

**MOTHER'S
DAY CRAFT**



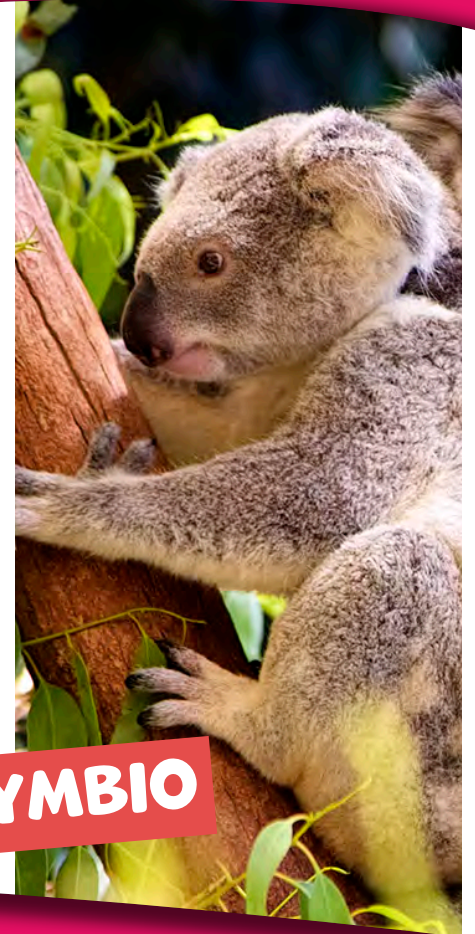
PICNICS

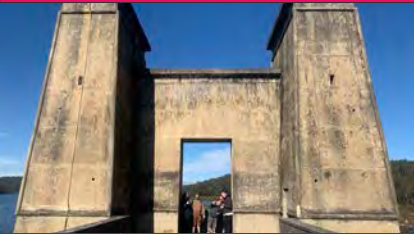









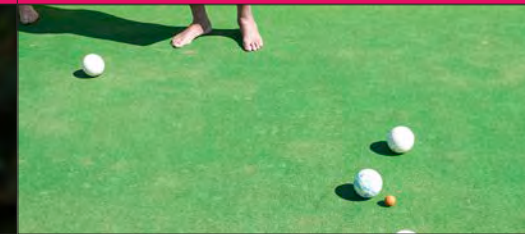
**TUESDAY
TUNES**











SYMBIO



| Friday 1 May | Monday 4 May | Tuesday 5 May Option 1 | Tuesday 5 May Option 2 | Friday 8 May |
|--|--|--|---|---|
|  |  |  |  |  |
| Picnic @ Cordeaux Dam | Cooking Program | Mini Wreaths with Jodie from Eclectic Bower | Kembla Grange Races | Blue Mile Walk + Fish & Chips |
| We're having a picnic at Cordeaux Dam. | Join us for the cooking program where you can improve your cooking skills and eat the results. | We're making Mother's Day mini wreaths with Jodie from Eclectic Bower. | Join us for the races at Kembla Grange. | We're going for a walk along the Blue Mile with fish and chips for lunch. |
| Time: 9am-3pm | 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 + bring money for lunch | Cost: Bring money for lunch |





| Monday 11 May | Tuesday 12 May Option 1 | Tuesday 12 May Option 2 | Friday 15 May |
|--|---|--|--|
|  |  |  |  |
| Cooking Program | Bingo Day | Picnic @ Botanic Gardens | Barefoot Bowls |
| Join us for the cooking program where you can improve your cooking skills and eat the results. | Join us for bingo day! | We're going to have a picnic at the Botanic Gardens | Join us for barefoot bowls. |
| 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: \$20 + bring money for lunch |

| Monday 18 May | Tuesday 19 May Option 1 | Tuesday 19 May Option 2 | Friday 22 May |
|--|--|---|---|
|  |  |  |  |
| Cooking Program | Karaoke Day | Free Bus to the Fraternity Club | Friday Markets |
| Join us for the cooking program where you can improve your cooking skills and eat the results! | What is your favourite karaoke song? | Join us as we travel on the free bus to the Fraternity Club. | We're going to check out the Friday Markets in the Mall. |
| Time: 9am-3pm | Time: 9am-3pm | Time: 9am-3pm | Time: 9am-3pm |
| Cost: \$10 lunch included | Cost: \$10 lunch included | Cost: Bring money for lunch | Cost: Bring money for lunch and purchases. |

