



AGED CARE FRIENDSHIP GROUP - SOUTH

ACTIVITY CALENDAR: AUGUST 2026



MON
3 AUG Enjoy a polish inspired menu of fresh baked muffins, navel oranges for m/tea. Traditional Polish-style pork with potatoes & mizeria salad.



TUES
4 AUG Enjoy cinnamon scrolls & fruit for m/tea. Chair exercises & brain games. For lunch, be treated to homemade pumpkin soup & banana split.



WED
5 AUG Enjoy cinnamon scrolls & fruit for m/tea. Chair exercises & brain games. For lunch, be treated to homemade pumpkin soup & banana split.



THURS
6 AUG Enjoy a polish inspired menu of fresh baked muffins, navel oranges for m/tea. Traditional Polish-style pork with potatoes & mizeria salad.



FRI
7 AUG Enjoy a polish inspired menu of fresh baked muffins, navel oranges for m/tea. Traditional Polish-style pork with potatoes & mizeria salad.



MON
10 AUG Morning tea and stroll before enjoying a lunch special at Gosford Sailing Club with scenic waterfront views.



TUES
11 AUG Enjoy jam coconut slice & fresh fruit for m/tea, Marry Me chicken for lunch & blackberry almond tart. Fun chair exercises & brain games.



WED
12 AUG Morning tea & a leisurely stroll through Empire Bay Nursery, followed by a delicious Chinese banquet for lunch at Woy Woy.



THURS
13 AUG Morning tea at Bunnings, followed by a delicious lunch at Blue Lunar Wyoming.



FRI
14 AUG Morning tea and a refreshing walk around Kincumber Mountain, followed by a lunch at Davistown RSL.



MON
17 AUG Muffins and fruit for morning tea. Homemade bolognese & garlic bread for lunch & tiramisu. Make your own table name card.



TUES
18 AUG Morning tea and stroll before enjoying a lunch special at Gosford Sailing Club with scenic waterfront views.



WED
19 AUG Muffins and fruit for morning tea. Homemade bolognese & garlic bread for lunch & tiramisu. Make your own table name card.



THURS
20 AUG Join us for lemonade scones & fruit for m/tea. Shepherd's Pie & vegies for lunch & cheesecake for dessert. Make your own table name card.



FRI
21 AUG Join us for lemonade scones & fruit for m/tea. Shepherd's Pie & vegies for lunch & cheesecake for dessert. Make your own table name card.



MON
24 AUG Morning tea at Alison Homestead, enjoying beautiful historic grounds, followed by lunch at Wyong RSL



TUES
25 AUG Tasty lemon coconut slice for m/tea. Homemade lasagne & salad for lunch. Mini pavlovas for dessert. Make your own table name card.



WED
26 AUG Morning tea at Bunnings followed by lunch special at The Everglades Country Club.



THURS
27 AUG Morning tea and a leisurely stroll at The Love Shack, followed by a delicious Chinese banquet lunch at Woy Woy.



FRI
28 AUG Morning tea followed by visit to Japanese gardens and enjoy a seniors lunch at The Point Café East Gosford.

**Activities are subject to weather and can change at any time. If you can't make it on the day, please phone us by 3pm the day before on 4321 1022.*