



JULY

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

Saturday 5 July Option 1	Saturday 5 July Option 2
	
Lunch @ The Pub	Karaoke Day
Join us for lunch and socialising at a local pub.	Get ready to sing! We're having a karaoke day.

Saturday 12 July Option 1	Saturday 12 July Option 2
	
Bowling	Mauro's Retirement Lunch
Will you get a strike? Join us for ten pin bowling.	Join us as we celebrate Mauro's retirement from volunteering at Interchange.

Saturday 19 July Option 1	Saturday 19 July Option 2
	
Train Trip	Bingo Day
We're going on a train ride.	Join us for a fun day of bingo!

Saturday 26 July Option 1	Saturday 26 July Option 2
	
Kembla Grange Race Day	Christmas in July
We're off to the races at Kembla Grange Racecourse.	Join us for a Christmas in July feast.





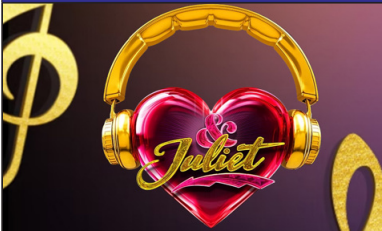



PEER SUPPORT SATURDAY

2025

JULY & AUGUST

AUGUST

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

<p>Saturday 2 August Option 1</p>  <p>Fleet Air Museum</p> <p>We're off to visit the Fleet Air Museum in Nowra.</p>	<p>Saturday 2 August Option 2</p>  <p>Soup Day</p> <p>We're cooking up a delicious soup for lunch.</p>	<p>Saturday 9 August Option 1</p>  <p>Ten Pin Bowling</p> <p>Will you get a strike? Join us for ten pin bowling fun.</p>	<p>Saturday 9 August Option 2</p>  <p>Pyjama Day</p> <p>Wear your pyjamas to Peer Support Saturday.</p>
<p>Saturday 16 August Option 1</p>  <p>& Juliet @ Arcadians</p> <p>Join us to watch the Arcadians production of & Juliet. 12pm-5pm</p>	<p>Saturday 16 August Option 2</p>  <p>Art & Craft</p> <p>Get creative today with art and craft.</p>	<p>Saturday 23 August Option 1</p>  <p>Madam Tussauds</p> <p>Join us as we visit Madam Tussauds in Sydney. 9am-4pm.</p>	<p>Saturday 23 August Option 2</p>  <p>Backyard Olympics</p> <p>We're going to have fun with some backyard challenges.</p>

PEER SUPPORT SATURDAY

2025

JULY & AUGUST

AUGUST

Saturday 30 August Option 1	Saturday 30 August Option 2
	
Minnamurra Rainforest	Card Making
Join us for a walk in the beautiful Minnamurra Rainforest.	Create beautiful hand made cards for your loved ones.

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



Interchange Illawarra
best life
SUPPORT PROGRAM

TERM 3
23 JUNE – 12 SEPTEMBER 2025

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

There are a huge range of options and you can attend one day or many!

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 or to arrange a site visit please contact our team on bestlife@interchangeillawarra.org or call 4227 1079.

www.interchangeillawarra.org

-  **ACTIVE MONDAY**
-  **LIFE SKILLS TUESDAY**
-  **OUTDOOR WEDNESDAY**
-  **LEISURE THURSDAY**
-  **CREATIVE FRIDAY**

Ask us about the BestLife Support Program!



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.