

EMPOWER CARE SOLUTIONS HUB

Term 3 Activity Program

Teen's Night, Girls Night & Weekend Outings

Activity Booklet

July – September 2026

Inside This Booklet

- ✓ Program overview — transport, changes to support needs and invoices
- ✓ What to bring to every activity
- ✓ At-a-glance table of all confirmed sessions
- ✓ One page per session with full activity detail

Confirmed sessions

The Teen's Night Program, Girls Night Program and Optional Weekend Outings for August and September 2026 are now confirmed, with a few exciting activities still being finalised.

Program Overview

Empower's Term 3 Activity Program runs across August and September 2026, offering a mix of Friday evening Teen's Night and Girls Night sessions along with optional Saturday weekend outings.

Empower staff provide transport to and from all Friday evening programs and weekend outings. Pick-up and drop-off times will be confirmed closer to each activity.

Changes To Support Needs

If there are any changes to your child's support needs, please let us know prior to the activity so we can plan accordingly.

What to Bring (All Activities)

- ✓ Water bottle
- ✓ Comfortable clothing and enclosed shoes
- ✓ Any required medication
- ✓ Companion Card (if applicable)
- ✓ Spending money if desired for optional purchases or meals

Activity Invoices

Activity entry fees are parent-paid (not NDIS funded). Once attendance has been confirmed, invoices will be issued for the selected activities.

At a Glance, All Sessions

Every confirmed session for Term 3 in one place. Stick this on the fridge!

Date	Activity	Type	Cost	Dinner
Friday 31 July 2026	Pamper Night	GIRLS NIGHT	TBC	TBC
Friday 7 August 2026	Glow Bowls – Glenbrook	TEEN'S NIGHT	\$15	BBQ dinner – \$5 (extra)
Friday 21 August 2026	Lightfields at The Vineyard	TEEN'S NIGHT	\$6.18 / \$11.40	Own expense (takeaway)
Friday 28 August 2026	Mind Games, Dinner & Interactive Experience	GIRLS NIGHT	TBC	Own expense (takeaway)
Saturday 29 August 2026	Optional Weekend Outing – Penrith Show	WEEKEND OUTING	\$10 / \$19	TBC
Friday 4 September 2026	Tru Ninja – Jamisontown	TEEN'S NIGHT	\$32.50	BBQ dinner – \$5 (extra)
Friday 11 September 2026	REAL Festival – Penrith	TEEN'S NIGHT	FREE	Own expense (takeaway)
Saturday 12 September 2026	Optional Weekend Outing – Oz Comic-Con	WEEKEND OUTING	\$26 / \$47.50	TBC
Friday 18 September 2026	Pilates, Dinner & Homemade Açaí Bowls	GIRLS NIGHT	TBC	TBC
Friday 25 September 2026	Axe Throwing – Blacktown	TEEN'S NIGHT	\$59	BBQ dinner – \$5 (extra)

Door-to-door pick-up and drop-off is provided by Empower staff for all Friday evening programs and weekend outings; times will be confirmed closer to each activity. Full details for each session are on the following pages.

GIRLS NIGHT

FRIDAY 31 JULY 2026

Pamper Night

Participants will enjoy a relaxing girls' evening focused on self-care, friendship and fun. Further details, pricing and inclusions will be released shortly.

Session Details

Pick-up / Drop-off	Times to be confirmed closer to the date (door-to-door transport provided)
Location	To be confirmed
Notes	More information coming soon
Dinner	To be confirmed

Cost

Pricing to be confirmed

Further details, pricing and inclusions will be released shortly.

What to Bring

Water bottle, comfortable clothing and enclosed shoes, any required medication, Companion Card (if applicable), spending money if desired.

TEEN'S NIGHT
FRIDAY 7 AUGUST 2026

Glow Bowls – Glenbrook

We'll enjoy a BBQ dinner together at a nearby park before heading to Panthers Glenbrook for an evening of glow-in-the-dark bowling.

Activities include

- ✓ BBQ dinner together
- ✓ Glow Bowls (1 hour 15 minutes)
- ✓ Bowling shoe hire
- ✓ Music, lights and glow-themed bowling
- ✓ Social games and group fun

Session Details

Pick-up / Drop-off	Times to be confirmed closer to the date (door-to-door transport provided)
Location	Panthers Glenbrook
Notes	Indoor/Outdoor • Low-Medium sensory load • Easy complexity
Dinner	BBQ dinner – \$5 per participant (additional cost)

Cost

\$15 per participant

Estimated activity cost (parent-paid).

