpin bowling skills, including aim, coordination, and technique. 🎳
- Promote physical activity through fun and engaging sports and games. 🏃
- Encourage teamwork, communication, and positive social interaction. 🤝
- Improve motor skills, balance, and overall physical coordination. 🧠
- Foster a fun, inclusive, and supportive environment for all participants. 😊
- Build confidence, sportsmanship, and a lifelong joy for active play. 🍌

Weekly Skill Focus

Week 1

*Ability Options
Bowling Competition
Forster vs Taree*

Week 2

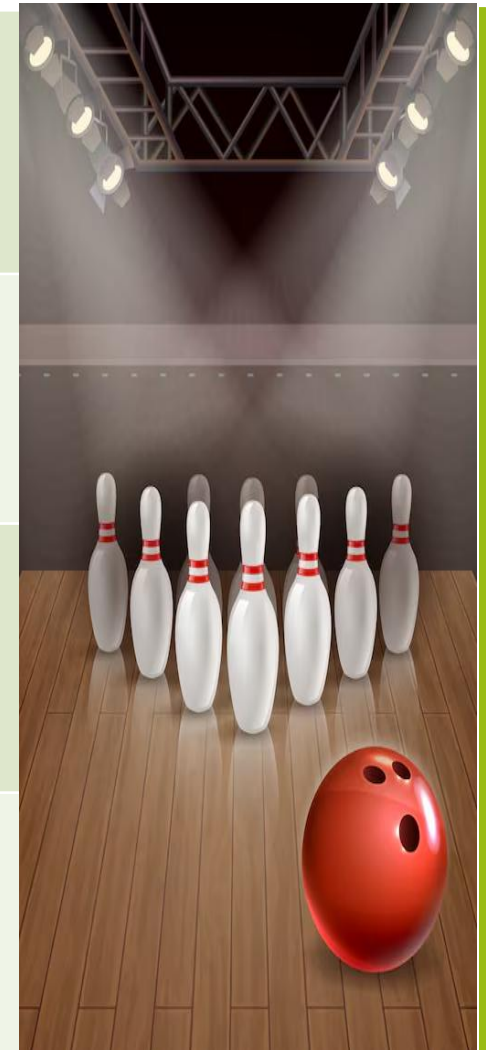
*Ability Options
Bowling Competition
Forster vs Taree*

Week 3

*Ability Options
Bowling Competition
Forster vs Taree*

Week 4

*Ability Options
Bowling Competition
Forster vs Taree*



Karaoke Super Stars

Focus: To bring people together through music, laughter, and good vibes! Whether you're a superstar singer or just here for the fun, our goal is to create a space where everyone feels free to sing their heart out, cheer each other on, and enjoy unforgettable moments together. It's not about being perfect — it's about having a blast!

Cost: \$3.00

What to Bring: A warm singing voice and great dance moves

What's Provided:

A large song library, great microphones and a fantastic fun atmosphere for performing solo or duets.

Program Objectives

- Express themselves through music and performance. 🎤
- Connect with others in a relaxed, social setting. 🤝
- Build confidence while having a blast on stage. ☀️
- Embrace creativity with themed nights, costumes, and fun challenges. 🎭
- Laugh, cheer, and create memories that hit all the right notes. 😄

Weekly Skill Focus

Week 1

Choose your favourite songs & perform them with energy & fun

Week 2

Choose your favourite songs & perform them with energy & fun

Week 3

Choose your favourite songs & perform them with energy & fun

Week 4

Choose your favourite songs & perform them with energy & fun



Community Outing

Focus: Create an exciting, inclusive, and memorable community outing where everyone can relax, connect, and have a blast together! We'll explore engaging activities, enjoy social time, and celebrate the spirit of friendship and community.

Cost: \$ *Cost is different each Friday depending on the outing.*

What to Bring: A water bottle, packed lunchbox and suitable clothing and footwear.

