



**ROYAL  
EASTER SHOW**



**ST. PATRICKS  
DAY PARTY**



**ROCK  
PAINTING**



**FESTIVAL OF  
COLOUR**

Monday 2 March	Tuesday 3 March Option 1	Tuesday 3 March Option 2	Friday 6 March
			
Cooking Program	Holi (Festival of Colour)	Tuesday Tunes	Robertson Show
Join us for the cooking program where you can improve your cooking skills and eat the results.	Get ready for a fun colour run! Please wear a white t-shirt (if possible) & bring a change of clothes and a towel.	Join us for Tuesday Tunes, includes a 2 course lunch and live music show at The Builders Club.	We're off to Robertson Show.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm
Cost: \$10 lunch included	Cost: \$10 lunch included	Cost: \$40 includes lunch & show	Cost: \$10 + bring lunch or money for lunch + purchases

Monday 9 March	Tuesday 10 March Option 1	Tuesday 10 March Option 2	Friday 13 March
			
Cooking Program	Easter Craft with Jodie from Eclectic Bower	Swimming	Lunch @ Gerringong Bowlo
Join us for the cooking program where you can improve your cooking skills and eat the results.	We are getting creative with Jodie from Eclectic Bower with Easter themed craft.	We're going to cool off with a refreshing swim.	Join us for lunch and socialising at Gerringong Bowling Club.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm
Cost: \$10 lunch included	Cost: \$20 lunch included	Cost: \$5+ bring money for lunch & your swimmers and towel	Cost: Bring lunch or money for lunch

# MARCH & APRIL 2026 PEER SUPPORT WEEKDAYS

Monday 16 March	Tuesday 17 March Option 1	Tuesday 17 March Option 2	Friday 20 March
			
Cooking Program	St Patrick's Day party	Tin Pin Bowling	Bushwalking & picnic
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us for a St.Patrick's day party!	Will you get a strike? Join us for ten pin bowling.	We're going bushwalking and having a picnic for lunch.
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: \$10 lunch included

Monday 23 March	Tuesday 24 March Option 1	Tuesday 24 March Option 2	Friday 27 March
			
Cooking Program	Pamper Day	Train Trip to Thirroul	Putt Putt Golf @ Helensburgh
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us for a pamper day.	We're going on a train ride to Thirroul.	Join us for Putt Putt Golf at Helensburgh.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm
Cost: \$10 lunch included	Cost: \$10 lunch included	Cost: Bring your Opal Card and money for lunch.	Cost: \$10 + bring money for lunch

# MARCH & APRIL 2026 PEER SUPPORT WEEKDAYS

Monday 30 March	Tuesday 31 March Option 1	Tuesday 31 March Option 2	Friday 3 April
			
<b>Cooking Program</b>	<b>Card Making</b>	<b>Movies</b>	<b>Good Friday Public Holiday</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're getting creative and making cards for our loved ones.	Join us to see a new release movie at the cinema.	We're closed for the Good Friday Public Holiday.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: -
Cost: \$10 lunch included	Cost: \$10 lunch included	Cost: \$20 + bring money for lunch	Cost: -

Monday 6 April	Tuesday 7 April Option 1	Tuesday 7 April Option 2	Friday 10 April
			
<b>Easter Monday Public Holiday</b>	<b>Tie Dye Day</b>	<b>Easter Show</b>	<b>Bunnings Craft Workshop</b>
We're closed for the Easter Monday Public Holiday.	Get creative with tie dye day.	Get excited! We are off to the Sydney Royal Easter Show.	We're off to Bunnings Bellambi to take part in a craft workshop.
Time: -	Time: 9am-3pm	Time: 9am-5pm	Time: 9am-3pm
Cost: -	Cost: \$10 lunch included	Cost: \$40 + bring money for lunch and activities	Cost: Bring money for lunch

Monday 13 April	Tuesday 14 April Option 1	Tuesday 14 April Option 2	Friday 17 April
			
<b>Cooking Program</b>	<b>Rock Painting with Jodie from Eclectic Bower</b>	<b>Cataract Dam &amp; Appin Pie Shop</b>	<b>Barefoot Bowls</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're getting creative and painting rocks with Jodie from Eclectic Bower.	Join us for a walk around Cataract Dam and a visit to Appin Pie Shop for lunch.	We're going barefoot bowling.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm
Cost: \$10 lunch included	Cost: \$20 lunch included	Cost: \$5 + bring money for lunch	Cost: \$20 + bring money for lunch

Monday 20 April	Tuesday 21 April Option 1	Tuesday 21 April Option 2	Friday 24 April
			
<b>Cooking Program</b>	<b>Karaoke Day</b>	<b>Mystery Bus Trip</b>	<b>Kiama Sculpture Walk</b>
Join us for the cooking program where you can improve your cooking skills and eat the results!	Get ready to sing! It's karaoke day.	Where will we end up? It's a mystery.	Join us as we check out the sculpture walk in Kiama.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm
Cost: \$10 lunch included	Cost: \$10 lunch included	Cost: \$5 + bring money for lunch	Cost: Bring money for lunch

Monday 27 April	Tuesday 28 April Option 1	Tuesday 28 April Option 2
		
<b>Cooking Program</b>	<b>Backyard Olympics</b>	<b>BBQ @ Lake Illawarra</b>
<p>Join us for the cooking program where you can improve your cooking skills and eat the results!</p>	<p>We're going to have fun with a series of backyard games and challenges.</p>	<p>Join us for a delicious barbeque lunch at Lake Illawarra.</p>
<p><b>Time:</b> 9am-3pm</p>	<p><b>Time:</b> 9am-3pm</p>	<p><b>Time:</b> 9am-3pm</p>
<p><b>Cost:</b> \$10 lunch included</p>	<p><b>Cost:</b> \$10 lunch included</p>	<p><b>Cost:</b> \$10 lunch included</p>

** 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.