



**POOL AT
THE PUB**



**DRIVING
RANGE**



**WORLD
CHOCOLATE DAY**







**CHRISTMAS
IN JULY**





JULY & AUGUST 2026

JULY & AUGUST 2026 PEER SUPPORT WEEKDAYS

Friday 3 July		Monday 6 July		Tuesday 7 July Option 1		Tuesday 7 July Option 2		Friday 10 July	
									
Movies		Cooking Program		World Chocolate Day		Tuesday Tunes Christmas in July show		Train Trip	
We're going to the cinema to see a new release movie.		Join us for the cooking program where you can improve your cooking skills and eat the results.		Join us to celebrate World Chocolate Day!		Join us for Tuesday Tunes Christmas in July Show, includes a 2 course lunch and live music show at The Builders Club.		We're going on a train trip.	
Time:	9am-3pm	Time:	9am-3pm	Time:	9am-3pm	Time:	9am-3pm	Time:	9am-3pm
Cost:	\$20 + bring money for lunch	Cost:	\$10 lunch included	Cost:	\$10 lunch included	Cost:	\$40 includes 2 course lunch	Cost:	Bring your Opal card + lunch or money for lunch





Monday 13 July		Tuesday 14 July Option 1		Tuesday 14 July Option 2		Friday 17 July	
							
Cooking Program		Wool birds with Jodie from Eclectic Bower		Bushwalking & Picnic		Wollongong Markets	
Join us for the cooking program where you can improve your cooking skills and eat the results.		Jodie from Eclectic Bower will be leading us to make wool birds.		We're going for a bush walk, with a picnic for lunch.		Join us to explore Wollongong Markets.	
Time:	9am-3pm	Time:	9am-3pm	Time:	9am-3pm	Time:	9am-3pm
Cost:	\$10 lunch included	Cost:	\$20 lunch included	Cost:	\$10 lunch included	Cost:	Bring money for lunch



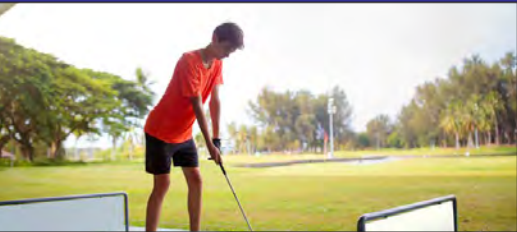

Monday 20 July	Tuesday 21 July Option 1	Tuesday 21 July Option 2	Friday 24 July
			
Cooking Program	National Lamington Day	Op Shopping	Lunch @ Lake Illawarra Hotel
Join us for the cooking program where you can improve your cooking skills and eat the results!	It is National Lamington Day, a day dedicated to enjoying the famous sponge cake dipped in chocolate icing and rolled in coconut.	Let's go exploring at local op shops.	We're going to Lake Illawarra Hotel for lunch.
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 and purchases are optional	Cost: Bring money for lunch






Monday 27 July	Tuesday 28 July Option 1	Tuesday 28 July Option 2	Friday 31 July
			
Cooking Program	Carol's Retirement Lunch	Mystery Bus Trip	Snooker/Pool @ The Pub
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're saying farewell to Carol, who is retiring after 30 years with Interchange Illawarra.	Where will we end up? It's a mystery.	We're going to play some snooker and pool at a local pub.
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

JULY & AUGUST 2026 PEER SUPPORT WEEKDAYS

Monday 3 August	Tuesday 4 August Option 1	Tuesday 4 August Option 2	Friday 7 August
			
Cooking Program	Trivia Day	Tuesday Tunes	HARS Museum
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us for trivia.	Join us for Tuesday Tunes, includes a 2 course lunch and live music show at The Builders Club.	We're going to check out the HARS Museum.
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: \$30 + bring lunch or money for lunch

Monday 10 August	Tuesday 11 August Option 1	Tuesday 11 August Option 2	Friday 14 August
			
Cooking Program	Yoga	Art Gallery	Bunnings Craft Workshop
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us for some gentle yoga.	We're going to check out an art gallery.	Take part in a craft workshop at Bunnings Bellambi.
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: \$5 + bring money for lunch

Monday 17 August	Tuesday 18 August Option 1	Tuesday 18 August Option 2	Friday 21 August
			
Cooking Program	Creating with beads led by Jodie from Eclectic Bower	Driving Range & Putt Putt	Indoor Bowls @ Warilla
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're getting creative with beads led by Jodie from Eclectic Bower.	Join us for putt putt and the driving range.	Join us for indoor bowls at Warilla Bowling Club.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm
Cost: \$10 lunch included	Cost: \$20 lunch included	Cost: \$20 + bring money for lunch	Cost: \$20 + bring money for lunch

Monday 24 August	Tuesday 25 August Option 1	Tuesday 25 August Option 2	Friday 28 August	Monday 31 August
				
Cooking Program	Pyjamas & Crazy Hair Day	Train Trip	Picton Botanic Gardens	Cooking Program
Join us for the cooking program where you can improve your cooking skills and eat the results!	Wear your pyjamas with some crazy hair today.	We're going on a train ride.	We're going to explore Picton Botanic Gardens.	Join us for the cooking program where you can improve your cooking skills and eat the results!
Time: 9am-3pm	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, bring lunch or money for lunch	Cost: \$5 + bring money for lunch	Cost: \$10 lunch included