



AGED CARE FRIENDSHIP GROUP - SOUTH ACTIVITY CALENDAR: SEPTEMBER 2026 "Celebrating the amazing fathers & men in our lives"



MON 31 AUG Enjoy cheese, jatz and fresh fruit for m/tea. Tuscan meatballs, mash & peas for lunch. Sing along to your fav karaoke tunes.



TUES 1 SEP Ginger loaf cake & fruit for m/tea. Tuscan meatballs & potato bake for lunch. Peach surprise dessert. Sing & dance to your fav karaoke tunes.



WED 2 SEP M/tea, followed by Tuscan meatballs, mash and peas for lunch. karaoke & having fun at men's group with pass the parcel game with prizes.



THU 3 & FRI 4 Enjoy date cake, fresh fruit for m/tea. Fish, chips & salad for lunch. Choc mousse with raspberries for dessert. Brain games & light exercise.



MON 7 SEP Enjoy a shopping day and lunch at Tuggerah Westfields.



TUES 8 SEP Enjoy date cake, fresh fruit for m/tea. Fish, chips & salad for lunch. Choc mousse & raspberries for dessert. Brain games & light exercise.



WED 9 SEP Morning tea at Bunnings followed by a Thai lunch special at Saifon Thai.



THU 10 SEP Join us for morning tea, shopping at Ten Tops Tuggerah followed by lunch at The Royal Hotel Wyong.



FRI 11 SEP Morning tea at Love Shack and stroll around waterfront followed by a Chinese banquet lunch at Woy Woy.



MON 14 SEP Join us for choc brownies & fruit for m/tea. Honey soy chicken & veg stir fry for lunch. Surprise guest-sing & dance to your fav tunes.



TUES 15 SEP Join us for morning tea at The Love Shack and stroll around the waterfront followed by a Chinese banquet lunch at Woy Woy.



WED 16 SEP Enjoy m/tea at Cafe Copa and scenery at captain cook lookout followed by a lunch special at Avoca Beach Bowling Club.



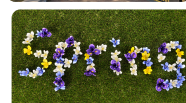
THURS 17 SEP Enjoy blueberry banana bread, chinese stir fry chicken w veggies & udon noodles. Ice cream w real raspb sauce. Get active w a fun golf game.



FRI 18 SEP Enjoy blueberry banana bread, chinese stir fry chicken w veggies & udon noodles. Ice cream w real raspb sauce. Get active w a fun golf game.



MON 21 SEP Morning tea at Love Shack & stroll along the waterfront followed by a Chinese banquet lunch at Woy Woy.



TUES 22 SEP Lemonade scones & fruit for m/tea. Egg & bacon rolls w chips for lunch & rice pudding. Get active with a fun golf game & Spring ready in garden.



WED 23 SEP Morning tea and walk at Kincumber Mountain followed by lunch at Davistown RSL.



THURS 24 SEP Devonshire morning tea at Alison Homestead, enjoying beautiful historic grounds, followed by lunch at Wyong RSL.



FRI 25 SEP Morning tea and stroll along the waterfront followed by lunch at The Little Teapot Davistown.



MON 28 SEP Madeira Cake & fruit for m/tea. Chicken w leek & carrot sauce, rice & stir fry beans. Classic Italian Tiramisu Dessert. Brain games & horse racing.



TUES 29 SEP Blueberry muffins with fruit for m/tea. Big breaky of eggs, sausages, bacon, mushrooms, hash browns, beans. Brain games & bowling.



WED 30 SEP Raisin toast & fruit for m/tea. Big breaky of eggs, sausages, bacon, mushrooms, hash browns, beans. Brain games & balloon tennis.