



SHOALHAVEN MY LIFE HAPPENINGS



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

January 2024 - March 2024

SATURDAY SOCIALS

Saturdays 9:00am - 4:00pm

- Saturday 13 January**
Let's Explore: Kangaroo Valley! Followed by lunch at The Friendly Inn.
\$ for activities & lunch
RSVP by 26 Jan
- Saturday 27 January**
Let's celebrate: Aus Day Bbq Bash
\$20 for your share of lunch & activities
RSVP by 13 Jan
- Saturday 10 February**
Holey Moley Wollongong + lunch
\$20 - \$40 & \$ for lunch
RSVP by 26 Jan
- Saturday 24 February**
Berry Day Out, including lunch and shopping.
\$ for activities & lunch
RSVP by 9 Feb
- Saturday 9 March**
Kiama Jazz and Blues Festival
\$47 entry + \$ for lunch and optional show bags
RSVP by 23 Feb
- Saturday 23 March**
Let's try: Ten-pin bowling and the movies!
\$ for activities & lunch
RSVP by 8 March

Name: _____

Division: _____

SUPPER CLUB

Saturdays 6pm - 8pm

- Saturday 3 February**
Bomaderry Bowling Club
RSVP by 19 Jan
- Saturday 17 February**
Husky Sports
RSVP by 2 Feb
- Saturday 2 March**
The Archer Hotel
RSVP by 16 Feb
- Saturday 16 March**
Worrigee Sports
RSVP by 1 March
- Saturday 16 March**
Berry Hotel
RSVP by 1 March



BOOKINGS

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



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MY LIFE - ACTIVITIES

Mon 29 Jan - Mon 1 April

LANE MATES – ten pin bowling
10-week program, every Monday evening

Time: 4pm-8pm, including transport

Transport: Ask us about transport

RSVP by 16 January

Tues 30 Jan - Tues 2 April

3D and Me – 3D Printing Program
10-week program, every Tuesday evening

Time: 4pm-8pm, including transport

Transport: Ask us about transport

RSVP by 16 January

Wed 31 Jan - Wed 10 April

The Good Cook Connect (Cooking & Dining)
11-week program, every Wednesday evening

Time: 4pm-8.30pm, including transport

Transport: Ask us about transport

RSVP by 16 January

Thurs 1 Feb - Thurs 11 April

The Good Cook Connect (Cooking & Dining)
11-week program, every Thursday evening

Time: 4pm-8.30pm, including transport

Transport: Ask us about transport

RSVP by 16 January

HEALTH FITNESS & WELLBEING

Every Monday - ongoing, except during
Christmas breaks and public holidays

Group Fitness – Strength and Conditioning

Time: 2pm-4pm

RSVP by 16 January

Every Tuesday - ongoing, except during
Christmas breaks and public holidays

Group Fitness – Strength and Conditioning

Time: 2.30pm-3.30pm

RSVP by 16 January

**Contact Mohammad on 0427 178 472 for
any further questions!**

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