
















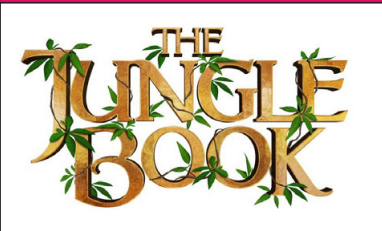
MAY

All activities run from 10am-3pm unless otherwise specified.

| | | | |
|--|---|--|--|
| <p>Saturday 3 May Option 1</p> | <p>Saturday 3 May Option 2</p> | <p>Saturday 10 May Option 1</p> | <p>Saturday 10 May Option 2</p> |
|  |  |  |  |
| <p>Pizza Day</p> | <p>Nan Tien Temple Markets</p> | <p>Card Making</p> | <p>Ten Pin Bowling</p> |
| <p>Join us for a delicious pizza lunch.</p> | <p>We're going to check out the Nan Tien Temple Markets.</p> | <p>Unleash your creative side with card making for your loved ones.</p> | <p>Will you get a strike? Join us for ten pin bowling.</p> |
| <p>Saturday 17 May Option 1</p> | <p>Saturday 17 May Option 2</p> | <p>Saturday 24 May Option 1</p> | <p>Saturday 24 May Option 2</p> |
|  |  |  |  |
| <p>Yoga</p> | <p>Luna Park</p> | <p>Games Day</p> | <p>Lunch @ The Pub</p> |
| <p>Join us for some gentle yoga stretching.</p> | <p>Get excited! We're off to Luna Park. 9am-6pm.</p> | <p>Join us to play board games and card games.</p> | <p>We're going for lunch at a local pub.</p> |

MAY & JUNE

All activities run from 10am-3pm unless otherwise specified.

| | | | |
|--|--|--|---|
| <p>Saturday 31 May Option 1</p>  <p>Karaoke Day</p> <p>Get ready to sing! Join us for karaoke day.</p> | <p>Saturday 31 May Option 2</p>  <p>Kembla Grange Races</p> <p>Join us for a race day at Kembla Grange.</p> | <p>Saturday 7 June Option 1</p>  <p>Soup Day</p> <p>We're cooking up a delicious soup for lunch.</p> | <p>Saturday 7 June Option 2</p>  <p>Ten Pin Bowling</p> <p>Will you get a strike? Join us for ten pin bowling fun.</p> |
| <p>Saturday 14 June Option 1</p>  <p>Bingo Day</p> <p>Join us for bingo day!</p> | <p>Saturday 14 June Option 2</p>  <p>Open Fields Arts Festival and Lunch in Berry</p> <p>We're off to the Open Fields Art Festival and having lunch in Berry.</p> | <p>Saturday 21 June Option 1</p>  <p>Backyard Olympics</p> <p>Join us for some challenges!</p> | <p>Saturday 21 June Option 2</p>  <p>The Jungle Book @ Roo Theatre</p> <p>We're going to see the Roo Theatre production of The Jungle Book. 12pm-5pm</p> |

PEER SUPPORT SATURDAY

2025

MAY & JUNE

JUNE

| Saturday 28 June Option 1 | Saturday 28 June Option 2 |
|---|---|
|  |  |
| Art & Craft | Movies |
| Unleash your creative side with art and craft. | We're off to the cinema to see a new release movie. |

All activities run from 10am-3pm unless otherwise specified.



NIGHTLIFE SOCIAL

| Thursday 1 May | Friday 9 May | Thursday 15 May | Thursday 29 May | Friday 30 May |
|--|---|---|---|---|
|  |  |  |  |  |
| DanceAbility Disco @ Albion Park | BBQ Night | DanceAbility Disco @ The Frat | Dinner @ TBH | Outdoor Movie Night |
| We're going to dance the night away at the DanceAbility Disco at Albion Park Bowling Club. | Join us for a delicious barbeque dinner. | We're going to dance the night away at the DanceAbility Disco at The Fraternity Club. | Join us for a dinner and socialising at the Towradgi Beach Hotel. | Outdoor Movie Nights are back at Evans Street. |
| Time: 4pm-9pm | Time: 6pm-9pm | Time: 4pm-9pm | Time: 6pm-9pm | Time: 5pm-10pm |
| Cost: \$10 entry (cash) + money for dinner if you wish to buy from the bistro | Cost: \$10 dinner included | Cost: \$10 entry (cash) + money for dinner if you wish to buy from the bistro | Cost: Bring money for dinner | Cost: \$10 dinner included |

| Thursday 5 June | Friday 6 June | Thursday 19 June | Friday 20 June | Friday 26 June |
|--|---|---|---|---|
|  |  |  |  |  |
| DanceAbility Disco @ Albion Park | B Lucky & Sons | DanceAbility Disco @ The Frat | Outdoor Movie Night | Dinner @ Chinese Restaurant |
| We're going to dance the night away at the DanceAbility Disco at Albion Park Bowling Club. | Join us for some retro arcade fun at B Luck & Sons. | We're going to dance the night away at the DanceAbility Disco at The Fraternity Club. | Join us for an outdoor movie night and dinner at Evans Street. | We're off to a Chinese Restaurant for dinner. |
| Time: 4pm-9pm | Time: 6pm-9pm | Time: 4pm-9pm | Time: 5pm-10pm | Time: 6pm-9pm |
| Cost: \$10 entry (cash) + money for dinner if you wish to buy from the bistro | Cost: \$30 + money for dinner | Cost: \$10 entry (cash) + money for dinner if you wish to buy from the bistro | Cost: \$10 dinner included | Cost: Bring money for dinner |

MAY/JUNE 2025



WANT MORE INFORMATION?

Please contact the Social Support Team 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 or call the office on 4227 1079.