Forster Day Program Calendar

November 2026

AbilityOptions

Monday



Coffee Club

Time: 9am- 12:30pm
Cost: $10

Support our local cafés while learning money skills, building confidence and making new connections all within our community.

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- 1pm
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- 1pm
Cost: $6

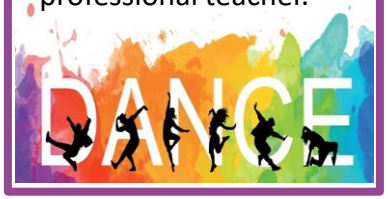
A creative space where you can explore storytelling, emotions, and performance through acting

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.

Friday Community Outings

Forster & Taree November 2026 program

AbilityOptions

6th of November



Lake Cathie Reserve BBQ, Lake Cathie

Time: 8:30am- 4:30pm
Cost: $5.00

Come along for a relaxed day of good food, great company and plenty of fun! We'll be enjoying a BBQ for lunch, along with a range of games and fun activities to keep everyone entertained throughout the day.

1691 Ocean Drive, Lake Cathie

let's have FUN

13th of November



Forster Area Treasure Hunt

Time: 8:30am- 4:30pm
Cost: $5.00

Ready for a little adventure close to home? Join us for a fun-filled treasure hunt around our beautiful local area, it's a chance to explore our backyard with fresh eyes, solve clues, uncover some amazing surprises along the way.

Exploring the local Forster area.

SOCIAL NIGHT
CLUB FORSTER
5:30PM - 10:30PM

20th of November



Bulahdelah Show, Bulahdelah

Time: 8:30am- 4:30pm
Cost: $10 Entry
(Extra money optional to purchase lunch or other items)

Join us at the Bulahdelah show, from the rides and showbags to the animals and entertainment, there is something for everyone. Such a great day, filled with country vibes, good times and plenty of great memories.

Bulahdelah Showground, Prince St, Bulahdelah,

let's have FUN

27th of November



Tuncurry Rockpool Park BBQ

Time: 8:30am- 4:30pm
Cost: $5.00

Join us for a fun-filled day out at Tuncurry Rock Pool! Enjoy a delicious BBQ lunch, exciting outdoor games, plenty of laughs and great company. Bring your appetite, your best game face and your biggest smile, it's going to be a fantastic day of fun.

Rockpool Road, Tuncurry

SOCIAL NIGHT
CLUB FORSTER
5:30PM - 10:30PM



Taree Day Program Calendar

November 2026

AbilityOptions

Monday



Coffee Club

Location: Forster

Time: 9am-12pm

Cost: $10



Lunch & Bingo

Location: Forster
Time: 12pm-3pm
Cost: $2 (optional if participating.)

Tuesday



Art

Location: Forster

Time: 9am-12pm

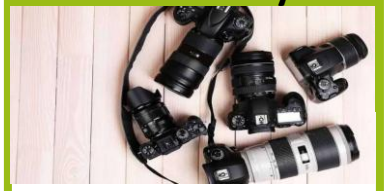
Cost: $6



Music Sesh

Location: Forster
Time: 12pm-3pm
Cost: $0

Wednesday



Photography

Location: Forster
Time: 9am-12pm
Cost: $6

Please contact Larissa if wanting to join 0428 045 993



Karaoke

Location: Taree One Life (new hub)
Time: 3pm-6.30pm
Cost: $5

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Thursday

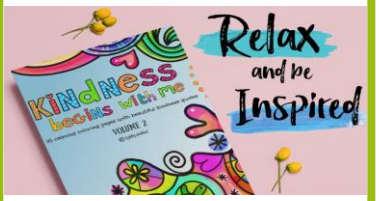


Tenpin Bowling

Location: Taree One Life (new hub)

Time: 9am-12pm

Cost: $11



Mindful Moments

Location: Taree One Life (new hub)
Time: 12pm-3pm
Cost: $0

Friday



Community Outing

Different locations every week, please find information on the Friday calendar attached.

Time: 9am - 3pm
Cost: May Vary information on Friday calendar attached.

pick up and drop offs provided in Taree.

Please bring a packed lunch unless notified lunch provided.