

ABILITY OPTIONS COMMUNITY SYDNEY

OCTOBER 2026 ACTIVITIES CALENDAR • 5–30 OCTOBER

MONDAY 5 OCTOBER	TUESDAY 6 OCTOBER	WEDNESDAY 7 OCTOBER	THURSDAY 8 OCTOBER	FRIDAY 9 OCTOBER
Public Holiday	Activity 1 – Richmond Secret Garden Escape: Discover a hidden garden, enjoy peaceful walks and soak up the calm, magical vibe. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Bowling & Picnic: Two games and a park picnic – \$14. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Activity 1 – Palm Beach: Stroll along the foreshore and enjoy lunch at a café overlooking the beach. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Activity 1 – Bicentennial Park Escape: Enjoy beautiful park walks and open spaces, followed by lunch at Waterview Café. Activity 2 – Zia’s Kitchen: Great food, beautiful gardens, and a relaxing lunch at Zia Kitchen.

MONDAY 12 OCTOBER	TUESDAY 13 OCTOBER	WEDNESDAY 14 OCTOBER	THURSDAY 15 OCTOBER	FRIDAY 16 OCTOBER
Activity 1 – Bankstown Airport: Watch the planes, explore the airport area and enjoy lunch. Bowling & Picnic: Two games and a park picnic – \$14. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Activity 1 – Nielsen Park: Enjoy a stroll and lunch by the Harbour. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Bowling & Picnic: Two games and a park picnic – \$14. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Activity 1 – The Entrance: Stroll along the foreshore and enjoy lunch at a café. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Activity 1 – Penrith Regional Gallery & Cafe at Lewers: Enjoy the gallery, scenic surrounds and a relaxed lunch. Activity 2 – Mini Golf: Enjoy a fun and social round of mini golf together.

MONDAY 19 OCTOBER	TUESDAY 20 OCTOBER	WEDNESDAY 21 OCTOBER	THURSDAY 22 OCTOBER	FRIDAY 23 OCTOBER
Activity 1 – Brighton Le-Sands: Enjoy a scenic beachside walk, check out the planes and have lunch. Bowling & Picnic: Two games and a park picnic – \$14. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Activity 1 – Lane Cove National Park: Enjoy a café lunch and a walk in nature. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Bowling & Picnic: Two games and a park picnic – \$14. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Activity 1 – Warragamba Dam: Explore this engineering landmark, enjoy the surrounding nature and have lunch outdoors. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Activity 1 – Auburn Botanical Gardens: Enjoy a beautiful walk-through nature and lunch amongst the trees. Activity 2 – Little Miss Collins – café and park

MONDAY 26 OCTOBER	TUESDAY 27 OCTOBER	WEDNESDAY 28 OCTOBER	THURSDAY 29 OCTOBER	FRIDAY 30 OCTOBER
Activity 1 – Manly Beach: Enjoy a scenic beachside walk followed by lunch at Manly. Bowling & Picnic: Two games and a park picnic – \$14. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Activity 1 – Bobbin Head Picnic Grounds: Enjoy a nature walk and a waterfront lunch. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Bowling & Picnic: Two games and a park picnic – \$14. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Activity 1 – Liverpool Powerhouse: Explore the industrial heritage space, enjoy a walk and find a spot for lunch. IN-CENTRE ACTIVITY: Craft, create, explore and imagine with fun activities and adventures.	Activity 1 – Regatta Park: Enjoy fun and games, riverside walks and lunch at Regatta Park Kitchen. Activity 2 – Manly Beach - Enjoy a scenic beachside walk followed by lunch at Manly

Please bring lunch or lunch money as required, water, hat and suitable footwear for community outings.