

**JOIN
NOW**

ILLAWARRA MY LIFE HAPPENINGS

Flagstaff
GROUP

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

April 2024 - June 2024

SATURDAY SOCIALS

Saturdays 9:00am - 4:00pm

Saturday 6 April

Let's explore the Sydney Opera House - tour + lunch

\$45

RSVP by 18 March

Saturday 20 April

Let's celebrate: BBQ BASH at Seven Mile Beach
National Park

\$20 for your share of lunch & activities

RSVP by 1 April

Saturday 4 May

Live AFL Game Sydney Swans VS Greater Western
Sydney Giants (10 am - 6pm include Transport)

\$60 + additional money for lunch and snacks

RSVP by 8 April

Saturday 18 May

Op Shop till you Drop + lunch

**Nil - bring own money for shopping + additional
money for lunch**

RSVP by 29 April

Saturday 1 June

Grease The Musical - Capitol Theatre

\$100.00 ticket cost

RSVP by 6 May

Saturday 15 June

NRL Football Game - West Tigers VS Gold Coast Titans

\$60 ticket cost + additional money for food and drinks

RSVP by 27 May

Saturday 29 June

Let's Explore Minnamurra Rainforest & Lunch
at Jamberoo Pub

\$5 entry fee + money for lunch

RSVP by 10 June

Name: _____

Division: _____

Phone: _____

Email: _____

SUPPER CLUB

Saturdays 6pm - 8pm

Saturday 13 April

Central Hotel Shellharbour

RSVP by 25 March

Saturday 27 April

Supper Club at Wiseman's
Bowling Club (with glow in the
dark barefoot bowls)

RSVP by 8 April

Saturday 11 May

Wollongong Golf Club

RSVP by 22 April

Saturday 25 May

Figtree Sports Club

RSVP by 6 May

Saturday 8th June

Wests Illawarra

RSVP by 20 May

Saturday 22 June

Fraternity Club

RSVP by 3 June



BOOKINGS

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

bookings@flagstaffgroup.com.au



MY LIFE - ACTIVITIES

Tues 23 April - Tues 2 July

The Good Cook Connect (Cooking & Dining)

11-week program, every Tuesday evening

Time: 4:30 pm-7pm, excluding transport

Transport: Transport options available.

Meeting point at 260 Nolan St, Unanderra.

RSVP by 1 April

Tues 23 April - Tues 25 June

Drive Wise

10-week program, every Tuesday evening

Time: 4:30pm-6:30pm, (excluding transport)

Transport: Meet at 260 Nolan Street

RSVP by 1 April

Wed 24 April - Wed 26 June

Hop IN 2 Hospo

10-week program, every Wednesday evening

Time: 4:30pm-6:30pm (excluding transport)

Transport: Meet at 260 Nolan Street

RSVP by 1 April

Thurs 2 May - Thurs 4 July

THE SWITCH-UP - Live Music addition

Thursday night social program

10-week program, every Thursday evening

Time: 4:30pm-6:30pm (excluding transport)

Transport: Transport options available. Meet

at 260 Nolan Street

RSVP by 1 April

MODERN MAN & POWERING UP WOMEN

Wed 24 April - Wed 26 June

The Sisterhood - youth wellbeing and social program (for young women - ages 17+)

10-week program, every Wednesday evening

Time: 4:30pm-6:30pm (excluding transport)

Transport: Transport options available. Meet at 260 Nolan Street

RSVP by 1 April

Fri 26 April - Fri 28 June

The Brotherhood - youth wellbeing and social program (for young men - ages 17+)

10-week program, every Friday evening

Time: 4:30pm-6:30pm (excluding transport)

Transport: Transport options available. Meet at 260 Nolan Street

RSVP by 1 April

HEALTH FITNESS & WELLBEING

Group and individual fitness sessions are available.

Are you interested in keeping fit?

Would you like to book a session?

Contact Mohammad on 0427 178 472 for any further questions.

