



Sutherland Shire February Activity Planner

We can't wait to fill your December with smiles and fun! Check out our jam-packed activity schedule for the month and make a booking today to get the support you need.

*** Highlighted activities are planned activities**

Planned activities are typically scheduled in advance and involve preparation to ensure maximum participation. Join this activity if you would like to engage with other What Ability participants and their support workers for social interaction, learning, recreation, or developing your skills.

MON	TUE	WED	THU	FRI	SAT	SUN
<p>Please remember, every day's activity is up to you! These are suggested activities for the day and we encourage you to talk with your support worker to plan the day as it comes up.</p>					<p>1st February Explore Nature - Walk around the beautiful grounds of Joseph Banks Reserve - Sealed paths to walk and explore native plants</p>	<p>2nd February Picnic Day @ Mrs Macquarie Chair, Royal Botanical Gardens - Fab views of Sydney Harbour - On street parking - Great spot to bring lunch and meet up with other participants & SWs for a picnic!</p>
<p>3rd February Beach Day - Darook Park beach - No waves, clear calm water - Accessible parking, showers and toilets - Support Workers to use group chat to organise a group to come all together! - Bring sunscreen!</p>	<p>4th February Cuddly Craft Shop @ Camperdown - Get your creative juices flowing, decorate and accessorise! - DIY phone cases, mirrors, hair clips and more. - From \$10 * Book online in advance</p>	<p>5th February Inflatable World Miranda - Opens 9am - \$24 for two hours of play</p>	<p>6th February Timezone Cronulla - Unlock your inner gamer at Timezone Cronulla - Make a day out of it and head down to the beach after, only a 5 minute walk</p>	<p>7th February Coastal Walk - @ The Cronulla Beach Walk - Enjoy a relaxing scenic walk along the Cronulla Esplanade. - Many amazing views along the way - Bring swimmers to cool off with a dip in the ocean or rock pools and finish off with some lunch from a nearby cafe</p>	<p>8th February Bowling Day - Zone bowling Sylvania - Verse other participants and support workers in a few games of bowling - Grab lunch together in the food court after</p>	<p>9th February Flipout - @ Caringbah - \$20 for an hour of trampolining fun or 2hrs for \$28</p>
<p>10th February Aquatic Centre Fun - Visit Sutherland Shire Leisure Centre for pools, spa, water activities, outdoor slides, soaker bucket - \$7.40 concession, SW free - Sunscreen and snacks are a must!</p>	<p>11th February Centennial Park Day - Support workers to organise group & a meet up spot - https://www.centennialparklands.com.au/visit/maps/#/ - Bring your own food & smiles. Feed the geese & stroll the beautiful grounds Bring the footies & soccer balls, there are a few playgrounds to enjoy</p>	<p>12th February Yo-Chi at Bondi - Enjoy a DIY frozen yoghurt bowl followed by a stroll along the beach or a dip in the ocean. - Bring swimmers, a towel and sunscreen! - Many other cafes to choose from</p>	<p>13th February Shine Shed Day - @ SOUTH WEST CENTRE - An all abilities and inclusive play centre - A cafe available or participants can bring lunch - Book online in advance, 1hr for \$18 or 2hrs for \$30</p>	<p>14th February Arts and Crafts in the Park @ Blaxland Riverside Park - Play, socialise and get creative - A Valentines themed activity, eg- paint love heart magnets/trinkets or vases for participants to take home or gift - SW to organise pick up of supplies from a kmart prior</p>	<p>15th February Climbfit - @ Kirrawee, Sydney's best indoor climbing centre! - Concession entry + harness = \$27.50 - SWs who are just belaying are free</p>	<p>16th February Bushwalk and swim - Start this walk, from Valley Way in Gymea Bay. There is a path that will lead you through the creek and down to Gymea Bay Baths where you can sit to rest your legs and cool off for a swim - Great active day, pack a lunch for a picnic also</p>
<p>17th February Monkey Mania @ Bankstown sports club - Indoor children's play centre - So much fun for the kids</p>	<p>18th February Hazelhurst Arts centre @ 782 Kingsway, Gymea - The centre has regular exhibitions and classes for adults, children and youth - There is a reference Art Library</p>	<p>19th February Carss Bush Park - Swim, walk, play at Carss Bush Park - Bike paths, a netted sheltered beach, playground areas, picnic and BBQ facilities, shady trees! - Next to the Kogarah War Memorial Olympic Swimming Pool pop in for a swim</p>	<p>20th February Gunnamatta Bay in Cronulla - Just a short stroll from the station if taking public transport! The park is a perfect spot to enjoy a packed lunch or choose from many take-away options nearby - Finish off by cooling off with a dip in the tidal baths!</p>	<p>21st February Movie day @ HOYTS Cronulla - Escape the heat and recline in comfort with the latest movie - \$24 concession - Support Workers to organise which movie and what time to enjoy the movie as a group!</p>	<p>22nd February Shire Farmers Markets - 8am - 1pm - @ Flora Street car park, Sutherland - Fresh seasonal foods and beverages</p>	<p>23rd February Auburn Botanical Gardens BBQ - Team lead to organise group BBQ at the community picnic area - Playgrounds and gardens to explore</p>
<p>24th February Bounce @ Homebush - Lots of trampolines - Obstacle course - Little kids area with ball pit - \$17 entry, SW free but can't bounce</p>	<p>25th February Ninja Parc - @ South Granville - Swing, jump and climb your way through the day - Book online in advance to secure your time slot! - Ages 6yrs > \$16.95</p>	<p>26th February Curranulla ferry - Catch the Curranulla Ferry to the beachside suburb of Bundeena. - Go kayaking, 1hr for \$25 - Have a picnic at Bonnie Vale grounds. Bring bathers for a swim in the calm waters edge</p>	<p>27th February Major Fun - Indoor play centre with soft play, play slides, sensory play areas - Located in Mount Pritchard - \$16 entry, free for SW</p>	<p>28th February Featherdale Sydney Wildlife Park - Lots of Aussie animals and birds, you can feed Kangaroos, Wallabies and Pademelons throughout the day - Animal presentations such as pelicans, penguin, echidna, bilbies and ghost bats, dingo an croc feeding - Child \$28, Concession \$40 *Book online ASAP for 10% off</p>		