



UP!Club



November 30th – December 6th



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

Sorry! There will be no Tuesday morning session this week.



Tuesday 1st December – Afternoon Coffee Club

As Christmas is only in a few weeks away, we would love to hear your stories of a favourite Christmas past time.

What to prepare: A hot or cold, drink or snacks.

Starts: 2:00PM

Finishes: 3:00PM

Service Costs: 1 hour NDIS scheduled rate

Wednesday 2nd December – Favourite Xmas Food!



Bring or share your favourite recipe to eat at Christmas, and we will also throw a challenge in there if you would like to play along – Can you make it **green** or **red**!

What to prepare: Christmas recipe or dish.

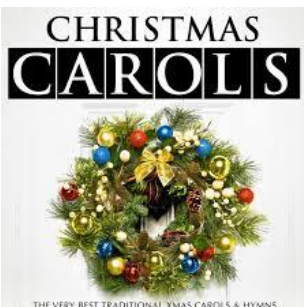
Starts: 10:00AM

Finishes: 11:00AM

Service Costs: 1 hour NDIS scheduled rate

Friday 4th December – Music Trivia

Christmas Carols



Come along to our Music trivia – get in the spirit for Christmas with all the Christmas carols you can think off.

What to prepare: A quiet place to listen and play.

Starts: 2:00PM

Finishes: 3:00PM

Service Costs: 1 hour NDIS scheduled rate

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