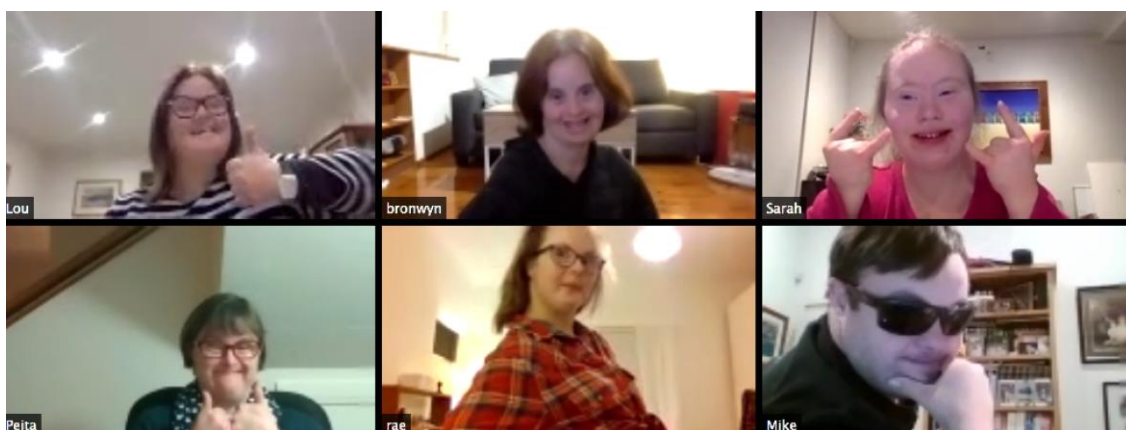




UP!Club

online

January 18th - January 24th



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

- ✓ Same times as last week – we hope these times fit in with your other commitments



Tuesday 19th January – Coffee Club

Topic – New year, new ideas!

What to prepare: Think about any new year's resolutions that you made and how we have to be COVID-safe when we are outside.

Starts: 2:00PM

Finishes: 3:00PM

Service Costs: 1 hour NDIS scheduled rate (\$23.79p/h)

DSA hosts – Melissa & Nikki

Wednesday 20th January – Animal Magic!

Topic – Animal kingdom – fun facts

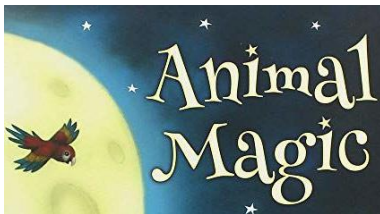
What to prepare: Think about what animals are your favourites and why.

Starts: 10:00AM

Finishes: 11:00AM

Service Costs: 1 hour NDIS scheduled rate (\$23.79p/h)

DSA hosts – Aly & Nikki



Friday 22nd January – Music Trivia - Musicals

Will you be our Musical Maestro?! How well do you know your musicals like Wicked, Chicago and more!

What to prepare: A quiet place to listen and play

Starts: 2:00PM

Finishes: 3:00PM

Service Costs: 1 hour NDIS scheduled rate (\$23.79p/h)

DSA hosts – Melissa & Nikki

Member co-host – Josie.



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Any problems with registration, email Nikki : Nicola.Hayhurst@dsansw.org.au

UP!Club Online - Staying Connected



Saturday 23rd January – Strictly Dancing

Moving and grooving to Strictly Dancing songs and dances

What to prepare: Wear your favourite party outfit.

Starts: 6:30PM

Finishes: 8:00PM

Service Costs: 1.5 hours NDIS scheduled rate
(\$33.38p/h)

DSA hosts – Atlanta & Emma

Member co-host – Josie.

Sunday 24th 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
(\$42.96p/h)

DSA hosts – Atlanta & Emma



UP!Club



Face to Face meet up – Up!Club
outing coming up in the next
program – **Saturday 30th January.**
we will be going to Watson's Bay

If COVID restrictions allow,
for Fish and Chips/picnic – **10:00am – 2:00pm.** **Registration for this event opens
next week when the outing can be confirmed with COVID guidance.**

DSA hosts – Atlanta & Nikki

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

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