

**JOIN
NOW**

SHOALHAVEN MY LIFE HAPPENINGS

Flagstaff
GROUP



October 2023 - December 2023

SATURDAY SOCIALS

Saturdays 9:00am - 4:00pm

7 October

Christmas Shopping at Shellharbour
\$ for lunch & purchases

Alternate activity: Axe Throwing at The Forge
Cost of ticket + \$ for lunch or packed lunch
RSVP by 22 September

21 October

Sydney Dragway
Cost of ticket + \$ for lunch or packed lunch
 Alternate activity: Zone Bowling
Cost of ticket + \$ for lunch or packed lunch
RSVP by 6 October

4 November

Jamberoo Action Park
Cost of ticket + \$ for lunch or packed lunch
RSVP by 20 October

18 November

Barefoot Bowls
Cost of ticket + \$ for lunch
RSVP by 3 November

2 December

Taronga Zoo
Cost of ticket + \$ for lunch or packed lunch
RSVP by 17 November

16 December

Dolphin Cruise
Cost of ticket + \$ for lunch or packed lunch
RSVP by 1 December

Name: _____

Division: _____

SUPPER CLUB

Saturdays 6pm - 8pm

14 October

The Archer
RSVP by 29 September

28 October

Club Jervis Bay
RSVP by 13 October

11 November

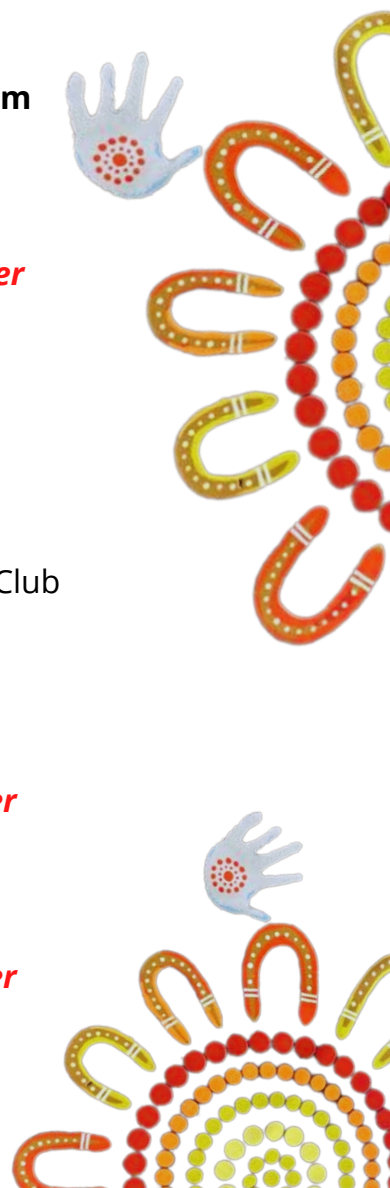
Bomaderry Bowling Club
RSVP by 27 October

25 November

The Archer
RSVP by 10 November

9 December

Club Jervis Bay
RSVP by 24 November



BOOKINGS

To book and pay, contact Jess Sommer on 0419 742 190 or
email bookings@flagstaffgroup.com.au



Support is funded through your NDIS plan.
Ask us about transport.



SHOALHAVEN MY LIFE HAPPENINGS



October 2023 - December 2023

MY LIFE - ACTIVITIES

- Monday 9 October**
Learner Driver - 10 weeks
RSVP by 25 September
- Monday 9 October**
Digital Skills - 10 weeks
RSVP by 25 September
- Tuesday 10 October**
3D Create Space (3D Printing) -10 weeks
RSVP by 26 September
- Tuesday 10 October**
Literacy and Numeracy - 10 weeks
RSVP by 26 September
- Wednesday 11 October**
We know you can dance - 10 weeks
RSVP by 27 September
- Wednesday 11 Oct & Thursday 12 Oct**
Cooking Session 4 - 10 weeks
RSVP by 27 & 28 September
- Thursday 12 October**
All About Cars -10 weeks
RSVP by 28 September
- Friday 13 October**
Let's Go Fishing - 10 weeks
RSVP by 28 September
- Friday 13 October**
Coffee Creations -10 weeks
RSVP by 28 September

HEALTH FITNESS & WELLBEING

- Monday - Group Fitness**
Time: 2:00 PM - 4:00 PM
Ongoing, except during Christmas breaks and public holidays
- Wednesday - Group Fitness**
Time: 2:30 PM - 4:00 PM
Ongoing, except during Christmas breaks and public holidays
- Monday**
Knitting - New Skills (**NEW**) - 10 weeks
Time: **Tbc**
Cost: \$30
- Individual fitness sessions also available.**

Are you interested in keeping fit?
Contact Mohammad on 0427 178 472.

MODERN MAN & POWERING UP WOMEN

- 28 October**
Modern Man + Powering Up Women **Tbc**
RSVP by 13 October
- 25 November**
Modern Man + Powering Up Women **Tbc**
RSVP by 10 November



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