

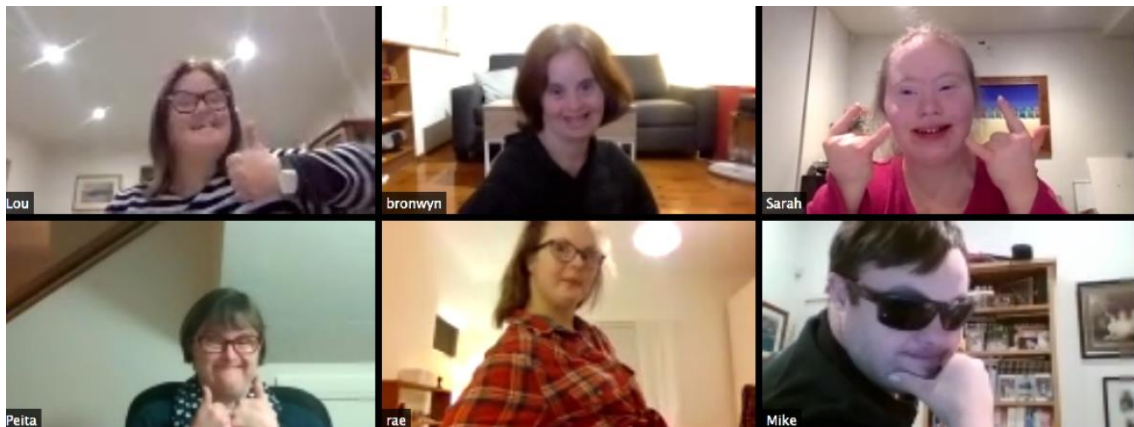


Down Syndrome  
New South Wales

UP!Club

online

January 11<sup>th</sup> - January 17<sup>th</sup>



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

Welcome to 2021! Please note the new time change on weekends.



## Tuesday 12<sup>th</sup> January – New Year Coffee Club

Come along and catch up with your mates for the first time in 2021.

**What to prepare:** A hot or cold drink and snacks.  
Share a photo of you having Christmas fun if you like!

**Starts:** 2:00PM

**Finishes:** 3:00PM

**Service Costs:** 1 hour NDIS scheduled rate

## Wednesday 13<sup>th</sup> January – Music Trivia

### Boy Bands / Girl Groups

Will you be the music trivia master? How well do you know your Boy Bands and Girl Groups?

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

**Starts:** 10:00AM

**Finishes:** 11:00AM

**Service Costs:** 1 hour NDIS scheduled rate



## Friday 15<sup>th</sup> January – New Year Planning Meeting

Come along and share your ideas for our future Staying Connected sessions.

**What to prepare:** Your ideas, and bring your thinking caps

**Starts:** 2:00PM

**Finishes:** 3:00PM

**Service Costs:** 1 hour NDIS scheduled rate



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# UP!Club Online - Staying Connected



## Saturday 16<sup>th</sup> January - New Year Dance Party

We welcome everyone back with our first dance party of the year!

**What to prepare:** Wear your favourite party outfit.

**Starts:** 6:30PM

**Finishes:** 8:00PM

**Service Costs:** 1.5 hours NDIS scheduled rate



## Sunday 17<sup>th</sup> January – Sunday Funday!

Games, games and more games! Come along and play your favourite fun games.

**What to prepare:** A pen, some paper and your brain!

**Starts:** 3:00PM

**Finishes:** 4:30PM

**Service Costs:** 1.5 hours NDIS scheduled rate

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