



# SHOALHAVEN MY LIFE HAPPENINGS



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

Lets celebrate: Indoor Go Karting - C1  
Speed Albion Park  
**\$28 per session or \$75 for 3 x sessions.**  
**+ \$8 compulsory membership fee**  
**+ additional money for lunch (cafe on site)**

**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

Let's Try: Sydney Tower Eye + SEA LIFE  
Sydney  
\$65 for entry fee + \$ for lunch  
**RSVP by 15 April**

### Saturday 18 May

Ross Noble Comedian Live at Shoalhaven  
Entertainment Centre  
**\$55 ticket cost + money for dinner is optional.**  
**RSVP by 29 April**

### Saturday 1 June

Let's explore: Ulladulla for the day  
**\$Nil**  
**RSVP by 13 May**



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

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

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

## SATURDAY SOCIALS

### Saturday 15 June

Let's Explore: 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**

## SUPPER CLUB

Saturdays 6pm - 8pm

### Saturday 13

Berry Hotel  
**RSVP by 25 March**

### Saturday 27

Greenwell Point Hotel  
**RSVP by 8 April**

### Saturday 11 May

Club Jervis Bay  
**RSVP by 22 April**

### Saturday 25 May

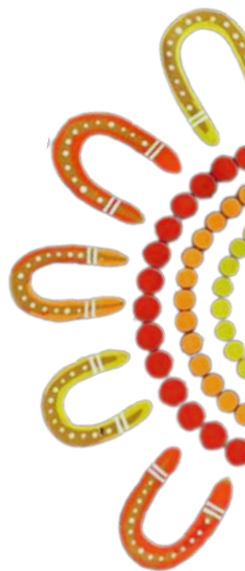
Husky Sports  
**RSVP by 6 May**

### Saturday 8 June

Viking Festival - Sussex  
Inlet (3 pm - 8 pm)  
\$ TBC  
**RSVP by 20 May**

### Saturday 22 June

Nowra Ex Servos  
**RSVP by 3 June**



## BOOKINGS

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

[bookings@flagstaffgroup.com.au](mailto:bookings@flagstaffgroup.com.au)



# SHOALHAVEN MY LIFE HAPPENINGS

## MY LIFE - ACTIVITIES

**Tues 23 April – Tues 25 June**

### **Drive Wise**

10-week program, every Tuesday evening

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

**Transport:** Ask us about transport

**RSVP by 1 April**

**Wed May 1 - Wed 10 July**

### **The Good Cook Connect (Cooking & Dining)**

11-week program, every Wednesday evening

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

**Transport:** Ask us about transport

**RSVP by 1 April**

**Thurs May 2 - Thursday 11 July**

### **The Good Cook Connect (Cooking & Dining)**

11-week program, every Thursday evening

**Time:** 4pm-6.30pm, (excluding transport)

**Transport:** Ask us about transport

**RSVP by 1 April**

**Fri 26 April – Fri 28 June**

### **The Switch Up - social and leisure program**

10-week program, every Friday evening

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

**Transport:** Ask us about transport

**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.**



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