





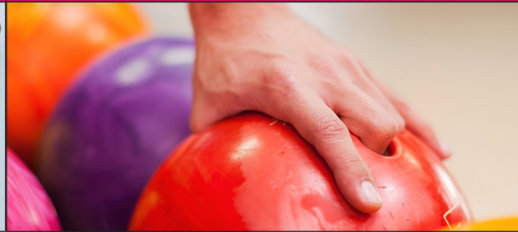




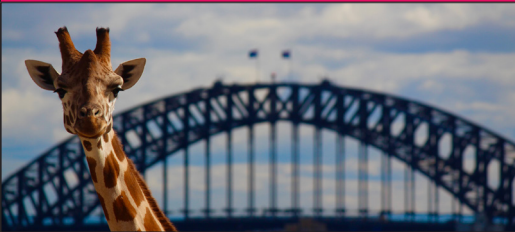

Monday 1 July		Tuesday 2 July Option 1		Tuesday 2 July Option 2		Friday 5 July	
							
<b>Cooking Program</b>		<b>Make your own bracelets</b>		<b>Train Trip</b>		<b>Movies</b>	
Join us for the cooking program where you can improve your cooking skills and eat the results!		We're going to have fun making bracelets.		Join us for a train adventure.		We're off to the cinema to see a new release movie.	
Time:	9am-3pm	Time:	9am-3pm	Time:	9am-3pm	Time:	9am-3pm

Monday 8 July		Tuesday 9 July Option 1		Tuesday 9 July Option 2		Friday 12 July	
							
<b>Cooking Program</b>		<b>Bingo Day</b>		<b>Day Trip to Berry</b>		<b>Jervis Bay Maritime Museum</b>	
Join us for the cooking program where you can improve your cooking skills and eat the results!		Join us for bingo day.		We're off to Berry for the day.		Join us as we explore the Maritime Museum at Jervis Bay.	
Time:	9am-3pm	Time:	9am-3pm	Time:	9am-3pm	Time:	9am-3pm

Monday 15 July	Tuesday 16 July Option 1	Tuesday 16 July Option 2	Friday 19 July
			
<b>Cooking Program</b>	<b>Eclectic Bower - Driftwood Art</b>	<b>Ten Pin Bowling</b>	<b>Lunch @ Kiama Golf Club</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	Jodie from Eclectic Bower is joining us to make some creative driftwood art.	Will you get a strike? Join us for ten pin bowling.	We're off to Kiama Golf Club for lunch.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 22 July	Tuesday 23 July Option 1	Tuesday 23 July Option 2	Friday 26 July
			
<b>Cooking Program</b>	<b>Christmas in July</b>	<b>Putt Putt and Driving Range</b>	<b>Friday Markets &amp; Shopping</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're celebrating Christmas in July with a delicious Christmas lunch.	Join us for Putt Putt and the Driving Range.	We're going to check out the Friday Markets for lunch and shopping.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

# JULY & AUGUST 2024 PEER SUPPORT WEEKDAYS

Monday 29 July	Tuesday 30 July Option 1	Tuesday 30 July Option 2	Friday 2 August
			
<b>Cooking Program</b>	<b>Games Day</b>	<b>Sydney Zoo</b>	<b>Candle Making</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're going to have fun playing some games.	Get excited. We're off to Sydney Zoo to check out some animals.	Join us for candle making fun.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 5 August	Tuesday 6 August Option 1	Tuesday 6 August Option 2	Friday 9 August
			
<b>Cooking Program</b>	<b>Art and Craft</b>	<b>Tuesday Tunes @ The Builders Club</b>	<b>HARS Museum</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're getting creative with art and craft.	Join us for Tuesday Tunes live music and a 2 course lunch at the Builders Club.	We're off to the HARS Museum to check out some planes!
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

# JULY & AUGUST 2024 PEER SUPPORT WEEKDAYS

Monday 12 August	Tuesday 13 August Option 1	Tuesday 13 August Option 2	Friday 16 August
			
<b>Cooking Program</b>	<b>Eclectic Bower - Painted Pinecone Flowers</b>	<b>Nan Tien Temple</b>	<b>Lunch at The Shellharbour Club</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	Get creative with Jodie from Eclectic Bower as we make painted pinecone flowers.	We're going to visit the Nan Tien Temple.	Join us for lunch and socialising at The Shellharbour Club.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 19 August	Tuesday 20 August Option 1	Tuesday 20 August Option 2	Friday 23 August
			
<b>Cooking Program</b>	<b>Trivia Day</b>	<b>Hazelhurst Art Gallery</b>	<b>Bead Shack</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us for trivia day.	We're going to check out the Hazelhurst Art Galley.	We're visiting the Bead Shack in Gerringong to make some awesome bead creations.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

# JULY & AUGUST 2024 PEER SUPPORT WEEKDAYS

Monday 26 August	Tuesday 27 August Option 1	Tuesday 27 August Option 2	Friday 30 August
			
<b>Cooking Program</b>	<b>Card Making</b>	<b>Mystery Bus Trip</b>	<b>Kade's American BBQ</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	Make some cards for your loved ones.	We're going on a mystery bus trip!	Join us for Kade's American style feast.
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](mailto: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.