

JULY

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

Saturday 4 July Option 1	Saturday 4 July Option 2
	
Movies	Karaoke & Music Day
We're off to the cinema to watch a new release movie.	Get ready to sing. It's karaoke and music day.
Cost: \$20 + money for lunch	Cost: \$10 lunch included





Saturday 11 July Option 1	Saturday 11 July Option 2
	
Kiama Winter Fest	Social Day & Soup Lunch
Join us for the Kiama Winter Fest (12pm-5pm).	We're having a social day with soup for lunch.
Cost: \$5 + bring money for lunch	Cost: \$10 lunch included




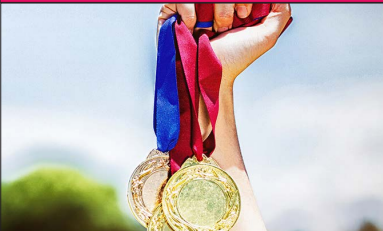
Saturday 18 July Option 1	Saturday 18 July Option 2
	
Lunch @ the Pub	Bingo Day
We're going to a local pub to have lunch and socialise.	Join us for bingo fun today!
Cost: Bring money for lunch	Cost: \$10 lunch included

Saturday 25 July Option 1	Saturday 25 July Option 2
	
Mamma Mia Musical	Christmas in July
Mamma mia, here I go again! We're off to see a fantastic Abba Musical at IPAC (12pm-5pm).	Join us for a special Christmas in July lunch.
Cost: \$80 will be invoiced by the office	Cost: \$10 lunch included

AUGUST

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

Saturday 1 August Option 1		Saturday 1 August Option 2		Saturday 8 August Option 1		Saturday 8 August Option 2	
							
Nan Tien Markets		Art & Craft		Ten Pin Bowling		DVD's & Pizza Day	
We're off to explore the Nan Tien markets.		Get creative with art and craft.		Will you get a strike? Join us for ten pin bowling.		Join us to watch DVD's & have pizza for lunch.	
Cost:	Money for lunch + purchases	Cost:	\$10 lunch included	Cost:	\$20 lunch included	Cost:	\$10 lunch included

Saturday 15 August Option 1		Saturday 15 August Option 2		Saturday 22 August Option 1		Saturday 22 August Option 2	
							
Kembla Grange Raceday		Pyjama Day		Luna Park		Backyard Olympics	
We're off to the races at Kembla Grange.		Wear your pyjamas today.		Get excited! We're going to Luna Park (8.30am-5.30pm).		Join us for a day of backyard challenges.	
Cost:	\$10 + bring money for lunch	Cost:	\$10 lunch included	Cost:	\$50 + bring lunch or money for lunch	Cost:	\$10 lunch included

AUGUST

Saturday 29 August Option 1		Saturday 29 August Option 2	
			
Minnamurra Rainforest		Card Making	
We're going for a walk in the beautiful Minnamurra Rainforest.		Get creative and make beautiful cards for your loved ones.	
Cost:	\$5 + bring money for lunch	Cost:	\$10 lunch included

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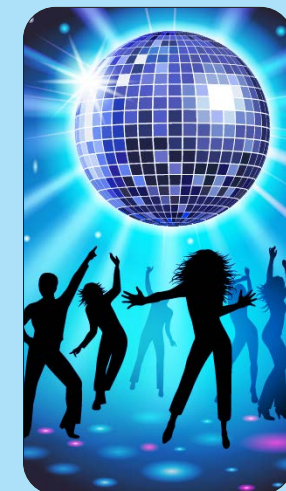
ACTIVITY SUGGESTIONS



If you have an idea for an activity for any of our Social Support programs, please let us know by emailing socialsupport@interchangeillawarra.org or calling the office on 4227 1079.

We always try to include new activities in our program and welcome your suggestions!

NIGHTLIFE SOCIAL



Interchange Illawarra offers fun social get togethers on Thursday and Friday nights as part of our NightLife Social program.

Activities include things like ten pin bowling, dinner at a local club, Thursday night shopping, movies, glow bowling and the DanceAbility Disco's.

Enjoy a night out with friends!

SHORT TERM RESPITE



If your NDIS plan includes short-term respite, you can enjoy a stay with a Support Worker at our villa at Lake Illawarra or our cottage at Evans Street. Both houses are in great locations!

We have lots of availability, especially on weekday nights.

Interested? Talk to your Support Planner today.