What's Provided:

Transportation, exciting activities and games, friendly guides to assist throughout, and all the supplies needed for a fun and comfortable experience. Plus, plenty of opportunities to socialize, laugh, and make lasting memories together!

Program Objectives

- Foster community spirit and build meaningful connections. 🧡
- Create a safe, inclusive, and enjoyable environment for all participants. ☀️
 - Encourage fun, relaxation, and positive social interaction. 🎉
- Provide seamless transportation and well-organized activities. 🚗
- Make lasting memories through shared experiences and laughter. 📸

Weekly Skill Focus

Week 1 – 04/09/26
Sea Acres Rainforest Boardwalk \$9



Week 2 – 11/09/26
Explore Tuncurry Rockpool & BBQ \$5



Week 3 – 18/09/26
Bago Maze and picnic at Wauchope \$16



Week 4 – 25/09/26
Blackbutt Reserve Blackbutt \$25 for lunch (optional)



Friday Social Night

Focus: The Social Night aims to create a fun, inclusive, and accessible evening where individuals can connect, celebrate, and enjoy local nightlife in a safe and supportive environment.

Cost: \$ *Please bring enough money for dinner and drinks.*

What to Bring: Comfortable shoes and spending money

What's Provided:

Entertainment at a local club/pub, support staff and transportation to and from the venue.

Friday 4th of September – Club Forster
performer TBC

Friday 18th of September – Club Foster
performer TBC

Program Objectives

- Create a welcoming space where individuals with disabilities can connect, socialize, and build friendships. 🍷
- Provide an enjoyable night out with music, dancing, and entertainment tailored to a variety of accessibility needs. 🎭
- Offer opportunities for attendees to showcase talents through open mic sessions, performances, or dancing. 🎵
- Create a positive and empowering experience that helps participants feel valued, confident, and socially engaged. 🧡

Blackbutt Reserve

Program Objectives To provide participants with an inclusive and supportive opportunity to visit Blackbutt Reserve, engage with nature and wildlife, build social connections, develop confidence and independence, and participate in enjoyable recreational activities that promote wellbeing and community inclusion.

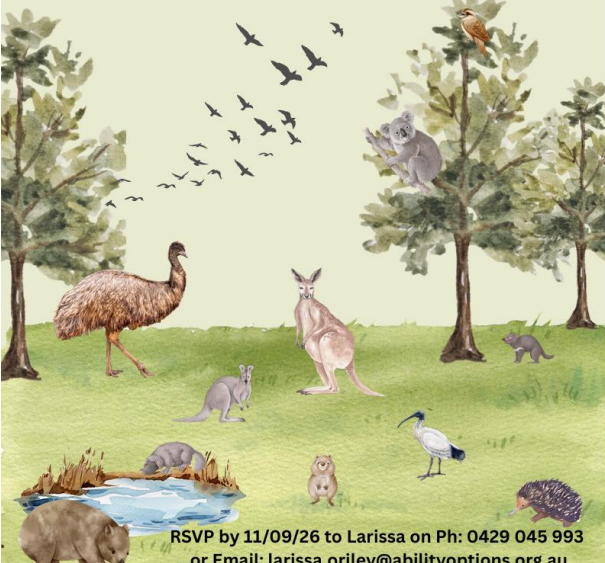
🌿🐾 Join Us for a Fun Day at Blackbutt Reserve! 🐾🌿

Come along and explore the wonderful Australian native animals and beautiful bushland at Blackbutt Reserve!

Enjoy a relaxing stroll through the reserve, meet some of our iconic wildlife, and spend time with great company in a stunning natural setting.

Date: 25th of September
Time: 8:00am to 5:00pm
Location: Blackbutt Reserve

Lunch is optional – you're welcome to purchase lunch at the reserve café or bring along a packed lunch to enjoy in the picnic areas.



RSVP by 11/09/26 to Larissa on Ph: 0429 045 993
or Email: larissa.oriley@abilityoptions.org.au