








NOVEMBER & DECEMBER 2023 PEER SUPPORT WEEKDAYS

Friday 3 November	Monday 6 November	Tuesday 7 November Option 1	Tuesday 7 November Option 2	Friday 10 November
				
BBQ @ The Lake	Cooking Program	Melbourne Cup Day	Driving Range & Putt Putt	Barefoot Bowls
We're cooking up a delicious BBQ lunch at the Lake!	Join us for the cooking program where you can improve your cooking skills and eat the results!	And they're racing! We're having a Melbourne Cup lunch today.	We are off to the driving range and putt putt today.	We're playing barefoot bowls today.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 13 November	Tuesday 14 November Option 1	Tuesday 14 November Option 2	Friday 17 November
			
Cooking Program	Karaoke Day	Beach Games & Fish N Chips	Swimming
Join us for the cooking program where you can improve your cooking skills and eat the results!	We are going to sing our favourite songs on karaoke day!	We're off to the beach for some games and fish and chips for lunch.	Join us for a refreshing swim!
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

NOVEMBER & DECEMBER 2023 PEER SUPPORT WEEKDAYS

Monday 20 November	Tuesday 21 November Option 1	Tuesday 21 November Option 2	Friday 24 November
			
Cooking Program	Art & Craft	Movies	Bead Shack
Join us for the cooking program where you can improve your cooking skills and eat the results!	Unleash your creative side with our art and craft day.	We're off to see a new release movie at the cinema.	We are off to the Bead Shack in beautiful Gerringong.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 27 November	Tuesday 28 November Option 1	Tuesday 28 November Option 2	Friday 1 December
			
Cooking Program	Pizza Day	Luna Park	Sea Cliff Bridge Walk
Join us for the cooking program where you can improve your cooking skills and eat the results!	What is your favourite pizza topping?	Get excited, we're off to Luna Park in Sydney!	Join us for a scenic walk along the Sea Cliff Bridge.
Time: 9am-3pm	Time: 9am-3pm	Time: 8.30am-5.30pm	Time: 9am-3pm

NOVEMBER & DECEMBER 2023 PEER SUPPORT WEEKDAYS

Monday 4 December	Tuesday 5 December Option 1	Tuesday 5 December Option 2	Friday 8 December
			
Cooking Program	Christmas Baubles with Eclectic Bower	Bowling	Lunch @ Gerroa Fishermans Club
Join us for the cooking program where you can improve your cooking skills and eat the results!	Jodie from Eclectic Bower is back to help us make gorgeous dried flower Christmas baubles!	We're going ten pin bowling. Will you get a strike?	Join us for lunch at the Gerroa Fishermans Club.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 11 December	Tuesday 12 December Option 1	Tuesday 12 December Option 2	Friday 15 December
			
Cooking Program	Bingo Day	Picnic @ The Botanical Gardens	Movies
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us for a fun game of bingo!	We're having a picnic at the Botanical Gardens.	We're off to see a new release movie at the cinema.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

NOVEMBER & DECEMBER 2023 PEER SUPPORT WEEKDAYS

Monday 18 December	Tuesday 19 December Option 1	Tuesday 19 December Option 2	Friday 22 December
			
Cooking Program	Card Making	Swimming	Christmas Lunch
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us as we make some Christmas cards.	We're going to have a refreshing swim today.	Join us for a special Christmas lunch.
Time: 9am-3pm	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 been to some amazing locations like Cairns, The Entrance, Historic Beechworth, Great Ocean Road, Hawkesbury Houseboat and Tasmania.