



**TULIP TIME  
FESTIVAL**



**WHALE  
WATCHING**







**HALLOWEEN  
PARTY**



**ECLECTIC  
BOWER**

**SEPTEMBER & OCTOBER 2025**





# SEPTEMBER & OCTOBER 2025 PEER SUPPORT WEEKDAYS

Monday 1 September	Tuesday 2 September Option 1	Tuesday 2 September Option 2	Friday 5 September
			
<b>Cooking Program</b>	<b>Baking Day</b>	<b>Picton Botanic Gardens</b>	<b>Bushwalking</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're going to do some baking today.	We're off to explore Picton Botanic Gardens.	Join us for bushwalking.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 8 September	Tuesday 9 September Option 1	Tuesday 9 September Option 2	Friday 12 September
			
<b>Cooking Program</b>	<b>Tie Dye Day</b>	<b>Mystery Bus Trip</b>	<b>Train Trip to Thirroul</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	Today we're getting creative with tie dying.	Join us for a bus trip with a mystery destination!	We're going to catch the train to Thirroul.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm







# SEPTEMBER & OCTOBER 2025 PEER SUPPORT WEEKDAYS

Monday 15 September	Tuesday 16 September Option 1	Tuesday 16 September Option 2	Friday 19 September
			
<b>Cooking Program</b>	<b>Squish Friends with Jodie from Eclectic Bower</b>	<b>Tulip Time Festival</b>	<b>Barefoot Bowls</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're making cute squish friends with Jodie from Eclectic Bower.	Join us as we travel to Bowral for the Tulip Time Festival.	We're playing barefoot bowls today. Join in the fun.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 22 September	Tuesday 23 September Option 1	Tuesday 23 September Option 2	Friday 26 September
			
<b>Cooking Program</b>	<b>International Day of Sign Language</b>	<b>Bundeena Ferry</b>	<b>Whale Watching</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're going to learn some sign language on International Day of Sign Language.	We're visiting the Bundeena area and going for a ride on the ferry.	Join us for a whale watching cruise.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

# SEPTEMBER & OCTOBER 2025 PEER SUPPORT WEEKDAYS

Monday 29 September	Tuesday 30 September Option 1	Tuesday 30 September Option 2	Friday 3 October
			
<b>Cooking Program</b>	<b>Yoga</b>	<b>Movies</b>	<b>Lunch @ Peacock Palace</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us for a gentle yoga class today.	We're off to the cinema to see a new release movie.	Join us for lunch at the Peacock Palace at Unanderra.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 6 October	Tuesday 7 October Option 1	Tuesday 7 October Option 2	Friday 10 October
			
<b>Public Holiday</b>	<b>BBQ Day</b>	<b>Tuesday Tunes</b>	<b>Belgenny Farm Tour</b>
We're closed for the public holiday.	We're having a delicious barbeque lunch today.	Join us for Tuesday Tunes, includes a 2 course lunch and live music show at The Builders Club.	We're visiting Belgenny Farm in Camden.
Time: -	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm



# SEPTEMBER & OCTOBER 2025 PEER SUPPORT WEEKDAYS

Monday 13 October	Tuesday 14 October Option 1	Tuesday 14 October Option 2	Friday 17 October
			
<b>Cooking Program</b>	<b>Mini Canvas Art with Jodie from Eclectic Bower</b>	<b>Smash Factor Golf</b>	<b>Mystery Bus Trip</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're going to creating mini canvas artworks today with Jodie from Eclectic Bower.	Join us for a day at Smash Factor Golf, an indoor golf centre in Wollongong.	We are going on a mystery bus trip.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

Monday 20 October	Tuesday 21 October Option 1	Tuesday 21 October Option 2	Friday 24 October
			
<b>Cooking Program</b>	<b>Belly Dancing</b>	<b>Rhododendron Gardens</b>	<b>Fishing</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're going to move and shake with some belly dancing today!	Join us to explore the beautiful Rhododendron Gardens in Mt. Pleasant.	Will you catch a fish? Join us for fishing at the lake.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm

# SEPTEMBER & OCTOBER 2025 PEER SUPPORT WEEKDAYS

Monday 27 October	Tuesday 28 October Option 1	Tuesday 28 October Option 2	Friday 31 October
			
<b>Cooking Program</b>	<b>Candle Making</b>	<b>BBQ at Sublime Point</b>	<b>Halloween Party</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're getting creative and making candles today.	Join us for barbeque lunch at Sublime Point.	We are having a halloween party!
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.