



"I love the outings. Getting out amongst people is the best thing – you meet wonderful new friends... just look what happened with us!"

Heather, client

## Discover your Sydney

Join us for a day of fun and friendship

Contact us on 9799 5099 or  
[admin@iwna.com.au](mailto:admin@iwna.com.au) to find out more.

Inner West

**Neighbour Aid** 

**“Going out motivates me to make an effort. It’s great to start new friendships. Go ahead. Do it!”**

**Valerie**

## Now is a great time to...

- Make new friends, share a laugh and some lunch
- Stay active in the community
- Grow your confidence
- Exercise your mind and body
- Get out of the house
- Have an adventure in a fun, safe group environment

Outings run Monday-Friday and include: picnics, the movies, ferry rides, gardens, fish and chips by the sea, galleries, shows, clubs and more.

### **Get to know us**

We support older people and people with disability to stay independent, healthy and connected. As a local not-for-profit we do this with the help of our amazing volunteers.

### **Contact us**

Call us on **9799 5099** to find out more. New clients are referred to us by My Aged Care. We can take you through the process and send you a copy of our latest outings calendar.

**[www.iwna.com.au](http://www.iwna.com.au)**

