

















## JANUARY

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

<b>Saturday 3 January Option 1</b>  <b>New Years BBQ</b> <p>Join us for a delicious barbeque lunch.</p>	<b>Saturday 3 January Option 2</b>  <b>Movies</b> <p>We're off to the cinema to see a new release movie.</p>	<b>Saturday 10 January Option 1</b>  <b>Water Fun Day</b> <p>Join us as for a day of water fun! Bring your swimmers &amp; a towel.</p>	<b>Saturday 10 January Option 2</b>  <b>Honk Music Festival</b> <p>We're going to the Honk Music Festival in Wollongong.</p>
<b>Saturday 17 January Option 1</b>  <b>Backyard Cricket</b> <p>Joining us for a game of backyard cricket.</p>	<b>Saturday 17 January Option 2</b>  <b>Albion Park Show</b> <p>Get excited we're off to Albion Park Show! 5pm-11pm</p>	<b>Saturday 24 January Option 1</b>  <b>Bingo Day</b> <p>Join us for a day of bingo.</p>	<b>Saturday 24 January Option 2</b>  <b>Ten Pin Bowling</b> <p>Will you get a strike? We're going to ten pin bowling.</p>

## JANUARY & FEBRUARY

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<b>Saturday 31 January Option 1</b>  <b>Art &amp; Craft</b> <p>Unleash your creative side with art &amp; craft activities.</p>	<b>Saturday 31 January Option 2</b>  <b>Robin Hood</b> <p>Join us to watch Robin Hood at Roo Theatre. 12.30pm-5.30pm</p>	<b>Saturday 7 February Option 1</b>  <b>Karaoke Day</b> <p>Get ready to sing at our karaoke day.</p>	<b>Saturday 7 February Option 2</b>  <b>Mystery Bus Trip</b> <p>Join us for a bus trip with a mystery destination.</p>
<b>Saturday 14 February Option 1</b>  <b>Card Making</b> <p>We're getting creative and making cards for our loved ones.</p>	<b>Saturday 14 February Option 2</b>  <b>Lunch @ The Pub</b> <p>Join us for lunch at a local pub.</p>	<b>Saturday 21 February Option 1</b>  <b>Tie Dye Day</b> <p>We're getting creative with tie dye!</p>	<b>Saturday 21 February Option 2</b>  <b>Ten Pin Bowling</b> <p>Join us for ten pin bowling.</p>

# PEER SUPPORT SATURDAY

## 2026

### JANUARY & FEBRUARY

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Saturday 28 February Option 1	Saturday 28 February Option 2
	
Pizza Day	Jamberoo Action Park
What's your favourite pizza topping?	We're off to Jamberoo Action Park! (9am-4pm)

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## PEER SUPPORT WEEKDAYS

Our Weekdays group do some great activities including the cooking program, ten pin bowling, art and craft, going out for lunch, listening to live music, going the cinema and much more!



## 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, late night markets and the DanceAbility Disco nights.

Enjoy a night out with friends!



## 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.

The group does fun activities in the Illawarra.



## SHORT TERM RESPITE

If you have funding for short term respite in your NDIS plan, you could have a stay at our lovely Villa at Lake Illawarra.

You can organise a stay with a Support Worker for a fun break away from your parents or carers.

Weekdays and weekends are available.