

**JOIN  
NOW**

# ILLAWARRA MY LIFE HAPPENINGS

**Flagstaff**  
GROUP



October 2023 - December 2023

## SATURDAY SOCIALS

**Saturdays 9:00am – 4:00pm**

**7 October**

Christmas Shopping in Miranda  
**\$ for purchases and lunch**  
**RSVP by 22 September**

**21 October**

Featherdale Wildlife park  
**Cost of ticket + \$ for lunch or packed lunch**  
**RSVP by 6 October**

**4 November**

Beauty and the Beast musical  
**Cost of ticket + \$ for lunch or packed lunch**  
**RSVP by 20 October**

**18 November**

Axe Throwing at The Forge  
 Alternate activity: High Tea Location TBA  
**Cost of ticket + \$ for lunch or packed lunch**  
**RSVP by 3 November**

**2 December**

Jamberoo Action Park  
**Cost of ticket + \$ for lunch or packed lunch**  
**RSVP by 17 November**

**16 December**

Sydney Harbour Discovery Cruise  
**Cost of ticket + \$ for lunch or packed lunch**  
**RSVP by 1 December**

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

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

## SUPPER CLUB

**Saturdays 6pm – 8pm**

**14 October**

Albion Park Bowling Club  
**RSVP by 29 September**

**28 October**

Illawarra Steelers Club  
**RSVP by 13 October**

**11 November**

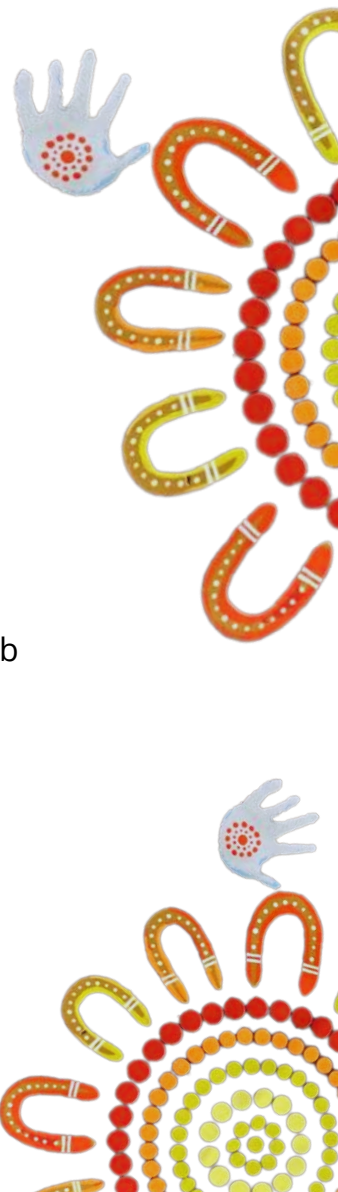
Fairy Meadow Bowling Club  
**RSVP by 27 October**

**25 November**

Albion Park Bowling Club  
**RSVP by 10 November**

**9 December**

Illawarra Steelers Club  
**RSVP by 24 November**



## 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.



# ILLAWARRA MY LIFE HAPPENINGS



October 2023 - December 2023

## MY LIFE - ACTIVITIES

**Monday 9 October**

Learner Driver - 10 weeks

**RSVP by 25 September**

**Tuesday 10 Oct & Thursday 12 Oct**

Cooking Session 4 - 11 weeks

**RSVP by 26 September**

**Wednesday 11 October**

3D Create Space (3D Printing) - 10 weeks

**RSVP by 27 September**

**Friday 13 October**

Coffee Creations - 10 weeks

**RSVP by 29 September**

**Tuesday 10 October**

Literacy and Numeracy - 10 weeks

**RSVP by 26 September**

**Thursday 12 October**

All About Cars - 10 weeks

**RSVP by 28 September**

**Wednesday 11 October**

We know you can dance - 10 weeks

**RSVP by 27 September**

**Monday 9 October**

Digital Skills - 10 weeks

**RSVP by 25 September**

## HEALTH FITNESS & WELLBEING

**Tuesdays 26 September**

Fitness and Art - 10 weeks

Time: 4:30 PM - 6:30 PM

Cost for Art: \$15

**Tuesdays - 5 December**

Gift Making Christmas Special (**NEW**) - 3 weeks

Time: 4:30 PM - 6:30 PM

Cost for Art: \$20

**Thursdays - 28 September**

Knitting - New Skills (**NEW**) - 10 weeks

Time: 4:30 PM - 6:30 PM

Cost: \$30

**Group or individual fitness sessions are 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**