

Permanent weekly Activities

Tuesday	Wednesday	Thursday	Friday
<p>Fishing Group “Casting lines, clearing minds.” 7am-10am</p> <p>Life skills Daily Living – doing the hard stuff Develop essential everyday skills in a supportive environment. 11pm-1pm</p> <p>Cook up Learn basic cooking skills and prepare a meal together. 12pm-2pm</p> <p>Karaoke Fun “Confidence starts with one song.” 1pm-3pm</p>	<p>Aqua Aerobics “Movement for everybody.”. 8am-10pm</p> <p>Gilded Gals Women's Group 10am-12pm</p> <p>Cook up Learn basic cooking skills and prepare a meal together. 12pm-2pm</p> <p>Kings Uncrowned Men's group 2pm-4pm</p>	<p>Morning Exercise Get active and have fun with a friends could be yoga by the beach, Pilates or even boxing. 8am-10pm</p> <p>Fresh Air Collective “Fresh air, fresh perspective.”. 10pm-3pm</p> <p>ART Group “Connection through creativity.” 2pm-4pm</p> <p>Fishing Group “Casting lines, clearing minds.” 6pm-9pm</p>	<p>Wagga Beach 11am-2pm What you can expect BBQ-lunch 12pm-1pm Fishing 11am-3pm Activities 11am-3pm AXE Throwing Basketball Giant Jenga Art & Crafts Savour a classic barbecue lunch and take part in fun group games. </p>
Special Events	Special Events	Special Events	Special Events
<p>Saturday 17 January 2026, 2pm to 6pm Clay workshop where you'll create your very own handmade clay chook using slab hand-building techniques and then paint them in colourful slips. Perfect as a garden buddy, quirky kitchen companion, or unique gift!</p> <p>Tuesday 20th January 2026 8:30 am 3:30 pm Kayaking and Paddle Boarding Rocky Waterholes, Narrandera</p>	<p>Thursday 22 January 2026, 5pm to 9pm Clay workshop In this two-hour workshop, you can while being expertly guided to produce a vase, a mug or a planter pot</p> <p>Tuesday 10th February 2025 12pm-2pm Safer Internet Day ALL4U WORKSHOP on of digital safety and respectful online behaviour.</p>	<p>Saturday 28th Feburary 2026 5:30pm – 10pm Narrandera Rodeo The Narrandera Rodeo brings the thrills and spills of the arena to life, with roughriders, buckjumpers, and bull riders putting on an unforgettable show.</p> <p>Wednesday 4th March 2025 10am-2pm International Women's Day This day celebrates the achievements of women and calls for gender equity in every area of life. workshop or activity ideas for participants</p>	