BBQ Dinner: \$5 per participant (additional cost)

IMPORTANT: Please bring a water bottle and any additional snacks or spending money if desired.

What to Bring

Water bottle and any additional snacks or spending money if desired.

TEEN'S NIGHT
FRIDAY 21 AUGUST 2026

Lightfields at The Vineyard

We'll enjoy dinner together before exploring the spectacular Lightfields lantern festival during the evening session. Participants can wander through illuminated displays, enjoy the Silent Disco, playground and interactive installations.

Activities include

- ✓ Lightfields lantern trail
- ✓ Silent Disco
- ✓ Playground
- ✓ Illuminated displays
- ✓ Evening social outing

Session Details

Pick-up / Drop-off	Times to be confirmed closer to the date (door-to-door transport provided)
Location	The Vineyard
Notes	Outdoor • Medium sensory load • Easy-Medium complexity
Companion Card	Not accepted for this event
Dinner	Participant's own expense (takeaway meal purchased during the outing)

Cost

Children (3–15 years): \$6.18 • Adults (16+ years): \$11.40

Optional extra purchases: arcade games (\$10 each), carnival-style games (\$10 each), food and drinks, merchandise and showbags.

Dinner: Participant's own expense. Participants may purchase a takeaway meal of their choice during the outing.

IMPORTANT: Companion Cards are not accepted for this event.

What to Bring

Water bottle, comfortable clothing and enclosed shoes, any required medication, spending money if desired.

GIRLS NIGHT

FRIDAY 28 AUGUST 2026

Mind Games, Dinner & Interactive Experience

Participants will explore one of Sydney's most interactive immersive experiences, featuring themed rooms, optical illusions, digital art and hands-on exhibits. After the experience, the group will enjoy dinner together, providing a fun and social evening out.

Session Details

Pick-up / Drop-off	Times to be confirmed closer to the date (door-to-door transport provided)
Location	To be confirmed
Notes	More information coming soon
Dinner	Participant's own expense (takeaway meal purchased during the outing)

Cost

Pricing to be confirmed

Further details, pricing and inclusions will be released shortly.

Dinner: Participant's own expense. Participants may purchase a takeaway meal of their choice during the outing.

What to Bring

Water bottle, comfortable clothing and enclosed shoes, any required medication, Companion Card (if applicable), spending money if desired.

WEEKEND OUTING
SATURDAY 29 AUGUST 2026

Optional Weekend Outing – Penrith Show

Spend the day exploring the Penrith Show, including animal exhibits, entertainment, agricultural displays and market stalls.

Activities include

- ✓ Animal exhibits
- ✓ Live entertainment
- ✓ Pavilion displays
- ✓ Markets
- ✓ Food stalls
- ✓ Community entertainment

Session Details

Pick-up / Drop-off	Times to be confirmed closer to the date (door-to-door transport provided)
Location	Penrith Show
Notes	Outdoor • Medium sensory load • Easy-Medium complexity
Companion Card	Accepted
Dinner	To be confirmed

Cost

Adults: \$19 • Children: \$10

Optional spending money: carnival rides, showbags, games, food and drinks.

What to Bring

Water bottle, comfortable clothing and enclosed shoes, any required medication, Companion Card (if applicable), spending money if desired.

TEEN'S NIGHT

FRIDAY 4 SEPTEMBER 2026

Tru Ninja – Jamisontown

Participants will challenge themselves on a self-paced ninja obstacle course suitable for beginners and experienced participants alike.

Activities include

- ✓ 1.5-hour ninja course
- ✓ Grip gloves to keep
- ✓ Obstacle challenges
- ✓ Social participation

Session Details

Pick-up / Drop-off	Times to be confirmed closer to the date (door-to-door transport provided)
Location	Tru Ninja, Jamisontown
Notes	Indoor • Medium sensory load • Medium complexity
Companion Card	Accepted
Dinner	BBQ dinner – \$5 per participant (additional cost)

Cost

Session: \$25.50 + Required grip gloves: \$7.00

Total: \$32.50 per participant (activity entry)

BBQ Dinner: \$5 per participant (additional cost)

IMPORTANT: All participants (and participating support workers) must complete a waiver before attending.

