



Friends for Life

December Activities

Thursday 7th December

Dinner at Newmason, Warragul

Cost: \$20-\$30

Thursday 14th December

BBQ at Blue Rock Lake, Willow Grove

Cost: \$10

Thursday 21st December

Christmas Party

*Please bring a gift to the value of \$10 for Kris Kringle

Cost: \$10

Please note: Friends for Life will be taking a break over January and will start back on Thursday 1st February. We hope you have a wonderful Christmas and happy new year!



To contact Support Staff during the trip or for last minute after hours contact immediately before or during the trip call **Trip Ph 1 on 0427 347 656**

If your inquiry is during business hours please call our office on 1300 736 765

**Please RSVP by Monday
27th November**

Via the Activity Booking tab on
www.icg.asn.au

All program inquiries to Kaytlyn on
1300 736 765 or kaytlyn@icg.asn.au

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www.icg.asn.au

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| Thursday 7th December | | |
|---|---------------|-------------|
| | Bus Departure | Bus Arrival |
| Moe Kmart | 4.00pm | 8.00pm |
| Interchange Morwell | 4.15pm | 7.45pm |
| Traralgon Train Station, opposite side of train tracks on Queens Parade | 4.00pm | 8.00pm |

| Thursday 14th December | | |
|---|---------------|-------------|
| | Bus Departure | Bus Arrival |
| Moe Kmart | 4.00pm | 8.00pm |
| Interchange Morwell | 4.15pm | 7.45pm |
| Traralgon Train Station, opposite side of train tracks on Queens Parade | 4.00pm | 8.00pm |

| Thursday 21st December | | |
|---|---------------|-------------|
| | Bus Departure | Bus Arrival |
| Moe Kmart | 4.00pm | 8.00pm |
| Interchange Morwell | 4.15pm | 7.45pm |
| Traralgon Train Station, opposite side of train tracks on Queens Parade | 4.00pm | 8.00pm |

Benefits and Outcomes

- Social participation in the community
- Meet new people and develop friendships
- Increase your capacity to access your local community
- Development of your life and independent living skills
- Improve and develop your communication skills
- Opportunity to access new activities and try new things
- Self care for carers and participants

PLEASE NOTE:

We are transitioning to an online registration process for all activities.

Registrations can be made by visiting the Activity Bookings page on our website:

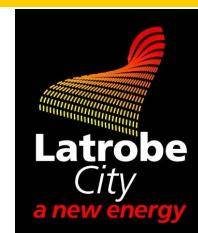
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INTERCHANGE GIPPSLAND
Offices in Morwell and Wonthaggi