

**JOIN
NOW**

MACARTHUR MY LIFE HAPPENINGS

Flagstaff
GROUP

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

January 2024 - March 2024

SATURDAY SOCIALS

Saturdays 9:00am - 4:00pm

Saturday 27 January

MOVIE DAY!

\$25 + \$ for lunch or movie snacks

RSVP by 12 Jan

Saturday 24 February

Fast Lane Karting Sydney

\$ for activities & lunch

RSVP by 9 Feb

Saturday 9 March

Macarthur FC V Central Coast Mariners FC

Time: 5pm-9pm

\$ for lunch

RSVP by 23 Feb

MY LIFE - ACTIVITIES

Wed 31 Jan - Wed 3 April

Coffee Creations

10-week program, every Wednesday evening

Time: 4pm-8pm, including transport

Transport: Ask us about transport

RSVP by 16 January

SUPPER CLUB

Saturdays 6pm - 8pm

Saturday 20 January

Greggory Hills Hotel

RSVP by 5 Jan

Saturday 3 February

Illawarra Hawks VS Brisbane

Bullets + Dinner

Time: 4pm-9pm

RSVP by 19 Jan

Saturday 2 March

Harrington's Bar and Grill

RSVP by 16 Feb



HEALTH FITNESS & WELLBEING

Group and individual fitness sessions are available on a Wednesday upon request

Are you interested in keeping fit?
Would you like to book a session?

Contact Mohammad on **0427 178 472**

BOOKINGS

To book and pay, contact Amelia Phelps on 0419 742 190 or email

bookings@flagstaffgroup.com.au

