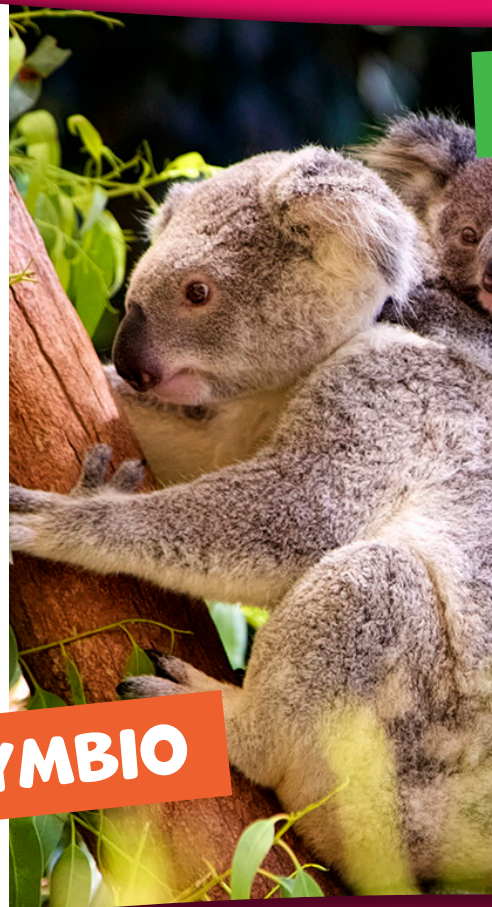


SOAP MAKING



SYMBIO



LASER TAG



LUNA PARK





JANUARY & FEBRUARY 2024

Monday 1 January	Tuesday 2 January Option 1	Tuesday 2 January Option 2	Friday 5 January
			
Public Holiday	New Years BBQ	Movies	Friday Foragers Market
We're closed for the Public Holiday	Join us for a delicious barbeque lunch to welcome in the New Year.	We're off to the cinema to see a new release movie.	We're going to explore the Friday Foragers Market.
Time: -	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 8 January	Tuesday 9 January Option 1	Tuesday 9 January Option 2	Friday 12 January
			
Cooking Program	Arts & Crafts	Laser Tag	Swimming
Join us for the cooking program where you can improve your cooking skills and eat the results!	We are going to get creative today with arts and crafts.	Join us for Laser Tag fun.	Join us for a refreshing swim!
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 15 January	Tuesday 16 January Option 1	Tuesday 16 January Option 2	Friday 19 January
			
Cooking Program	Karaoke Day	Illawarra Light Railway Museum	Day Trip to Kiama
Join us for the cooking program where you can improve your cooking skills and eat the results!	Get ready to sing on our karaoke day.	We're off to check out the trains at the Illawarra Light Railway Museum.	We are off to the beautiful seaside town of Kiama today.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 22 January	Tuesday 23 January Option 1	Tuesday 23 January Option 2	Friday 26 January
			
Cooking Program	Soap Making	Driving Range & Putt Putt	Public Holiday
Join us for the cooking program where you can improve your cooking skills and eat the results!	We are going to make some hand made fragrant soap today!	Join us for Putt Putt and driving range fun today.	We are closed for the Public Holiday.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: -

Monday 29 January	Tuesday 30 January Option 1	Tuesday 30 January Option 2	Friday 2 February
			
Cooking Program	Trivia Day	Luna Park	Lunch @ Berry Pub
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us to test your knowledge at trivia day.	Get excited! We're off to Luna Park in Sydney.	Join us for lunch at Berry Pub.
Time: 9am-3pm	Time: 9am-3pm	Time: 8.30am-5.30pm	Time: 9am-3pm

Monday 5 February	Tuesday 6 February Option 1	Tuesday 6 February Option 2	Friday 9 February
			
Cooking Program	Flower Creations with Eclectic Bower	Ten Pin Bowling	Fishing & Picnic @ Lake Illawarra
Join us for the cooking program where you can improve your cooking skills and eat the results!	Jodie from Eclectic Bower is joining us as we make beautiful flower creations!	Will you get a strike? We're off to Ten Pin Bowling.	Join us for fishing and a picnic at Lake Illawarra.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 12 February	Tuesday 13 February Option 1	Tuesday 13 February Option 2	Friday 16 February
			
Cooking Program	Valentines Day Card Making	Shopping & Lunch	Ten Pin Bowling
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us as we make some Valentines Day cards today.	We're going to shop 'til we drop and have some yummy lunch.	Join us for some ten pin bowling fun!
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 19 February	Tuesday 20 February Option 1	Tuesday 20 February Option 2	Friday 23 February
			
Cooking Program	Pamper Day	Symbio	Lunch @ The Club
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us for a pamper day!	We're going to check out the cute and cuddly creatures at Symbio.	Join us for lunch at a local club.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 26 February	Tuesday 27 February Option 1	Tuesday 27 February Option 2
		
Cooking Program	Games Day	Swimming
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us to play some fun games today.	We're going to have a refreshing swim today.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm



NIGHTLIFE SOCIAL

Ask us about Thursday & Friday night social activities!

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.