

**EASTER
SHOW**



**SHOALHAVEN
ZOO**












**PAMPER
DAY**




**CANDLE
MAKING**







Friday 1 March		Monday 4 March		Tuesday 5 March Option 1		Tuesday 5 March Option 2		Friday 8 March	
									
Swimming		Cooking Program		Bowling		Water Fun Day		Train Trip	
Join us for a refreshing swim.		Join us for the cooking program where you can improve your cooking skills and eat the results!		We're going ten pin bowling. Will you get a strike?		We're going to get wet! Don't forget to bring a towel and a change of clothes.		Join us for a train trip today.	
Time:	9am-3pm	Time:	9am-3pm	Time:	9am-3pm	Time:	9am-3pm	Time:	9am-3pm





Monday 11 March		Tuesday 12 March Option 1		Tuesday 12 March Option 2		Friday 15 March	
							
Cooking Program		Free Bus and Lunch @ The Frat		Art & Craft		Pamper Day	
Join us for the cooking program where you can improve your cooking skills and eat the results!		Join us for a trip on the free bus and lunch at the Fraternity Club.		Unleash your creative side with our art and craft day.		Treat yourself with our luxury pamper day!	
Time:	9am-3pm	Time:	9am-3pm	Time:	9am-3pm	Time:	9am-3pm

MARCH & APRIL 2024 PEER SUPPORT WEEKDAYS

Monday 18 March	Tuesday 19 March Option 1	Tuesday 19 March Option 2	Friday 22 March
			
Cooking Program	Movies	Pizza Day	Shanx Mini Golf
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're off to the cinema to see a new release movie.	What is your favourite topping? Join us for pizza day.	We're going to have fun playing Shanx Mini Golf.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 25 March	Tuesday 26 March Option 1	Tuesday 26 March Option 2	Friday 29 March
			
Cooking Program	Easter Show	Card Making	Public Holiday
Join us for the cooking program where you can improve your cooking skills and eat the results!	Get excited! We're off to the Sydney Royal Easter Show.	Make some beautiful cards for your loved ones.	We are closed for the Good Friday Public Holiday.
Time: 9am-3pm	Time: 9am-6pm	Time: 9am-3pm	Time: -

Monday 1 April	Tuesday 2 April Option 1	Tuesday 2 April Option 2	Friday 5 April
			
Easter Monday Public Holiday	Shoalhaven Zoo	Bingo Day	Lunch @ Gerringong Bowlo
We are closed for the Easter Monday Public Holiday.	We're going to check out some wildlife at Shoalhaven Zoo.	Join us for Bingo Day!	We're off to Gerringong Bowling Club for a delicious lunch.
Time: -	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 8 April	Tuesday 9 April Option 1	Tuesday 9 April Option 2	Friday 12 April
			
Cooking Program	Mystery Bus Trip	Karaoke Day	Movies
Join us for the cooking program where you can improve your cooking skills and eat the results!	Where will we end up? It is a mystery.	What is your favourite karaoke song?	We're off to the cinema to see a new release movie.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

MARCH & APRIL 2024 PEER SUPPORT WEEKDAYS

Monday 15 April	Tuesday 16 April Option 1	Tuesday 16 April Option 2	Friday 19 April
			
Cooking Program	Bead Shack	Kade's American BBQ	Apple Shack @ Glenberrie Orchard
Join us for the cooking program where you can improve your cooking skills and eat the results!	Get creative with a bead workshop at the Bead Shack in Gerringong.	Kade is cooking up his delicious and very popular American style barbeque. Don't miss out!	Join us as we visit Glenberrie Orchard at Darkes Forest.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 22 April	Tuesday 23 April Option 1	Tuesday 23 April Option 2	Friday 26 April
			
Cooking Program	Barefoot Bowls	Tie Dye Day	Picnic @ Minnamurra
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us for barefoot bowling.	We're getting creative with tie dye!	Join us for a picnic at Minnamurra.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 29 April	Tuesday 30 April Option 1	Tuesday 30 April Option 2
Cooking Program	Timezone	Candle Making
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us for some Timezone fun!	We are going to get creative with candle making.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

NIGHTLIFE SOCIAL

Thursday 4 January	Friday 12 January	Thursday 18 January	
DanceAbility Disco Join us to dance the night away at the DanceAbility Disco at Albion Park Bowling Club.	Movies We're off to see a new release movie at the cinema.	Dinner @ Shellys Join us for dinner and socialising at the Shellharbour Club.	
Time: 4pm-8pm Cost: \$10 entry + money for dinner	Time: 6pm-9pm Cost: \$20 + money for dinner/snacks	Time: 4pm-8pm Cost: Bring money for dinner	
Thursday 1 February	Friday 2 February	Friday 16 February	Thursday 22 February
DanceAbility Disco We're going to dance! Join us for DanceAbility Disco at Albion Park Bowling Club.	BBQ Night Join us for a delicious barbecue dinner.	Ten Pin Bowling Will you get a strike? Join us for ten pin bowling fun!	Dinner @ Towradgi Beach Hotel We're off to the Towradgi Beach Hotel for dinner and socialising!
Time: 4pm-8pm Cost: \$10 entry + money for dinner	Time: 4pm-8pm Cost: \$10 dinner included	Time: 4pm-8pm Cost: \$20 + money for dinner	Time: 4pm-8pm Cost: Bring money for dinner

JANUARY/FEBRUARY 2024

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.

NIGHTLIFE SOCIAL

Interchange Illawarra runs fun social get togethers on Thursday and Friday nights.

The program includes outings like ten pin bowling, dinner at a local club, movies and the DanceAbility Disco at Albion Park Bowling Club.

Enjoy a night 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.