

Forster Day Program Calendar

October 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- 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- 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.

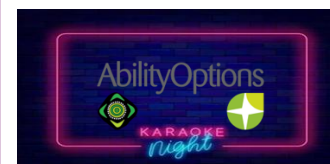
Lunch 12:30pm -1pm

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.

PLEASE FIND FRIDAY CALENDAR ATTACHED

Taree & Forster Friday Community Outings

October 2026



2nd of October



Exploring Tinonee Museum

Time: 8:30am- 4:30pm

Cost: \$5.00

Tinonee Museum is a small, charming local museum in the historic village of Tinonee, NSW.

It's a great place to discover stories of the Manning River, early settlers, local businesses and everyday life from the past.

**32 Manchester Street,
Tinonee**



9th of October



Gloucester Billabong Park for a BBQ

Time: 8:30am- 4:30pm

Cost: \$5.00

Gloucester Billabong Park is a lovely family-friendly park in the centre of Gloucester, perfect for a relaxed BBQ and picnic. It

BBQ's, picnic tables, shaded areas and toilets, plus a playground, bike area and skate park

**1 Denison Street,
Gloucester**



16th of October



Riddles Brush Chocolates & Treats

Time: 8:30am- 4:30pm

Cost: \$10 (Optional)

Riddles Brush Chocolates & Treats is a charming little chocolate café in Moorland, known for its handmade chocolates, pralines, truffles, cakes and tarts. You can also enjoy a coffee or tea while taking in the peaceful countryside views.

**49 Riddles Brush Road,
Moorland**



23rd of October



Lunch at Frothy Coffee, Smiths Lake

Time: 8:30am- 4:30pm

Cost: \$25.00

Frothy Coffee is a relaxed lakeside café right on Smiths Lake, offering a beautiful waterfront setting for a casual lunch.

Enjoy fresh, locally sourced meals, coffee and a laid-back atmosphere while taking in the gorgeous lake views.

**1 Amaroo Drive,
Smiths Lake**



30th of October



The Big Flathead, Dunbogan

Time: 8:30am- 4:30pm

Cost: \$0.00

The Big Flathead is a fun Aussie-style roadside attraction in Dunbogan, celebrating the area's strong fishing culture. It's a quick and quirky stop especially if you're exploring the Camden Haven waterways and coastline.

**Jubilee Hall, The
Boulevard, Dunbogan**



Taree Day Program Calendar

October 2026



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

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.