July – December 2025

Peer Connect Calendar

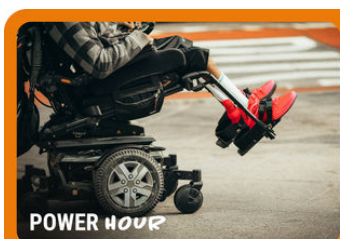MUSCULAR DYSTROPHY NSW
YOUR NEUROMUSCULAR SUPPORT COMMUNITY

JUL

CHRISTMAS IN JULY
- ⓘ *Social Lunch*
- 🕐 Sat 5 Jul | 12–3pm
- 📍 Ryde Eastwood Leagues

MUM'S WINE & CHAT
- 🕐 Thurs 10 Jul
- 7:30–9pm
- 📍 Online

INFO SHARE
- ⓘ *Adulting with an NMC*
- 🕐 Wed 23 Jul | 7–9pm
- 📍 Online

POWER HOUR
- 🕐 Thurs 24 Jul
- 4–5pm
- 📍 Online

AUG

SMARTIES
- 🕐 Sat 9 Aug
- 12–3pm
- 📍 Club Parramatta

MUM'S WINE & CHAT
- 🕐 Thurs 14 Aug
- 7:30–9pm
- 📍 Online

POWER HOUR
- 🕐 Thurs 21 Aug
- 4–5pm
- 📍 Online
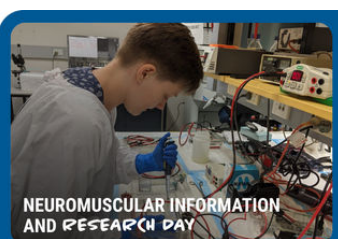
NEUROMUSCULAR INFORMATION AND RESEARCH DAY
- 🕐 Sat 23 Aug
- 1–4:30pm
- 📍 Online

SEP

MUM'S WINE & CHAT
- 🕐 Thurs 11 Sep
- 7:30–9pm
- 📍 Online

POWER HOUR
- 🕐 Thurs 18 Sep
- 4–5pm
- 📍 Online

SPRING ROLL & PICNIC
- 🕐 Sat 27 Sep
- 12–3pm
- 📍 Parramatta Cycleway

ARE YOU NEW TO MDNSW?
- 🕐 Tues 30 Sep
- 7–8:30pm
- 📍 Online

OCT

July – December 2025

Peer Connect Calendar cont.

MUSCULAR DYSTROPHY NSW
YOUR NEUROMUSCULAR SUPPORT COMMUNITY

LGMD CONNECT
- 🕐 Tues 7 Oct
  7–8pm
- 📍 Online

MUM'S WINE & CHAT
- 🕐 Thurs 9 Oct
  7:30–9pm
- 📍 Online

POWER HOUR
- 🕐 Thurs 16 Oct
  4–5pm
- 📍 Online

STUDENT Life
- 🕐 Wed 22 Oct
  12–1:30pm
- 📍 WSU Rydalmere

WOMEN'S RETREAT
- 🕐 Fri 31 Oct – Sun 2 Nov
- 📍 Rydges Newcastle

MD DADS
- 🕐 Date TBC
  Time TBC
- 📍 Venue TBC

NOV

HUNTER SOCIAL LUNCH
- 🕐 Sat 1 Nov
  12pm

POWER HOUR
- 🕐 Thurs 13 Nov
  4–5pm
- 📍 Online

MUM'S WINE & CHAT
- 🕐 Thurs 13 Nov
  7:30–9pm
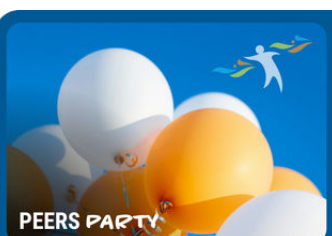- 📍 Online

YOUNG ADULTS RETREAT
- 🕐 Fri 14 – Mon 17 Nov
- 📍 Atura Blacktown

COMMUNITY DAY
- 🕐 Sat 29 Nov
  11am–2:30pm
- 📍 The Granville Centre

DEC

PEERS PARTY
- ℹ️ IDPwD 2025
- 🕐 Wed 3 Dec | 7–8:30pm
- 📍 Online

POWER HOUR
- 🕐 Thurs 11 Dec
  4–5pm
- 📍 Online

MUM'S WINE & CHAT
- 🕐 Thurs 11 Dec
  7:30–9pm
- 📍 Online

For more information or to register, contact e: **info@mdnsw.org.au** or p: **02 9888 5711**. **Please note** event dates and locations may change. Visit **mdnsw.org.au** for the latest updates or contact our friendly team.