

**JOIN  
NOW**

# MACARTHUR MY LIFE HAPPENINGS

**Flagstaff**  
GROUP

October 2023 - December 2023



Name: \_\_\_\_\_

Division: \_\_\_\_\_

## SATURDAY SOCIALS

**Saturdays 9:00am -  
4:00pm**

**21 October**

iFly indoor Skydiving

**Ticket Cost from \$90 + \$ for  
lunch or packed lunch**

**RSVP by 6 October**

**18 November**

Paintball t HeartBreak Ridge

**Cost of ticket + \$ for lunch  
or packed lunch**

**RSVP by 3 November**

**16 December**

Illawarra Fly Treetop

Adventures

**Cost of ticket + \$ for lunch  
or packed lunch**

**RSVP by 1 December**

## MY LIFE - ACTIVITIES

**Monday 9 October**

3D Createspace - 10 weeks

**RSVP by 25 September**

**Tuesday 10 October**

Learner Driver - 10 weeks

**RSVP by 26 September**

**Wednesday 11 October**

Cooking & Dining -10 weeks

**RSVP by 27 September**

**Thursday 12 October**

All About Cars -10 weeks

**RSVP by 28 September**

## HEALTH, FITNESS & WELLBEING

**Group or individual fitness sessions  
are available in Macarthur Fridays  
and Wednesdays**

Are you interested in keeping fit?

Contact Mohammad on 0427 178 472.



## BOOKINGS

To book and pay, contact Jess Sommer on 0419 742 190 or  
email [bookings@flagstaffgroup.com.au](mailto:bookings@flagstaffgroup.com.au)



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

