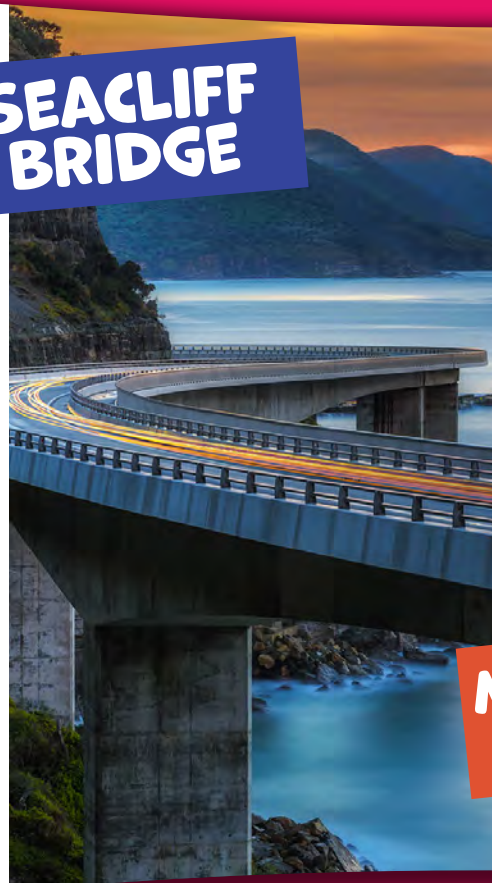




**CHRISTMAS
PARTY**



**SEACLIFF
BRIDGE**

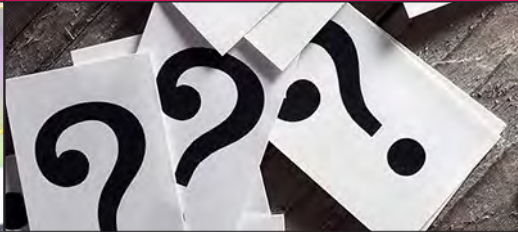


**MINNAMURRA
RAINFOREST**



**TUESDAY
TUNES**

NOVEMBER & DECEMBER 2025 PEER SUPPORT WEEKDAYS

Monday 3 November	Tuesday 4 November Option 1	Tuesday 4 November Option 2	Friday 7 November
			
Cooking Program	Melbourne Cup lunch	Mystery Bus Trip	Seacliff Bridge Walk
Join us for the cooking program where you can improve your cooking skills and eat the results.	We're going to celebrate the Melbourne Cup!	Join us for a bus trip with a mystery destination!	Let's go for a walk along the scenic Seacliff Bridge.
Time: 9am-3pm	Time: 9am-4pm	Time: 9am-3pm	Time: 9am-3pm
Cost: \$10 lunch included	Cost: \$10 lunch included & money for sweepstakes (optional)	Cost: \$5 + bring money for lunch	Cost: \$5 + bring money for lunch

Monday 10 November	Tuesday 11 November Option 1	Tuesday 11 November Option 2	Friday 14 November
			
Cooking Program	Lucy's Retirement Party	Driving Range & Putt Putt	Barefoot Bowls
Join us for the cooking program where you can improve your cooking skills and eat the results.	Join us as we celebrate Lucy's retirement from volunteering.	We're going to have some fun and practise our golf skills.	We're going to play some barefoot bowls.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm
Cost: \$10 lunch included	Cost: \$10 lunch included	Cost: \$20 + bring money for lunch	Cost: \$10 + bring money for lunch

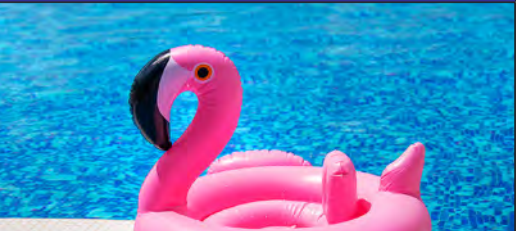
NOVEMBER & DECEMBER 2025 PEER SUPPORT WEEKDAYS

Monday 17 November	Tuesday 18 November Option 1	Tuesday 18 November Option 2	Friday 21 November
			
Cooking Program	Photo props with Jodie from Eclectic Bower	Beach Games and Fish & Chips	Free Bus and lunch @ the Frat
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're making props for a funny photo with Jodie from Eclectic Bower.	Join us for some games at the beach and have fish & chips for lunch.	We're catching the free bus to the Fraternity Club for a delicious lunch.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm
Cost: \$10 lunch included	Cost: \$20 lunch included	Cost: \$5 + money for lunch	Cost: Bring money for lunch

Monday 24 November	Tuesday 25 November Option 1	Tuesday 25 November Option 2	Friday 28 November
			
Cooking Program	Baking Day	Ten Pin Bowling	Movies
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 going bowling. Who will get a strike?	We're off to the cinema to see a new release movie.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm
Cost: \$10 lunch included	Cost: \$10 lunch included	Cost: \$20 lunch included	Cost: \$20 + money for lunch

NOVEMBER & DECEMBER 2025 PEER SUPPORT WEEKDAYS

Monday 1 December	Tuesday 2 December Option 1	Tuesday 2 December Option 2	Friday 5 December
			
Cooking Program	Christmas decorations with Jodie from Eclectic Bower	Tuesday Tunes	Picnic @ Minnamurra Rainforest
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're getting creative and making some Christmas decorations 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 having a picnic at the beautiful Minnamurra Rainforest.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm
Cost: \$10 lunch included	Cost: \$20 lunch included	Cost: \$40	Cost: \$10 lunch included

Monday 8 December	Tuesday 9 December Option 1	Tuesday 9 December Option 2	Friday 12 December
			
Cooking Program	Bingo Day	Picnic @ Botanic Gardens	Swimming
Join us for the cooking program where you can improve your cooking skills and eat the results!	Let's play bingo and see who will win!	Join us for a picnic in the Botanic Gardens.	We're going to enjoy some swimming.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm
Cost: \$10 lunch included	Cost: \$10 lunch included	Cost: \$10 lunch included	Cost: \$5 + bring swimmers, towel and money for lunch

NOVEMBER & DECEMBER PEER SUPPORT WEEKDAYS

Monday 15 December	Tuesday 16 December Option 1	Tuesday 16 December Option 2	Friday 19 December
			
Cooking Program	Card Making	Swimming	Lunch @ the Club
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're going to create some cards.	Join us for swimming at a local pool.	Let's enjoy a leisurely lunch.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm
Cost: \$10 lunch included	Cost: \$10 lunch included	Cost: \$5+ bring swimmers, towel and money for lunch	Cost: bring money for lunch

Monday 22 December	Tuesday 23 December
	
Cooking Program	Christmas Party
Join us for the cooking program where you can improve your cooking skills and eat the results!	Let's celebrate the festive season!
Time: 9am-3pm	Time: 9am-3pm
Cost: \$10 lunch included	Cost: \$10 lunch included



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!