

FISHING



**ECLECTIC
BOWER**



**SCIENCE
SLIME DAY**




**HALLOWEEN
PARTY**



SEPTEMBER & OCTOBER 2024 PEER SUPPORT WEEKDAYS

Monday 2 September	Tuesday 3 September Option 1	Tuesday 3 September Option 2	Friday 6 September
			
Cooking Program	Art & Craft	Tuesday Tunes @ the Builders Club	Lunch @ The Pub
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're going to have fun being creative with art and crafts.	Join us for a two course lunch and a live music show at the Builders Club.	We're off to a local pub for lunch and socialising.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm


Monday 9 September	Tuesday 10 September Option 1	Tuesday 10 September Option 2	Friday 13 September
			
Cooking Program	Teddy Bears with Jodie from Eclectic Bower	Mystery Bus Trip	Science Day - Make your own slime
Join us for the cooking program where you can improve your cooking skills and eat the results!	Jodie from Eclectic Bower will be joining us today to make face washer teddy bears.	We're going on a mystery adventure bus trip.	We're making slime!
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm





SEPTEMBER & OCTOBER 2024 PEER SUPPORT WEEKDAYS

Monday 16 September	Tuesday 17 September Option 1	Tuesday 17 September Option 2	Friday 20 September
			
Cooking Program	Mexican Day	Bushwalking	Barefoot Bowls
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're celebrating all things Mexican today with Mexican food and music (plus dress up if you would like to).	Join us for a bushwalk.	We're going barefoot bowling at Wiseman Park Bowling Club.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm


Monday 23 September	Tuesday 24 September Option 1	Tuesday 24 September Option 2	Friday 27 September
			
Cooking Program	Karaoke Day	Picnic @ The Lake	Movies
Join us for the cooking program where you can improve your cooking skills and eat the results!	Get ready to sing. It's karaoke day!	Join us for a picnic at the Lake.	We're going to see a new release movie at the cinema.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm





SEPTEMBER & OCTOBER 2024 PEER SUPPORT WEEKDAYS

Monday 30 September	Tuesday 1 October Option 1	Tuesday 1 October Option 2	Friday 4 October
			
Cooking Program	Bingo Day	Driving Range & Putt Putt	Ten Pin Bowling
Join us for the cooking program where you can improve your cooking skills and eat the results!	Who will be our lucky winner on bingo day?	We're off to the driving range and putt putt today.	Will you get a strike? We're going ten pin bowling.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 7 October	Tuesday 8 October Option 1	Tuesday 8 October Option 2	Friday 11 October
			
Public Holiday	Disney Day	Cataract Dam & Appin Bakery	Train Trip
We are closed for the October Public Holiday.	We're celebrating all things Disney with some Disney Trivia. Feel free to dress up if you wish.	We're going on a drive to visit Cataract Dam and the Appin Bakery.	Join us for a train ride. Don't forget your Opal card.
Time: -	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

SEPTEMBER & OCTOBER 2024 PEER SUPPORT WEEKDAYS

Monday 14 October	Tuesday 15 October Option 1	Tuesday 15 October Option 2	Friday 18 October
			
Cooking Program	Eclectic Bower - Mystery Art	Timezone	Fishing & BBQ at 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 today for a mystery art project.	We're going to Timezone for some gaming fun.	Join us for fishing and a barbeque lunch at Lake Illawarra.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 21 October	Tuesday 22 October Option 1	Tuesday 22 October Option 2	Friday 25 October
			
Cooking Program	Yoga	Ten pin bowling	Friday Halloween Party
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us for some gentle yoga moves.	We're going to have some ten pin bowling fun.	Join us for a spook-tacular Halloween party. Feel free to dress up in a Halloween costume if you wish.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

SEPTEMBER & OCTOBER 2024 PEER SUPPORT WEEKDAYS

Monday 28 October	Tuesday 29 October Option 1	Tuesday 29 October Option 2
		
Cooking Program	Halloween Party 2	Swimming
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us for a spook-tacular Halloween party. Feel free to dress up in a Halloween costume if you wish.	We're going swimming.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm



Ask about our NightLife Social events on Thursday and Friday nights.

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.