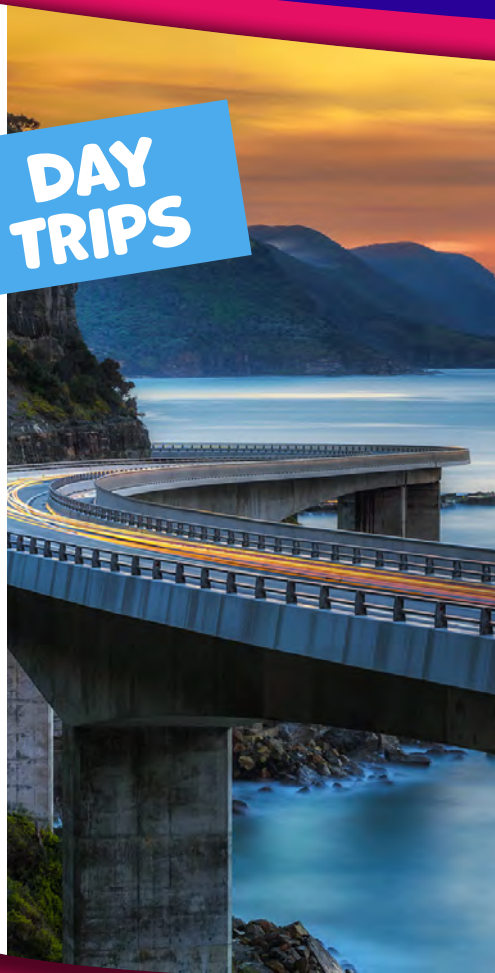
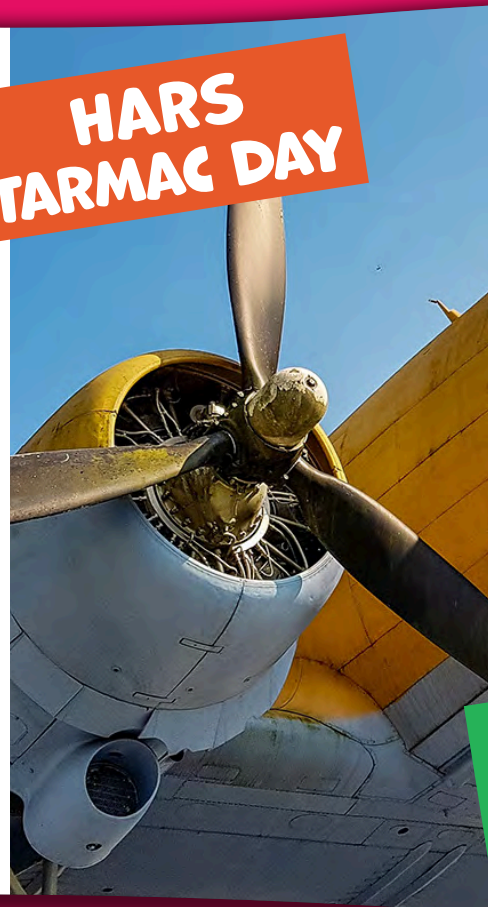


**DAY
TRIPS**



**HARS
TARMAC DAY**



**PRESSED
FLOWERS**



**BUSH
WALKING**








SEPTEMBER & OCTOBER 2023

Friday 1 September	Monday 4 September	Tuesday 5 September Option 1	Tuesday 5 September Option 2	Thursday 7 September	Friday 8 September
					
Bus Trip to Kiama	Cooking Program	BBQ @ Gerroa Boat Harbour	Karaoke Day	Art & Craft Program	Minnamurra Rainforest
Join us for a bus trip to Kiama.	We are cooking up a delicious lunch.	We're off to Gerroa Boat harbour for a barbeque lunch.	Get ready to sing!	Unleash your creative side with our art and craft program.	We're going to explore Minnamurra Rainforest.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm


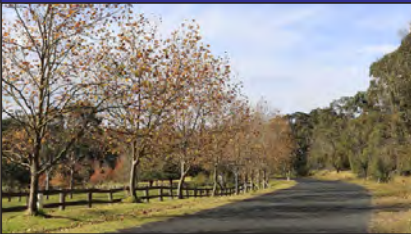



Monday 11 September	Tuesday 12 September Option 1	Tuesday 12 September Option 2	Thursday 14 September	Friday 15 September
				
Cooking Program	Bushwalking	Pressed flowers with Eclectic Bower	Art & Craft Program	Barefoot Bowls
We're cooking up a delicious lunch.	We are going exploring in the bush!	Make beautiful pressed flowers with Jodie from the Eclectic Bower.	Unleash your creative side with our art and craft program.	We're playing barefoot bowls today.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm






