

FRED STONE ~ Itinerary ~ 1-7 May 2026

During your Short Term Respite (STR) you will have your own fully self-contained, themed studio suite with separate quarters for the support worker. You have use of all communal areas and activities on offer at Reef Retreat NQ.

There is a big back deck that includes outdoor dining, a games area, walk-in pool, cabana and swing! With the beach at our back door fishing rods and camp chairs are available for use, plus kites and all the gear for making awesome sandcastles.

Sunset drinks on the beach are spectacular and a great way to unwind from the day.

Your STR includes meals, transportation to community activities and loads of in-house activities.

Day 1	
Monday 01/05/2026	Arrive, rest, relax and recharge... in the Rainforest Room Lunch at the Bushland Beach Pub with Jill. Explore Reef Retreat NQ in-house activities and settle in. Welcoming sunset drinks on the beach with Lisa. Cooking your own BBQ dinner with Bob.
Staff: Jill, Lisa & Bob	
Day 2	A day for activities...
Tuesday 02/05/2026	Continental Breakfast. Day trip to Townsville - local sights & lookouts with Mary. Cbar on The Strand for Lunch with Mary. Kite flying down on the beach in the afternoon breeze with Bob. Return to the Rainforest Room when it is time to rest & relax. Pre-planned dinner supported by Bob.
Staff: Mary & Bob	
Day 3	A day for activities...
Wednesday 03/05/2026	Continental Breakfast. Drive to Crystal Creek Rainforest, Frosty Mango and lunch with Jill at Mystic Sands Golf Resort, then feed the fish before leaving! Afternoon golf at Pandanus Park Golf Centre with Bob. Return to the Rainforest Room when it is time to rest & relax. Cooking your own BBQ dinner with Bob.
Staff: Bob & Jill	
Day 4	A day for activities...
Thursday 04/05/2026	Continental Breakfast. Day trip to Magnetic Island on the ferry. Scenic bus ride to Picnic Bay, walks along the historic jetty. Lunch at the Horseshoe Bay Pub with Jill. Visit to Bungalow Bay Koala Park. Return to the Rainforest Room when it is time to rest & relax. Pre-planned Dinner supported by Mary.
Staff: Mary & Jill	

Day 5 Friday 05/05/2026 Staff: Harry & Bob	A day for activities... A day down at the beach for fishing, sandcastles, frisbee, collecting treasures or building a humpy. Picnic Lunch on the beach with Harry. Return to the Rainforest Room when it is time to rest & relax. Sunset drinks on the beach with Bob. Cooking your own BBQ dinner with Bob.
Day 6 Saturday 06/05/2026 Staff: Harry & Jill	A day for activities... Day visit to Queensland Museum Tropics in Townsville with Harry. Lunch at the Museum's Galley Café overlooking the Ross Creek marina. Return to the Rainforest Room when it is time to rest & relax. Pre-planned Dinner provided by Jill.
Day 7 Sunday 07/05/2026 Staff: Harry	Goodbye for now... Continental Breakfast. Support to pack up your personal items & say farewell to your Rainforest Room Journey home with Harry.

