ACTIVE ABILITY CARE

ADULT EXPLORE PROGRAM

2026 - Term 4



Ages 18+

Activitys Include:

- Bushwalks and nature trails
- beach days and coastal walks
- fishing excursions
- group outings and social events
- Visiting local attractions (zoo, museums, markets)
- Opportunities to build friendships
- Certified and Experienced Staff
- Flexible Scheduling Options
- Participant pick up and drop off



Skill building components:

- travel training (public transport, navigation, planning)
- budgeting for outings
- problem solving and decision making
- Building independence

activeabilitycare.com.au
info@activeabilitycare.com.au
(02) 9539 7797

MONDAY

12 OCTOBER

Opal card

WENDY WHITELEY'S SECRET GARDEN

The garden hides amongst the Lavender Bay Parklands, with lovely views and a special feeling of peace and tranquillity.



19 OCTOBER

Opal card

HYDE PARK BARRACKS

This place is now free to enter, we can walk in the steps of thousands of convicts who worked here.



26 OCTOBER

CRONULLA DAY OUT

cronulla has a beautiful board walk we will do before sitting down for lunch and having a picnic.



2 NOVEMBER

Opal card

COCKATOO ISLAND

This island is in the harbour, we will catch ferry over and explore the old buildings before having lunch.



9 NOVEMBER

WESTERN SYDNEY ZOO

We have our yearly passes and we love to go and explore the zoo once a term.



16 NOVEMBER

Opal card

GOVERNMENT HOUSE + ROYAL BOTANIC GARDENS

We will try to get into Government House if they allow us to book but if not we will enter the green house in the gardens.



betty@activeabilitycare.com.au
(02) 9539 7797
Dede's Place, Yenorra

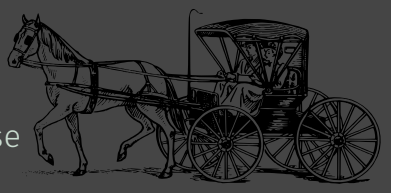
MORE EXPLORING?

MONDAY

23 NOVEMBER

POWERHOUSE PARRAMATTA

BRAND NEW - only opened this month, we love powerhouse Museums and we can wait to explore this one.



30 NOVEMBER

Opal card

WATSON BAY FERRY

Last term we came here by car, this time we want to come by boat, everyone loved the fish and chips here.



SATURDAY

DECEMBER

5 4PM - 10PM SATURDAY ACTIVITY

CARS PARK MAGIC OF CHRISTMAS NIGHT

We dont have to stay the whole night but this is a local night where there are performances and fire works and its not too crowded.



MONDAY

7 DECEMBER

PALM BEACH DAY TRIP

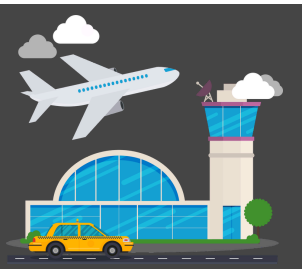
A beautiful beach where they filmed the show “home and away” we look forward to our first visit here.



14 DECEMBER

WESTERN SYDNEY AIRPORT

It’s not every day a brand new airport opens. We want to go and check it out, watch some planes and experience the facilities.



DECEMBER

21 4PM - 10PM HOLIDAY ACTIVTY

CHRISTMAS AT THE CATHEDRAL

Opal card

Food and gift stalls will be set up in the elegant Gothic Revival building’s forecourt, with festive performances + light show.



ACTIVE ABILITY CARE

BOOKINGS

Please email us the days you want to book into the explore program:
info@activeabilitycare.com.au
Bookings will need to be received two weeks in advance

NDIS PAYMENT

Our prices vary depending on the hours and the ratio of participants to staff. These prices are on our website. If you need help understanding the NDIS price guide please get in contact with us.



NON NDIS PAYMENT

Some activities require an entrance fee, this needs to be paid by the participant, if this is a problem please contact us
Note: You must have a companion card to participate in the activities with entrance fees

Other Days please bring your Opal card

MEDICATION

Medication administerd by staff needs to be pre-booked with managment.

ACTIVITY REQUIREMENTS

Please bring your lunch and a bottle of water or some money to purchase your lunch.

We can adjust activities to your ability so we can all enjoy them



NORMAL MONDAY PLAN

9AM
Support worker arrives at your house and helps organise lunch and other requirements for the day
10AM
Leave your house to go and explore the community, possibly meeting up with other friends along the way
11 AM - 2PM
Explore the community depending on the day and eat lunch
2PM
Head home

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