



**FLEXIBILITY IS OUR SUPER POWER!
CHOOSE THE ACTIVITIES YOU ENJOY.**

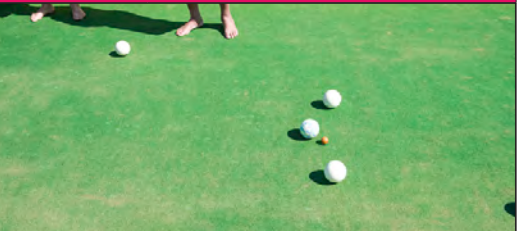
SEPTEMBER & OCTOBER 2026

SEPTEMBER & OCTOBER 2026 PEER SUPPORT WEEKDAYS

Monday 31 August	Tuesday 1 September Option 1	Tuesday 1 September Option 2	Friday 4 September
			
Cooking Program	Card Making	BBQ @ Gerroa	Mystery Bus Trip
Join us for the cooking program where you can improve your cooking skills and eat the results.	We're going to get creative and make cards for our loved ones.	Join us for a delicious barbeque lunch at Gerroa.	Where will we end up? Nobody knows. Join us for a mystery destination bus trip.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm
Cost: \$10 lunch included	Cost: \$10 lunch included	Cost: \$15 lunch included	Cost: \$5 + bring money for lunch

Monday 7 September	Tuesday 8 September Option 1	Tuesday 8 September Option 2	Friday 11 September
			
Cooking Program	Salt Painting with Jodie from Eclectic Bower	Dharawal Country Experience	Bundeena Ferry & Picnic
Join us for the cooking program where you can improve your cooking skills and eat the results.	Get creative with Jodie from Eclectic Bower and try salt painting.	We're heading to Bulli Tops to learn about the history, culture and significance of Dharawal Country.	Join us as we take a ride on the Bundeena Ferry and have a picnic lunch.
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: \$15 + bring money for lunch

SEPTEMBER & OCTOBER 2026 PEER SUPPORT WEEKDAYS

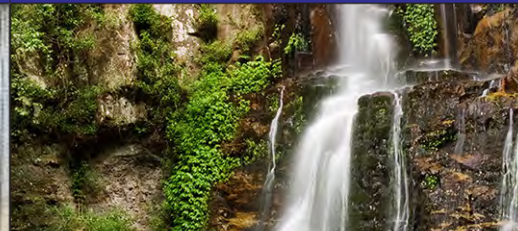
Monday 14 September	Tuesday 15 September Option 1	Tuesday 15 September Option 2	Friday 18 September
			
Cooking Program	Pamper Day	Train Trip	Barefoot Bowls
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us for a day of pampering.	We're going on a train trip.	Join us for some barefoot bowling fun.
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 & your Opal Card.	Cost: \$20 + bring money for lunch

Monday 21 September	Tuesday 22 September Option 1	Tuesday 22 September Option 2	Friday 25 September
			
Cooking Program	BBQ Day	Tulip Time	Movies
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're cooking up a barbeque feast for lunch.	Join us as we visit the beautiful Tulip Time gardens in Bowral.	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: \$20 + bring money for lunch	Cost: \$20 + bring money for lunch

SEPTEMBER & OCTOBER 2026 PEER SUPPORT WEEKDAYS

Monday 28 September	Tuesday 29 September Option 1	Tuesday 29 September Option 2	Friday 2 October
			
Cooking Program	Bingo Day	Laser Tag	Lunch @ Peacock Palace
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're going to have some Bingo fun.	Join us for a Laser Tag challenge.	We're off to the Peacock Palace Chinese Restaurant for 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 5 October	Tuesday 6 October Option 1	Tuesday 6 October Option 2	Friday 9 October
			
Closed	Dress Up Day	Tuesday Tunes	Bunnings Craft Workshop
We're closed for the October Long Weekend Public Holiday.	We invite you to dress up as your favourite character, celebrity, or sports star.	Join us for Tuesday Tunes, includes a 2 course lunch and live music show at The Builders Club.	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: \$40 includes 2 course lunch + show at The Builders Club	Cost: \$5 + bring money for lunch

Monday 12 October	Tuesday 13 October Option 1	Tuesday 13 October Option 2	Friday 16 October
			
Cooking Program	Stick pictures with Jodie from Eclectic Bower	Aqua Golf Penrith	Minnamurra Rainforest
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're creating pictures with sticks, led by Jodie from Eclectic Bower.	Join us for Aqua Golf in Penrith.	We're going for a walk in the beautiful Minnamurra Rainforest.
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: \$5 + bring money for lunch

Monday 19 October	Tuesday 20 October Option 1	Tuesday 20 October Option 2	Friday 23 October
			
Cooking Program	Tie Dye	Picnic @ Botanic Gardens	IKEA
Join us for the cooking program where you can improve your cooking skills and eat the results!	We're getting creative with tie dye.	Join us for a picnic at the Botanic Gardens.	We're going exploring at IKEA.
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: \$5 + bring money for lunch

Monday 26 October	Tuesday 27 October Option 1	Tuesday 27 October Option 2	Friday 30 October
			
Cooking Program	Halloween Dress Up & Craft	NRL x Abilities Unleashed	Whale Watching
Join us for the cooking program where you can improve your cooking skills and eat the results!	Join us for some Halloween themed fun.	Join us for NRL x Abilities Unleashed, a free, inclusive come-and-try sports initiative.	We're going on a whale watching boat ride.
Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm	Time: 9am-3pm
Cost: \$10 lunch included	Cost: \$10 lunch included	Cost: Please bring a packed lunch	Cost: \$75 (the office will invoice you for pre-payment) + bring money for lunch



NIGHTLIFE SOCIAL



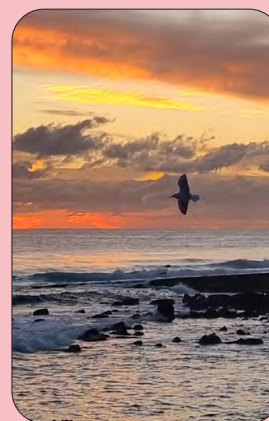
Interchange Illawarra offers fun social get togethers on Thursday and Friday nights as part of our NightLife Social program.

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.