



1 August – 15 August

Face-to-face outings suspended due to lockdown

(SUBJECT TO DIRECTIVES FROM NSW HEALTH)

To be announced – Movie Day at Miranda (South Sydney meet)

To be announced – Yoga Retreat, Barangaroo

To be announced – Catch up Dinner & Drinks, Newtown (Central meet)

About UP!Club

UP!Club is a social connection group for adults with Down syndrome. This program tells you about the COVID-safe face-to-face outings and Staying Connected online sessions for July based around our core Pillars:

- Speak Up
- Healthy Me
- Participate
- Give Back
- Create &
- Independent Living.

Decide what you want to do, then make your selection on this webpage:
Problems booking in? Email the team at upclub@dsansw.org.au

[Click here to book events](#)

Events This Month

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Coming soon:

Your program for 16 – 31 August will drop in your inbox early August.

1: Crafternoon online – Tuesday 3 August



When`

Starts: 2:30pm

Ends: 4:00pm

Topic

Mindfulness Colouring – relax, unwind and colour within the lines!

Hosts

DSA Mandy/Nikki with our volunteers Crystal/John

What to prepare

Canvas/acrylic paints, or texters/pencils, colouring books or paper

Service Costs

1.5hrs hour NDIS scheduled rate: 04_141_0136_6_1_T

2: UP!Club Yourself – Thursday 5 August

When

Starts: 3:30pm

Ends: 5:00pm

Topic

UP!Club Yourself – Unstructured coffee club led by our members

Hosts

Member Co-host leaders Nick & Ruth – DSA Nikki for Zoom support

What to prepare

UP!Clubbers talk about what is important to them

Service Costs

1.5hrs hour NDIS scheduled rate: 04_141_0136_6_1_T

3: Coffee & Music online – Friday 6 August



When

Starts: 3:30pm

Ends: 5:00pm

Topic

Music and discussion with Saul and Cecile (A Sound Life)

Hosts

DSA Nikki/Mandy with our volunteers Karen/John

What to prepare

We enjoy some live music and talk about team work

Service Costs

1.5hrs hour NDIS scheduled rate: 04_141_0136_6_1_T

4: Yoga Skills online – Saturday 7 August



Before Session Survey

<https://forms.gle/h8MTiso28nw4XXMQ6>

After Session Survey

<https://forms.gle/PzgNLtcDNiQ4dZTQ8>

When

Starts: 9:30am

Ends: 11:00am

Topic

Gentle hatha yoga with interactive music and meditation

Hosts

DSA Nikki with Bec, Cecile & Saul from A Sound Life

What to prepare

Comfortable clothes, water drink, quiet place to do yoga on floor/chair

Service Costs

1.5 hours NDIS scheduled rate: 04_143_0136_6_1_T

5: Dance Party (evening) – Saturday 7 August



When

Starts: 6:30pm

Ends: 8:00pm

Topic

Songs from the 1970s and your song requests

Hosts

DJ Alyssa and Mandy

What to prepare

Dress up for fun – bring your mocktail and your dancing shoes

Service Costs

1.5 hours NDIS scheduled rate: 04_143_0136_6_1_T

6: Sunday Funday – Sunday 8 August



When

Starts: 3:00pm

Ends: 4:30pm

Topic

Song request Sunday with interactive quizzes

Hosts

DJ Alyssa and Mandy

What to prepare

Wear a crazy hat or wig or colourful socks

Email your songs - upclub@dsansw.org.au

Service Costs

1.5 hours NDIS scheduled rate: 04_144_0136_6_1_T

7: Crafternoon online – Tuesday 10 August



When

Starts: 2:30pm

Ends: 4:00pm

Topic

Friendship Bracelet Workshop – with Friends Trivia!

Hosts

DSA Mandy/Nikki with our volunteers Crystal/John

What to prepare

We celebrate International Friendship Day with craft and good chats

Service Costs

1.5hrs hour NDIS scheduled rate: 04_141_0136_6_1_T

8: UP!Club Yourself – Thursday 12 August

When

Starts: 3:30pm

Ends: 5:00pm

Topic

Unstructured coffee club led by our members

Hosts

Member Co-host leaders Ellen & Sam – DSA Nikki for Zoom support

What to prepare

UP!Clubbers talk about what is important to them

Service Costs

1.5hrs hour NDIS scheduled rate: 04_141_0136_6_1_T

9: Coffee & Music online – Friday 13 August



When

Starts: 3:30pm

Ends: 5:00pm

Topic

Music and discussion with Saul and Cecile (A Sound Life)

Hosts

DSA Nikki/Mandy with our volunteers Karen/John

What to prepare

We enjoy some live music and talk about being a friend to ourselves

Service Costs

1.5hrs hour NDIS scheduled rate: 04_141_0136_6_1_T

10: Dance Party (evening) – Saturday 14 August



When

Starts: 6:30pm

Ends: 8:00pm

Topic

Songs from the 1980s and your song requests

Hosts

DJ Alyssa & Mandy

What to prepare

Dress up for fun – bring your mocktail, dancing shoes & singing voice!

Service Costs

1.5 hours NDIS scheduled rate: 04_143_0136_6_1_T