What to Bring

Water bottle, comfortable clothing and enclosed shoes, any required medication, Companion Card (if applicable), spending money if desired.

TEEN'S NIGHT

FRIDAY 11 SEPTEMBER 2026

REAL Festival – Penrith

We'll spend the evening exploring the annual REAL Festival at Tench Reserve.

Activities include

- ✓ Live music
- ✓ Interactive art
- ✓ Riverside entertainment
- ✓ Outdoor installations
- ✓ Community activities

Session Details

Pick-up / Drop-off	Times to be confirmed closer to the date (door-to-door transport provided)
Location	Tench Reserve, Penrith
Notes	Outdoor • Medium sensory load • Easy complexity
Dinner	Participant's own expense (takeaway meal purchased during the outing)

Cost

FREE ENTRY

Optional spending money: food trucks, drinks, merchandise, optional workshops (if available).

Dinner: Participant's own expense. Participants may purchase a takeaway meal of their choice during the outing.

What to Bring

Water bottle, comfortable clothing and enclosed shoes, any required medication, Companion Card (if applicable), spending money if desired.

WEEKEND OUTING
SATURDAY 12 SEPTEMBER 2026

Optional Weekend Outing – Oz Comic-Con

We'll spend the day exploring one of Australia's biggest pop culture events featuring gaming, cosplay, artists and interactive experiences.

Activities include

- ✓ Cosplay Central
- ✓ Gaming zones
- ✓ Artist Alley
- ✓ Trading Post
- ✓ Merchandise stalls
- ✓ Guest panels

Session Details

Pick-up / Drop-off	Times to be confirmed closer to the date (door-to-door transport provided)
Location	Oz Comic-Con
Notes	Indoor • Medium sensory load • Easy-Medium complexity
Companion Card	Accepted
Dinner	To be confirmed

Cost

General Admission (13+): \$47.50 • Children (5–12): \$26.00

Estimated activity cost, early bird pricing. Optional spending money: merchandise, food and drinks, collectibles, photo opportunities.

What to Bring

Water bottle, comfortable clothing and enclosed shoes, any required medication, Companion Card (if applicable), spending money if desired.

GIRLS NIGHT

FRIDAY 18 SEPTEMBER 2026

Pilates, Dinner & Homemade Açaí Bowls

We'll enjoy a relaxing girls' evening beginning with a beginner-friendly Pilates session before heading out for dinner together. Afterwards, we'll return to prepare and enjoy homemade açaí bowls with a range of fresh toppings.

Session Details

Pick-up / Drop-off	Times to be confirmed closer to the date (door-to-door transport provided)
Location	To be confirmed
Notes	More information coming soon
Dinner	To be confirmed

Cost

Pricing to be confirmed

Further details, pricing and inclusions will be released shortly.

What to Bring

Water bottle, comfortable clothing and enclosed shoes, any required medication, Companion Card (if applicable), spending money if desired.

TEEN'S NIGHT

FRIDAY 25 SEPTEMBER 2026

Axe Throwing – Blacktown

We'll finish Term 3 with a fully supervised axe throwing experience led by trained instructors.

Activities include

- ✓ Safety briefing
- ✓ Coaching
- ✓ Private throwing lanes
- ✓ Friendly competitions
- ✓ Guided games

Session Details

Pick-up / Drop-off	Times to be confirmed closer to the date (door-to-door transport provided)
Location	Blacktown (confirmed)
Notes	Indoor • Medium sensory load • Medium complexity
Companion Card	Accepted – support workers accompanying participants receive complimentary entry. Families with Companion Cards only pay for participants taking part in the axe throwing session.
Dinner	BBQ dinner – \$5 per participant (additional cost)

Cost

\$59 per participant

Companion Cards accepted – support workers accompanying participants receive complimentary entry. Families with a Companion Card only pay for participants taking part in the session.

BBQ Dinner: \$5 per participant (additional cost)

What to Bring

Water bottle, comfortable clothing and enclosed shoes, any required medication, Companion Card (if applicable), spending money if desired.