

# Friends for Life July Activities

## Thursday 5th July

Gymnastics class, Energetic Gymnastics Morwell  
Cost: \$15 gymnastics + \$5 dinner

## Thursday 12th July

Warragul Thai + Sleeping Beauty show  
Cost: \$20 dinner + \$10 show ticket

**\*Please note altered times**

## Thursday 19th July

Ball games & Farmhouse Burgers, Traralgon  
Cost: \$20-30

## Thursday 26th July

Movie at Interchange & dinner at Vault, Morwell  
Cost: \$20-\$30



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 Friday 29th June**

Via the Activity Booking tab on [www.icg.asn.au](http://www.icg.asn.au)

All program inquiries to Kaytlyn on 1300 736 765 or [kaytlyn@icg.asn.au](mailto:kaytlyn@icg.asn.au)

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Morwell 3840

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e - [admin@icg.asn.au](mailto:admin@icg.asn.au)

[www.icg.asn.au](http://www.icg.asn.au)

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Thursday 5th July		
	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 12th July *please note changed times		
	Bus Departure	Bus Arrival
Moe Kmart	4.00pm	<b>9.00pm</b>
Interchange Morwell	4.15pm	<b>9.15pm</b>
Traralgon Train Station, opposite side of train tracks on Queens Parade	4.00pm	<b>9.30pm</b>

Thursday 19th July		
	Bus Departure	Bus Arrival
Moe Kmart	4.00pm	8.00pm
Interchange Morwell	4.00pm	8.00pm
Traralgon Train Station, opposite side of train tracks on Queens Parade	4.15pm	7.45pm

Thursday 26th July		
	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.

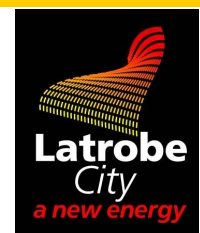
Registrations can be made by visiting the Activity Bookings page on our website: [www.icg.asn.au](http://www.icg.asn.au)



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**INTERCHANGE GIPPSLAND**  
Offices in Morwell and Wonthaggi