

Group Transport Bus!

A friendly door to door service, getting you to and from the shops. Our staff and volunteers will also help you take your bags inside. We can also provide assistance with your shopping or just some company while you shop.

Coffs and South Clients



Start Date : 04/01/23

Park Beach Plaza



Runs weekly

Start Date : 08/01/23

Toormina



Runs fortnightly

Moonee Market



Runs monthly

Dates:

February 9th 2024

April 5th 2024

June 14th 2024

March 8th 2024

May 3rd 2024



Northern Clients



Start Date : 05/01/23

Woolgoolga to
Moonee Market



Runs fortnightly

Call us to book-in for our next shopping trip. We promise you wont regret it.

(02) 6651 7365





Linked to Life
Helping you live life your way



SMALL GROUP OUTINGS 2024 QUARTER ONE & TWO

Costs below are for transport only, unless otherwise stated. Any meals or venue entry are at the clients expense.



STRENGTH AND BALANCE CLASS

Improve and maintain your independence and empowerment through exercise techniques designed for mature bodies.

WHEN: TUESDAYS

TERM 1 30/1/24-12/4/24

TERM 2 29/4/24-5/7/24

TIME:

CLASS A 9:30AM

CLASS B 10:30AM

LOCATION: PANORAMA ROOM COFFS SHOWGROUND: 123 PACIFIC HIGHWAY. (OWN TRANSPORT)

COST: \$5 PER CLASS, PAY ON THE DAY

FEBRUARY

WED 7TH \$5 CHILL N CHAT LUNCH

WED 14TH \$5 MOONEE BEACH FISH AND CHIPS (INCLUDES LUNCH)

TUES 20TH \$10 STUARTS POINT TAVERN LUNCH

WED 21TH \$10 STUARTS POINT TAVERN LUNCH

FRI 23RD \$5 GROUND EARTH CAFE LUNCH WOOLGOOLGA

WED 28TH \$15 BUTTERFLY HOUSE LUNCH (INCLUDES ENTRY)

WALKING GROUP

Meet every Monday for a walk and a cuppa. There are 4 different locations that rotate weekly.

WHEN: MONDAYS

TIME: 9:30AM

LOCATION:

OCEAN PARADE, BOTANICAL GARDENS, BREAKWALL WALK, COFFS CREEK

COST: \$5 TRANSPORT (FREE IF MEETING AT THE VENUE)



JANUARY

TUES 9TH \$5 THE LINK CAFE LUNCH

WED 10TH \$5 CHILL N CHAT LUNCH

FRI 12TH \$5 BEACHOUSE WOOLGOOLGA MORNING TEA

TUES 16TH \$5 COFFS NURSERY LUNCH

WED 17TH \$5 TREETOPS CAFE LUNCH

TUES 23RD \$10 BOTANIC GARDENS PICNIC (INCLUDES PICNIC)

WED 24TH \$5 CORAMBA HOTEL LUNCH

TUES 30TH \$5 TOORMINA HOTEL LUNCH

WED 31ST \$5 MOVIE (AQUAMAN 2)

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SMALL GROUP OUTINGS

2024 QUARTER ONE & TWO



MARCH

WED 6TH \$5 CHILL N CHAT LUNCH

WED 13TH \$10 JETTY FORESHORE PICNIC (INCLUDES PICNIC)

TUES 19TH \$10 ULMARA FERRY RIDE AND HOTEL LUNCH

WED 20TH \$10 ULMARA FERRY RIDE AND HOTEL LUNCH

FRI 22ND \$30 CHEESE MAKING DEMO AND LUNCH (ALL INCLUSIVE)

TUES 27TH \$5 SEAVIEW TAVERN LUNCH

MAY

WED 1ST \$5 CHILL N CHAT LUNCH

WED 8TH \$5 DAY AT THE MOVIES

TUES 14TH \$10 GOOD TIME CHARLIE'S LUNCH NAMBUCCA

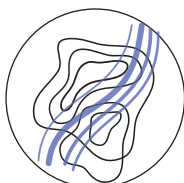
WED 15TH \$10 GOOD TIME CHARLIE'S LUNCH NAMBUCCA

FRI 17TH \$10 THE HONEY PLACE AND OCEAN VIEW HOTEL LUNCH

WED 22ND \$5 AMBLE INN LUNCH

WED 29TH \$20 PETS & CRITTERS ZOO AND MORNING TEA (INCLUDES ENTRY & MORNING TEA)

FRI 31ST \$5 SECRET GARDEN LUNCH



APRIL



TUES 2ND \$15 MINIGOLF AND BIG BANANA LUNCH (INCLUDES GOLF)

WED 3RD \$5 CHILL N CHAT LUNCH

WED 10TH \$5 GREEN ONE CAFE LUNCH

TUES 16TH \$10 BELLINGEN BUTTER FACTORY LUNCH

WED 17TH \$10 BELLINGEN BUTTER FACTORY LUNCH

FRI 19TH \$10 BONGIL PICNIC LUNCH (INCLUDES PICNIC)

WED 24TH \$5 YARRILA ARTS MUSEUM AND CAFE LUNCH

JUNE

WED 5TH \$5 CHILL N CHAT LUNCH

TUES 11TH \$10 KOKO'S CAFE LUNCH

WED 12TH \$10 COUTTS TAVERN LUNCH

WED 19TH \$15 AQUARIUM AND CLOG BARN LUNCH (INCLUDES ENTRY)

WED 26TH \$5 DAY AT THE MOVIES

FRI 28TH \$10 THE ART SPACE URUNGA AND POMEGRANATE CAFE LUNCH

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