



**TEN PIN  
BOWLING**

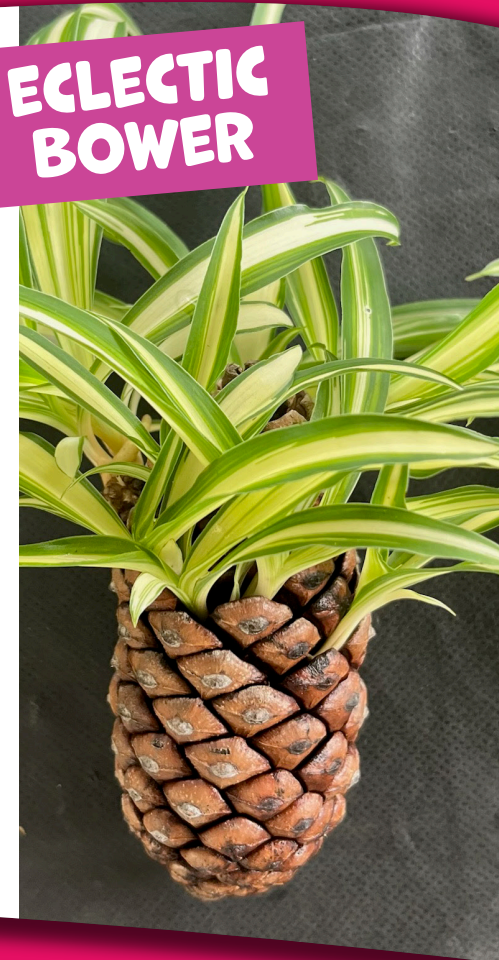
**DAY TRIP  
TO BOWRAL**



**CHRISTMAS  
IN JULY**



**ECLECTIC  
BOWER**



# JULY & AUGUST 2025 PEER SUPPORT WEEKDAYS



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](mailto:bestlife@interchangeillawarra.org) or call 4227 1079.

[www.interchangeillawarra.org](http://www.interchangeillawarra.org)











Ask us about the BestLife Support Program

Tuesday 1 July Option 1	Tuesday 1 July Option 2	Friday 4 July
		
<b>Make your own burger</b>	<b>Mystery Bus Trip</b>	<b>Shoalhaven Botanic Gardens</b>
Make your own burger for lunch today.	Where will we go? It's a mystery!	We're going exploring at Shoalhaven Botanic Gardens.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 7 July	Tuesday 8 July Option 1	Tuesday 8 July Option 2	Friday 11 July
			
<b>Cooking Program</b>	<b>Mauro's Retirement Lunch</b>	<b>Laser Tag</b>	<b>Putt Putt @ Helensburgh Golf</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us as we celebrate Mauro's retirement from volunteering! Mauro has worked with us for over 27 years.	Join us for Laser Tag fun today.	We're going to Helensburgh Golf to play Putt Putt.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm





# JULY & AUGUST 2025 PEER SUPPORT WEEKDAYS

Monday 14 July	Tuesday 15 July Option 1	Tuesday 15 July Option 2	Friday 18 July
			
<b>Cooking Program</b>	<b>Pinecone Planters with Jodie from Eclectic Bower</b>	<b>Movies</b>	<b>Lunch @ Gerringong Bowlo</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're getting creative and making pinecone planters with Jodie from Eclectic Bower.	We're off to the cinema to see a new release movie.	Join us for lunch at Gerringong Bowling Club.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm


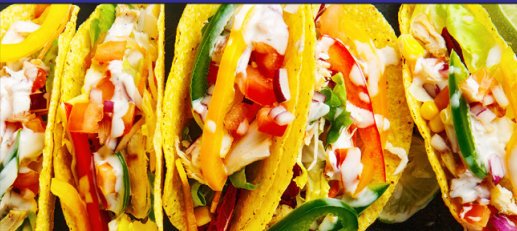
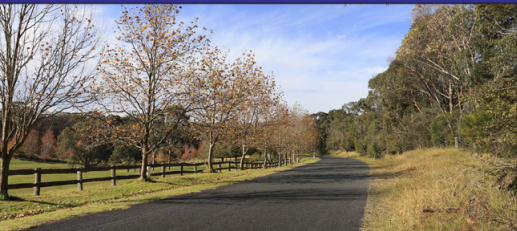

Monday 21 July	Tuesday 22 July Option 1	Tuesday 22 July Option 2	Friday 25 July
			
<b>Cooking Program</b>	<b>Karaoke Day</b>	<b>Outsiders Art Exhibition</b>	<b>Christmas in July Dress Up</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	Get ready to sing. We're having a karaoke day.	We're visiting the Outsiders Art Exhibition.	We're having a Christmas in July lunch. Wear your Christmas colours!
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm





# JULY & AUGUST 2025 PEER SUPPORT WEEKDAYS

Monday 28 July	Tuesday 29 July Option 1	Tuesday 29 July Option 2	Friday 1 August
			
<b>Cooking Program</b>	<b>Games Day</b>	<b>Ten Pin Bowling</b>	<b>Train Trip</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're going to play some board games and card games today.	Join us for ten pin bowling fun!	We're going for a train trip.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 4 August	Tuesday 5 August Option 1	Tuesday 5 August Option 2	Friday 8 August
			
<b>Cooking Program</b>	<b>Decorate your own mug with Jodie from Eclectic Bower</b>	<b>Tuesday Tunes</b>	<b>IKEA Tempe</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	Unleash your creativity! Decorate your own mug with Jodie from Eclectic Bower.	Join us for Tuesday Tunes, includes a 2 course lunch and live music show at The Builders Club.	We're visiting IKEA in Tempe.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

# JULY & AUGUST 2025 PEER SUPPORT WEEKDAYS

Monday 11 August	Tuesday 12 August Option 1	Tuesday 12 August Option 2	Friday 15 August
			
<b>Cooking Program</b>	<b>Taco Tuesday</b>	<b>Day trip to Bowral</b>	<b>Chau Chuk Wing Museum</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're going to be making delicious taco's today.	Join us for a day in Bowral.	We are off to the Chau Chuk Wing Museum at the University of Sydney.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 18 August	Tuesday 19 August Option 1	Tuesday 19 August Option 2	Friday 22 August
			
<b>Cooking Program</b>	<b>Tie Dye Day</b>	<b>Lunch @ The Frat</b>	<b>Chocolate Making demo @ The Treat Factory</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us for tie dye day where we create some beautiful tie dyed fabric creations.	We're having lunch at The Fraternity Club.	We are going to watch a chocolate making demonstration at The Treat Factory in Berry.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

# JULY & AUGUST 2025 PEER SUPPORT WEEKDAYS

Monday 25 August	Tuesday 26 August Option 1	Tuesday 26 August Option 2	Friday 29 August
			
<b>Cooking Program</b>	<b>Card Making</b>	<b>Op Shopping</b>	<b>Bead Shack</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	Unleash your creativity and make some cards for your loved ones.	Join us for a day of op shopping.	We are off to the Bead Shack in Gerringong.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm



## WANT MORE INFORMATION?

Please contact the Social Support Team if you would like more information about the supports that Interchange Illawarra can provide.

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's.

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.