

best life

SUPPORT PROGRAM

TERM 2

31 MARCH - 20 JUNE 2025

The *BestLife Support Program* is Interchange Illawarra's program of supported activities designed for people (18+) with low to moderate support needs.

With options from fishing to Zumba, there's something for everyone.

The program commences each day from our centre at 114 Church Street, Wollongong, and runs from 8.30am to 3.30pm. Transport is also available for those who require it.

For more information please contact our *BestLife* team on bestlife@interchangeillawarra.org or call 4227 1079.



ACTIVE MONDAY



LIFE SKILLS TUESDAY



OUTDOOR WEDNESDAY



LEISURE THURSDAY



CREATIVE FRIDAY

ACTIVE MONDAY

\$180
per term +
bring a packed
lunch

We know how important it is to stay active and maintain a healthy lifestyle.

Morning session:

Zumba with Terri B
at Corrimal



Afternoon session:

Movement and
mindfulness

LIFE SKILLS TUESDAY

\$180
per term,
lunch is
included

Our Life Skills Tuesday Support Program focuses on independence and capacity building activities.

Morning session:

Meal planning and
cooking



Afternoon session:

Computer literacy
and internet safety

OUTDOOR WEDNESDAY

\$120
per term +
bring a packed
lunch

Outdoor Wednesday is perfect for those people who love to get out and about in nature.

Morning session:

Botanic Gardens
Discovery Tours



Photo credit: Wollongong Botanic Garden

Afternoon session:

Fishing

LEISURE THURSDAY

\$240
per term +
bring a packed
lunch

Leisure Thursday is all about fun!

Morning session:

Ten pin bowling



Afternoon session:

Board games, card
games and indoor
fun

CREATIVE FRIDAY

\$240
per term,
lunch is
included

On Creative Friday we unleash our creative side with some fantastic art and craft projects.

Morning session:

Term long art
projects



Afternoon session:

Freestyle art and
craft activities

MORE INFORMATION?

If you are interested in booking in for the *BestLife Support Program* or have any questions please contact us on bestlife@interchangeillawarra.org or call the office on 4227 1079.

Interchange
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