
























ACTIVITIES CALENDAR 2026

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Music Group 9:30-10:30am 1:30-2:30pm</p>	 <p>Gym \$5.00</p>	 <p>Tennis \$10.00</p>	 <p>Morning Melodies Free</p>	 <p>Ten Pin Bowling \$10.00</p>
 <p>LIFESkills Cooking & Gardening \$10.00</p>	 <p>Ten Pin Bowling \$6.00</p>	 <p>Belmont Tennis \$10.00</p>	 <p>Ten Pin Bowling \$10.00</p>	 <p>Dance \$10.00</p>
 <p>Beach Drive & Picnic</p>	 <p>Toronto Swim Centre \$5.00</p>	 <p>Ten Pin Bowling \$6.00</p>	 <p>Indoor Swimming \$5.00</p>	 <p>Pub / Club Lunch Special \$25.00</p>
 <p>Raymond Terrace Swim Centre \$7.00</p>	 <p>Raymond Terrace Swim Centre \$7.00</p>	 <p>Community Adventure Group</p>	 <p>Art Group \$5.00</p>	 <p>Art Group \$5.00</p>
 <p>Tactix Fitness \$12.00</p>	 <p>Community Adventure Group</p>	 <p>Nature Walking Group</p>	 <p>Karaoke 1.30-2.30pm</p>	 <p>BBQ Picnic \$10.00</p>
 <p>Trampoline Park \$10.00</p>	 <p>BYO Craft Activity with Friends</p>	 <p>Craft Group \$5.00</p>		 <p>Pampering Session 1.30-2.30pm</p>
 <p>Aqua Aerobics \$5.00</p>	 <p>Outdoor Walking Group</p>	 <p>Music Movers 1.30-2.30pm</p>		

ConnectABILITY supports NDIS participants through individual and small group supports (1:1, 1:2 or 1:3) in the community or via centre-based activities.

Centre-based supports run from our Warabrook Hub, 9:30 am – 2:30 pm.

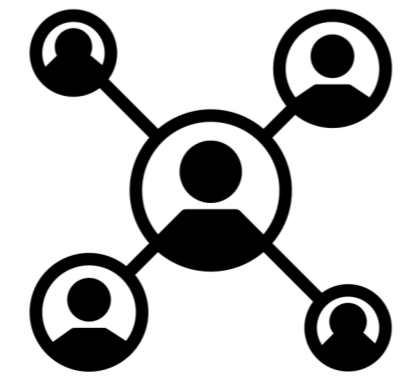
We also support participants in their homes to access their local community.

Activities vary by season and include special events. The examples listed are a guide only and not limited.

All supports are person-centred and flexible to individual needs.
02 4962 1000



BUILD SKILLS



Have FUN!

