

Community Gateway NDIS

Illawarra Timetable

Monday

Music Group
9:30am - 10:30am
Weekly
Wollongong Hub

Craft & Conversation
10:00am - 12:00noon
Weekly
Wollongong Hub

Karaoke
10:30am - 12:30pm
Monthly
Hellenic Club Figtree

Bowling
12:00noon - 2:30pm
Weekly
Northern Bowl

After School Activities
3:00pm - 5:30pm
Weekly

Dementia Twilight Bus
Tour
5:00pm - 7:00pm
Weekly

Tuesday

Tourist in your Town
9:00am - 3:00pm
Weekly

Cooking
10:00am - 1:00pm
Weekly
Wollongong Hub

Dance Movements
1:30pm - 2:30pm
Weekly
Wollongong Hub

Cooking Skills
2:00pm - 5:00pm
Weekly
Wollongong Hub

After School Activities
3:00pm - 5:30pm
Weekly

Wednesday

Aqua
9:30am - 10:30am
Weekly
McKeons Unanderra

Art
10:00am - 12:00 noon
Weekly
Wollongong Hub

Gateway Groove
10:30am - 12:00 noon
Monthly
Wollongong Hub

Pottery
12:30pm - 1:30pm
Weekly
Wollongong Hub

Gentle Exercise
2:30pm - 3:30pm
Weekly

After School Activities
3:00pm - 5:30pm
Weekly
Wollongong Hub

Drama
4:00pm - 6:00pm
Weekly
Wollongong Hub

Movie Night
5:00pm - 8:00pm
Weekly
Wollongong Hub

Thursday

Tai Chi
10:00am - 11:30pm
Weekly

Cooking
10:00am - 1:00pm
Weekly
Wollongong Hub

Younger Onset Dementia
10:00am - 2:00pm
Weekly
Wollongong Hub

Knitting & Crocheting
1:00pm - 3:00pm
Weekly
Wollongong Hub

Cooking Skills
2:00pm - 5:00pm
Weekly
Wollongong Hub

After School Activities
3:00pm - 5:30pm
Weekly
Wollongong Hub

Thursday Night Social
5:00pm - 7:00pm
Fortnightly
Wollongong Hub

Friday

Fishing
9:00am - 12:00noon
Weekly
Windang

Independent Living Skills
9:30am - 12:30pm
Weekly
Wollongong Hub

Yoga + Meditation
11:00am - 12:00noon
Weekly
Wollongong Hub

Blokes Day In
10:00am - 12:00noon
Fortnightly
Wollongong Hub

Photography
12:30pm - 2:30pm
Weekly
Wollongong Hub

After School Activities
3:00pm - 5:30pm
Weekly
Wollongong Hub

ABLES
6:00pm - 11pm
Monthly
Wollongong Hub

Saturday

Weekend
Adventurers
9:00am - 3:00pm
Weekly

Weekend
Warriors
9:00am - 3:00pm
Weekly

Program Bookings



0242248614