

Harmony @ Home Activity Calendar

October 2026

Building confidence, connection & independence

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HARMONY @ HOME
Disability Support Solutions

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
				Eco Art Explorers 8.30am-3.30pm  \$5 Activity Cost Dinner Dance' @ Club Forster (5.30pm-10.00pm)		
5	6	7	8	9	10	11
PUBLIC HOLIDAY	Ready, Set, Grow! 8.30am-3.30pm Spring Gardening Indoor Sports – Club Forster  Zumba @ YMCA 5.00pm-7.00pm (\$6.10)	Hump Day Adventures 8.30am-3.30pm Circus Arlo - Cost \$35.00 BYO Lunch or \$ to Purchase 	MCC Sustainability Centre Open Day 9.00am-1.00pm (H@H Eco Art Exhibition) 	Eco Art Explorers 8.30am-3.30pm  \$5 Activity Cost		
12	13	14	15	16	17	18
Line Dancing @ Club Forster 5.30pm-7.30pm Cost - \$7.00	Ready, Set, Grow! 8.30am-3.30pm Garden Day @ MCCSC Library Magic Table  Zumba @ YMCA 5.00pm-7.00pm (\$6.10)	Hump Day Adventures 8.30am-3.30pm Forster Ten Pin + Putt Putt Cost \$9.00 		Eco Art Explorers 8.30am-3.30pm  \$5 Activity Cost Dinner Dance' @ Club Forster (5.30pm-10.00pm)	SPECIAL EVENT FROZEN THE MUSICAL 	
19	20	21	22	23	24	25
Men's Shed Hallidays Point 8.30am-12.30pm \$\$ for coffee Line Dancing @ Club Forster 5.30pm-7.30pm Cost - \$7.00	Ready, Set, Grow! 8.30am-3.30pm Graham Barclay Marine Pacific Cape Lodge Activity  Zumba @ YMCA 5.00pm-7.00pm (\$6.10)	Hump Day Adventures 8.30am-3.30pm New Koala Hospital Port Macquarie - \$12.00 	Pink Ribbon Breast Cancer Morning Tea @ Lakeside Tavern – Jacks Room 10.00am-12. Noon 	Eco Art Explorers 8.30am-3.30pm  \$5 Activity Cost		
26	27	28	29	30	31	
Line Dancing @ Club Forster 5.30pm-7.30pm Cost - \$7.00	Ready, Set, Grow! 8.30am-3.30pm SAILABILITY Inc BBQ Lunch \$7.50  Zumba @ YMCA 5.00pm-7.00pm (\$6.10)	Hump Day Adventures 8.30am-3.30pm Swimming Day @ Great Lakes Sailing Club  Ladies Night Out 5.30pm-8.30pm		Eco Art Explorers 8.30am-3.30pm  \$5 Activity Cost Dinner Dance' @ Club Forster (5.30pm-10.00pm)		 = Packed Lunch  = Coffee Money

Harmony @ Home Highlights

October 2026



Recent Highlights



Special Events

Coming Up



Saturday 9.30am-6.30pm

Disney's Frozen The Musical

An enchanting production
brings the beloved Disney
story to life on stage

Oct
17
2026

Dec
02
2026



Harmony@Home Christmas Party

An evening of fun, connection
& Celebration @
Venue TBA

Saturday 5.30pm-8.30pm

Christmas Shutdown 2026-2027
(Groups)
Friday 18/12/2026
Returning Monday 4/01/2027

Staff Profile

Support Worker –
Amanda Lawrence



My background is Hospitality & Retail. I did my Cert III in Aged Care and haven't looked back. I have been working in the Disability Sector for 10 years.

I thoroughly enjoy my role, as it allows me to engage with different participants and participate in a variety of ever-changing activities.

Harmony@Home has been wonderful to work for, offering support and communication with a reasonable workload maintained.

My interests outside of work are: Cooking, Travelling & Gardening.