| Monday 25 May | Tuesday 26 May Option 1 | Tuesday 26 May Option 2 | Friday 29 May |
|--|---|--|--|
|  |  |  |  |
| Cooking Program | BBQ Day | Ten Pin Bowling | Taste of Asia |
| Join us for the cooking program where you can improve your cooking skills and eat the results! | Join us for a delicious barbeque feast. | We're going ten pin bowling. Will you get a strike? | Join us for Taste of Asia lunch. |
| 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: Bring money for lunch |

| Monday 1 June | Tuesday 2 June Option 1 | Tuesday 2 June Option 2 | Friday 5 June |
|--|---|--|--|
| | | | |
| Cooking Program | Pizza and DVD's | Tuesday Tunes | Op Shopping & Free Bus |
| Join us for the cooking program where you can improve your cooking skills and eat the results! | We're watching some DVD's and eating pizza! | Join us for Tuesday Tunes, includes a 2 course lunch and live music show at The Builders Club. | We're going for a ride on the free bus and to do some op shopping. |
| Time: 9am-3pm | Time: 9am-3pm | Time: 9am-3pm | Time: 9am-3pm |
| Cost: \$10 lunch included | Cost: \$10 lunch included | Cost: \$40 includes 2 course lunch | Cost: Purchases optional + bring money for lunch |

| Monday 8 June | Tuesday 9 June Option 1 | Tuesday 9 June Option 2 | Friday 12 June |
|---|--|--|---|
| | | | |
| June Long Weekend Public Holiday | Candle Making | Symbio | Bunnings Craft Workshop |
| We're closed for the Public Holiday. | Join us to create your own custom made candle. | Get ready to check out some cute animals! We're off to Symbio. | Take part in a craft workshop at Bunnings Bellambi. |
| Time: - | Time: 9am-3pm | Time: 9am-3pm | Time: 9am-3pm |
| Cost: - | Cost: \$10 lunch included | Cost: \$50 + bring money for lunch or a packed lunch | Cost: Bring money for lunch |

| Monday 15 June | Tuesday 16 June Option 1 | Tuesday 16 June Option 2 | Friday 19 June |
|--|---|---|---|
|  |  |  |  |
| Cooking Program | Water colour stencilling with Jodie from Eclectic Bower | Mystery Bus Trip | Lunch @ The Club |
| Join us for the cooking program where you can improve your cooking skills and eat the results! | We're getting creative and exploring water colour stencilling with Jodie from Eclectic Bower. | Where will we end up? It's a mystery. | Join us for lunch at a local 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 | Cost: Bring money for lunch |

| Monday 22 June | Tuesday 23 June Option 1 | Tuesday 23 June Option 2 | Friday 26 June |
|--|---|--|--|
|  |  |  |  |
| Cooking Program | Backyard Olympics | Chinese Lunch | Movies |
| Join us for the cooking program where you can improve your cooking skills and eat the results! | Join us for some backyard olympic challenges. | We're off to a restaurant for a succulent Chinese meal. | 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: Bring money for lunch | Cost: \$20 + bring lunch or money for lunch |

| Monday 29 June | | Tuesday 30 June Option 1 | | Tuesday 30 June Option 2 | |
|--|---------------------|---|---------------------|--------------------------|-------------------------------------|
| | | | | | |
| Cooking Program | | Games Day | | Op Shopping | |
| Join us for the cooking program where you can improve your cooking skills and eat the results! | | Join us for board games and card games today. | | We're going op shopping! | |
| Time: | 9am-3pm | Time: | 9am-3pm | Time: | 9am-3pm |
| Cost: | \$10 lunch included | Cost: | \$10 lunch included | Cost: | Bring money for lunch and purchases |

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 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.