

Permanent weekly Activities

Tuesday	Wednesday	Thursday	Friday
Aqua Aerobics Get active and have fun with a water-based exercise class. 10am-12pm Life skills Daily Living – doing the hard stuff Develop essential everyday skills in a supportive environment. 11pm-1pm Life skills - Cook up Learn basic cooking skills and prepare a meal together. 12am-2pm MOSAIC ART Unleash your creativity by designing and assembling a colourful mosaic artwork. 1pm-3pm	Fishing Enjoy a relaxing morning by the water and improve your angling techniques. 7am-9am CREATE Workshop Diamond dot painting, jewellery making 10am-12pm Life skills - Cook up Learn basic cooking skills and prepare a meal together. 12pm-2pm Create Workshop Tell us what skill you would like to explore to build, create express yourself 2pm-4pm	Aqua Aerobics Get active and have fun with a water-based exercise class. 10am-12pm Life skills Daily Living – doing the hard stuff Develop essential everyday skills in a supportive environment. 12pm-2pm MOSAIC ART Unleash your creativity by designing and assembling a colourful mosaic artwork. 1pm-3pm Choice & Change 8 Week therapeutic support group, to help women move forward. Partnered with Relationships Australia. 12.30pm- 2:30pm	Wagga Beach 11am-3pm 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.  Trauma-informed yoga classes Gentle Yoga at Wagga Women's Health Centre 12:30pm – 2pm (\$5)
Special Events September 2025 Friday, 12 September 2025 Wagga Wagga Show 5pm-9pm Pensioner Adult: \$13 + money for food and rides. Join us for a fun-filled group activity—book in asap to save your spot! The festivities run from 5pm to 9pm, making for an unforgettable night of connection and entertainment	Special Events October 2025 Sunday 26 October 2025 Wagga Wagga Classic Car Show and Shine , 10am to 2pm Public Entry AUD\$5 Equex Centre - McDonald Park Car Park 152 Copland Street	Special Events November 2025 Sunday 16 November 2025 River & Wren Market 10am to 3pm Wagga Wagga's premier handmade and artisan market, offering a vibrant and welcoming shopping experience for locals and visitors alike.	

ALL4U Monthly Vibes

Our Friday sessions have seen a surge in participation, with new attendees and services joining to enhance the fun and social atmosphere. Participants are encouraged to relax, enjoy the day at their own pace, and make the most of the lively surroundings.

Come along and experience thrilling rides, live entertainment, and classic show treats like dagwood dogs and showbags, all within a welcoming group environment.

If something catches your interest, please let us know as soon as possible, as bookings are required to help us organise everything smoothly.

Thank you for being an essential part of our community. We look forward to seeing you at these fantastic events!