SEPTEMBER & OCTOBER 2023 PEER SUPPORT WEEKDAYS

Monday 18 September	Tuesday 19 September Option 1	Tuesday 19 September Option 2	Thursday 21 September	Friday 22 September
				
Cooking Program	Ten Pin Bowling	Slideshow Day	Art & Craft Program	Free Bus and Lunch @ The Frat
Join us for our cooking program.	We're going ten pin bowling today.	Do you have any old photos from your time at Interchange? Bring them in and show us on Slideshow Day!	Unleash your creative side with our art and craft program.	Join us for lunch at the Fraternity Club and a ride on the free bus.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm






Monday 25 September	Tuesday 26 September Option 1	Tuesday 26 September Option 2	Thursday 28 September	Friday 29 September
				
Cooking Program	Aqua Golf @ Penrith	Bingo Day	Arts & Craft Program	Movies
Come along and make a delicious lunch.	We're off to Penrith to play Aqua Golf!	Join us for some bingo fun.	Unleash your creative side with our art and craft program.	We're headed to the cinema to see a new release movie.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

SEPTEMBER & OCTOBER 2023 PEER SUPPORT WEEKDAYS

Monday 2 October	Tuesday 3 October Option 1	Tuesday 3 October Option 2	Thursday 5 October	Friday 6 October
				
Public Holiday	Scenic Photography Day	Kade's American BBQ Day	Art & Craft Program	Friday Markets & Op Shopping
We are closed for the October Public Holiday.	Join us as we go on a photographic expedition.	Kade's cooking up an American style barbeque lunch today.	Unleash your creative side at our art and craft program.	Join us for op shopping and the Wollongong Friday markets.
Time: -	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 9 October	Tuesday 10 October Option 1	Tuesday 10 October Option 2	Thursday 12 October	Friday 13 October
				
Cooking Program	Swimming	Gardening day	Art & Craft Program	HARS Museum Tarmac Day
Join us as we cook up a delicious lunch.	Join us for a refreshing swim.	We are going to do some planting today.	Unleash your creative side at our art and craft program.	Vintage aircraft come to life at the HARS Aviation Museum Tarmac Day.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

SEPTEMBER & OCTOBER 2023 PEER SUPPORT WEEKDAYS

Monday 16 October	Tuesday 17 October Option 1	Tuesday 17 October Option 2	Thursday 19 October	Friday 20 October
				
Cooking Program	Sea Cliff Bridge	Pizza Day	Art & Craft Program	Fishing & Picnic by the Lake
We're going to cook up a delicious lunch.	Join us for a trip to the Sea Cliff Bridge.	What is your favourite pizza?	Unleash your creative side at our art and craft program.	We're going to do some fishing and have a picnic by the Lake.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 23 October	Tuesday 24 October Option 1	Tuesday 24 October Option 2	Thursday 26 October	Friday 27 October
				
Cooking Program	Train Trip	Backyard Olympics	Art & Craft Program	Swimming
We're going to cook up a delicious lunch.	We're off on a train trip adventure. Don't forget your Opal Card.	We are going to have some fun with backyard Olympic challenges.	Unleash your creative side at our art and craft program.	Join us for a refreshing swim today.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

SEPTEMBER & OCTOBER 2023 PEER SUPPORT WEEKDAYS

Monday 30 October	Tuesday 31 October Option 1	Tuesday 31 October Option 2
		
Cooking - Halloween Theme	BBQ at William Beach Reserve	Halloween Party
We're cooking lunch with a Halloween theme!	Join us a barbeque lunch at William Beach Reserve.	Join us for a spooky Halloween party!
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm



WANT MORE INFORMATION?

Please contact Michael or Cat if you would like more information about the supports that Interchange Illawarra can provide you.

We have many social support programs or individual support options to suit your needs.

Email us on socialsupport@interchangeillawarra.org or call the office on 4227 1079.



WEEKENDS AWAY

Weekends Away offer short term accommodation to participants, with a group of their friends from the Social Support program.

Weekends Away give participants a chance to increase their independence, practice their daily living skills, and spend time away from their primary carers.



FRIDAY NIGHT FUN

Interchange Illawarra runs fun social groups on Friday evenings from 6pm-9pm at Kiama and Wollongong.

The program includes outings like ten pin bowling, dinner at a local club, BBQ's, outdoor movies and Timezone.

Enjoy Friday nights out with friends!



SATURDAY GROUPS

We offer Saturday Social Support Groups at Lake Illawarra and Wollongong.

The program includes outings like visiting the cinema, swimming, ten pin bowling, Timezone, fishing, craft days, mystery day trips and much more.



SHORT HOLIDAYS!

Interchange Illawarra offer short holidays to participants from our Social Support Groups.

We have some amazing locations booked for 2023 like Cairns, The Entrance, Historic Beechworth, Great Ocean Road, Hawkesbury Houseboat and Tasmania.