



**RED COW  
FARM**



**SWIMMING**





**CANDLE  
MAKING**






**EASTER  
SHOW**







# MARCH & APRIL 2025 PEER SUPPORT WEEKDAYS

Monday 3 March	Tuesday 4 March Option 1	Tuesday 4 March Option 2	Friday 7 March
			
<b>Cooking Program</b>	<b>Pancake Day</b>	<b>Kembla Grange Race Day</b>	<b>Swimming</b>
<p>Join us for the cooking program where you can improve your cooking skills and eat the results!</p>	<p>We're going to have fun making pancakes today. What is your favourite flavour?</p>	<p>Join us for a race day at Kembla Grange Racecourse.</p>	<p>We're going to have a refreshing swim today!</p>
<p>Time: 9am-3pm</p>	<p>Time: 9am-3pm</p>	<p>Time: 9am-3pm</p>	<p>Time: 9am-3pm</p>

Monday 10 March	Tuesday 11 March Option 1	Tuesday 11 March Option 2	Friday 14 March
			
<b>Cooking Program</b>	<b>Lantern Decorating with Jodie from Eclectic Bower</b>	<b>Lunch @ Kiama Golf Club</b>	<b>Barefoot Bowling</b>
<p>Join us for the cooking program where you can improve your cooking skills and eat the results!</p>	<p>We're going to get creative and decorate lanterns with Jodie from Eclectic Bower.</p>	<p>Join us for lunch at Kiama Golf Club.</p>	<p>We're going to have fun with barefoot bowling.</p>
<p>Time: 9am-3pm</p>	<p>Time: 9am-3pm</p>	<p>Time: 9am-3pm</p>	<p>Time: 9am-3pm</p>

# MARCH & APRIL 2025 PEER SUPPORT WEEKDAYS

Monday 17 March	Tuesday 18 March Option 1	Tuesday 18 March Option 2	Friday 21 March
			
<b>Cooking Program</b>	<b>Make your own burger</b>	<b>Red Cow Farm</b>	<b>Glenberrie Orchard</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're making our own delicious burgers today.	Come and explore Red Cow Farm. Red Cow Farm is a unique garden set on 2.5 hectares in Sutton Forest.	We're going to visit Glenberrie Orchard at Darkes Forest.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 24 March	Tuesday 25 March Option 1	Tuesday 25 March Option 2	Friday 28 March
			
<b>Cooking Program</b>	<b>Candle Making</b>	<b>Beach Walk &amp; Fish and Chips</b>	<b>Australian Botanic Gardens</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	Have fun creating your own candle!	Join us for a beach walk and fish and chips for lunch.	We're going exploring at the Australian Botanic Gardens at Mt Annan.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm



# MARCH & APRIL 2025 PEER SUPPORT WEEKDAYS

Monday 31 March	Tuesday 1 April Option 1	Tuesday 1 April Option 2	Friday 4 April
			
<b>Cooking Program</b>	<b>Baking Day</b>	<b>Tuesday Tunes @ Master Builders Club</b>	<b>Sports Day @ Towradgi</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	We are going to be doing some baking today, and eating our delicious creations!	Join us for Tuesday Tunes, live music at the Master Builders Club.	We are going to get active with a sports day at Towradgi.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 7 April	Tuesday 8 April Option 1	Tuesday 8 April Option 2	Friday 11 April
			
<b>Cooking Program</b>	<b>Disco Day</b>	<b>Cataract Dam &amp; Appin Pie Shop</b>	<b>Lunch @ The Club</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	Get ready to dance. We're going to celebrate all things disco.	Come exploring at Cataract Dam, we'll visit Appin Pie Shop too!	Join us for lunch at a local club.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

# MARCH & APRIL 2025 PEER SUPPORT WEEKDAYS

Monday 14 April	Tuesday 15 April Option 1	Tuesday 15 April Option 2	Friday 18 April
<b>Cooking Program</b>	<b>Mexican Day</b>	<b>Easter Show</b>	<b>Good Friday Public Holiday</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us for a Mexican feast today.	Get excited! We're off to the Royal Easter Show in Sydney.	We are closed for the Good Friday Public Holiday.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-5pm	Time: -

Monday 21 April	Tuesday 22 April Option 1	Tuesday 22 April Option 2	Friday 25 April
<b>Easter Monday Public Holiday</b>	<b>Pyjama Day</b>	<b>Movies</b>	<b>ANZAC Day</b>
We are closed for the Easter Monday Public Holiday.	Wear your pyjamas to Evans Street today!	We're off to the cinema to see a new release movie.	We are closed for the ANZAC Day Public Holiday.
Time: -	Time: 9am-3pm	Time: 9am-3pm	Time: -



Monday 28 April	Tuesday 29 April Option 1	Tuesday 29 April Option 2
<b>Cooking Program</b>	<b>Make T-Shirt bags with Jodie from Eclectic Bower</b>	<b>Sydney Zoo</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're getting creative with Jodie from Eclectic Bower and making bags out of t-shirts.	We're off to Sydney Zoo, home to over 4,000 animals, including endangered species from all around the world.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-5pm

Check out our Nightlife options!

## WANT MORE INFORMATION?

Please contact Michael or Cat if you would like more information about the supports that Interchange 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 watching new release movies at the cinema, swimming, ten pin bowling, Timezone, fishing, craft days, mystery day trips and much more.