

Interchange
illawarra

best life

SUPPORT PROGRAM

TERM 4

14 SEPTEMBER TO 4 DECEMBER 2026

The BestLife Support Program is Interchange Illawarra's program of supported activities designed for people with low to moderate support needs.

There are a huge range of options and you can attend one day or many!

The program commences each day from the Wallis Centre at 114 Church Street, Wollongong, and runs from 8.30am to 3.30pm. Transport may also be available for those who require it.

For more information or to arrange a site visit please contact our team on bestlife@interchangeillawarra.org or call 4227 1079.



ACTIVE MONDAY



LIFE SKILLS TUESDAY



OUTDOOR WEDNESDAY



LEISURE THURSDAY



CREATIVE FRIDAY

www.interchangeillawarra.org

ACTIVE MONDAY

\$180
per term +
bring a packed
lunch

Active Monday is one of the most popular days in Interchange's BestLife Support Program. Participants have enjoyed a wide range of activities designed to support health, wellbeing and social connection, including Zumba with Terri, line dancing with Karissa, yoga, boxing with Vito, outdoor fitness sessions and scenic walks by the ocean and the lake.



LIFE SKILLS TUESDAY

\$180
per term,
lunch is
included

Our Life Skills Tuesday Support Program focuses on capacity building activities, especially meal planning, grocery shopping, cooking following a recipe, and cleaning up afterward.

If time permits and the weather is good, we also like to go for a leisurely walk, or visit shops in the local area.



OUTDOOR WEDNESDAY

\$120
per term +
bring a packed
lunch



Outdoor Wednesday is perfect for those people who love to get out and about in nature. We have enjoyed fishing at the lake, going bushwalking in the local area and encourage creative pursuits like nature photography during the outings.

LEISURE THURSDAY

\$240
per term +
bring a packed
lunch

Leisure Thursday is all about fun. Participants can enjoy a variety of activities like going ten pin bowling, to laser tag, mini golf or the driving range. We also play a variety of board and card games, or have challenges on the PlayStation.



CREATIVE FRIDAY

\$180
per term +
bring a packed
lunch

On Creative Friday participants explore their creativity, learn new skills and express themselves through art and craft. The group has created an impressive range of projects, including floristry arrangements, beadwork, and paintings. They also transform recycled materials into stunning table decorations for Interchange's End of Year celebration.



MORE INFORMATION?

If you are interested in booking in for the BestLife Support Program, have any questions or would like to arrange a site visit, please contact us on bestlife@interchangeillawarra.org or call 4227 1079.

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