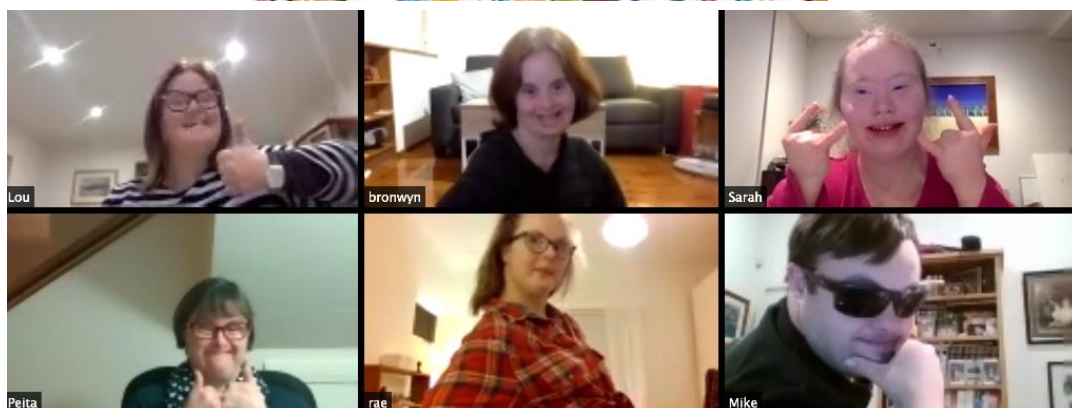




UP!Club

online

November 23rd - November 29th



UP!Club is a social connection group for adults with Down syndrome.

We are currently providing a wide range of activities **ONLINE**.

We can provide all the information you need to get started.

To register for "Staying Connected" activities please go to;

<https://downsyndrome.powerappsportals.com/publishedevents/>

UP!Club Online - Staying Connected

Tuesday 24th November – Coffee Club

Catch up with your friends, chat about anything you like!



What to prepare: Tea, coffee, whatever you like.

Starts: 10:00AM

Finishes: 11:00AM

Service Costs: 1 hour NDIS scheduled rate

Tuesday 24th November – Trivia

All Things Australian

Join us for our weekly Trivia session. How well do you know all things Australian?



What to prepare: Pen, paper and your thinking caps.

Starts: 2:00PM

Finishes: 3:00PM

Service Costs: 1 hour NDIS scheduled rate

Wednesday 25th November – Alyssa's Yoga Class

Join us for our weekly Yoga session. Your marvellous teacher – Alyssa!



Intensity level: Beginner

What to prepare: Gym Clothes, water & towel.

Starts: 10:00AM

Finishes: 11:00AM

Service Costs: 1 hour NDIS scheduled rate

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UP!Club Online - Staying Connected

Friday 27th November – Childhood Cooking Recipes

What was your favourite meal you ate growing up, and still enjoy to this day. Come along and share your favourite childhood dish.



What to prepare: Your favourite childhood recipe.

Starts: 2:00PM

Finishes: 3:00PM

Service Costs: 1 hour NDIS scheduled rate

Saturday 28th November – Back to the 80's Dance Party

Who doesn't love the 80's and who doesn't love to dance! Come to our 1980's themed dance party.



What to prepare: Dress up if you like.

Starts: 6:00PM

Finishes: 7:30PM

Service Costs: 1.5 hours NDIS scheduled rate

Sunday 29th November – Sunday Funday! ... Part 2

GAMES, GAMES & more GAMES. Come along for every fun game we have ever played before – Trivia, Dares, Memory games and lots of laughter.



What to prepare: A pen & paper. Your Brain!

Starts: 2:00PM

Finishes: 3:30PM

Service Costs: 1.5 hours NDIS scheduled rate

To register for "Staying Connected" activities please go to;

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