

SEPTEMBER

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

Saturday 5 September Option 1	Saturday 5 September Option 2
	
Lunch @ The Pub	Bingo Day
We're off to a local pub for lunch.	Join us for bingo fun.
Cost: Bring money for lunch	Cost: \$10 lunch included

Saturday 12 September Option 1	Saturday 12 September Option 2
	
Tulip Time	Art & Craft
We're off to see the beautiful tulip gardens in Bowral.	Unleash your creative side with art and craft.
Cost: \$20 + bring money for lunch	Cost: \$10 lunch included

Saturday 19 September Option 1	Saturday 19 September Option 2
	
Eats & Beats Oak Flats	Belly Dancing
We're going to check out all the action at the Eats & Beats Festival at Oak Flats (3pm-8pm).	Join us for belly dancing.
Cost: Bring money for dinner	Cost: \$10 lunch included

Saturday 26 September Option 1	Saturday 26 September Option 2
	
Dapto Show	Pizza Day
We're off to Dapto Show!	What's your favourite pizza topping? Join us for pizza day.
Cost: \$20 entry + bring money for lunch, rides and purchases	Cost: \$10 lunch included

OCTOBER

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

Saturday 3 October Option 1  Ten Pin Bowling Will you get a strike? Join us for ten pin bowling. Cost: \$20 lunch included	Saturday 3 October Option 2  Backyard Olympics Join us for a series of challenges in our Evans Street backyard Olympics. Cost: \$10 lunch included	Saturday 10 October Option 1  Oktoberfest Kembla Grange Race Day We're going to the races for Oktoberfest featuring traditional German food and the Phat Brass Oompah Band. Cost: \$10 + bring money for lunch	Saturday 10 October Option 2  Karaoke Day Get ready to sing! It's karaoke day. Cost: \$10 lunch included
Saturday 17 October Option 1  Frozen @ IPAC We're off to the IPAC to see Frozen! The show includes all the Disney film's beloved songs and more (12pm-5pm). Cost: \$70 (the office will invoice you for pre- payment)	Saturday 17 October Option 2  BBQ Day Join us for a delicious barbeque lunch. Cost: \$10 lunch included	Saturday 24 October Option 1  Jervis Bay Dolphin Cruise We're going on a dolphin cruise in Jervis Bay (10am-5pm). Cost: \$55 (the office will invoice you for pre- payment) + bring a packed lunch	Saturday 24 October Option 2  Games Day Join us for a day of board games and card games. Cost: \$10 lunch included

PEER SUPPORT SATURDAY

2026 SEPTEMBER & OCTOBER

OCTOBER

Saturday 31 October Option 1		Saturday 31 October Option 2	
			
Train Trip		Halloween Party	
We're going for train ride.		Join us for a Halloween Party (dressing up is optional).	
Cost:	Bring money for lunch and your Opal Card.	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



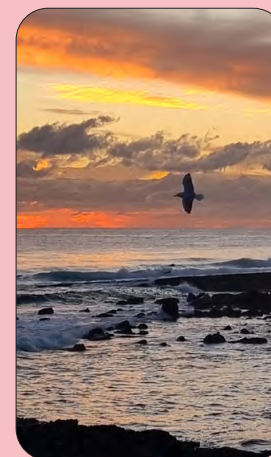
Interchange Illawarra offers fun social get togethers on Thursday and Friday nights as part of our NightLife Social program.

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 ACCOMMODATION



If your NDIS plan includes short-term accommodation, 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.