



October Program

We Are All Online! For Now...

We have so many FUN activities planned for when we can be together face to face, such as Movie Days, Yoga Retreat, Dinner and Drinks, Girls Days, Boys Days, Pub Nights, Music and Arts Events, High Tea, Gallery Tours, Picnics, Bushwalk Adventures and so much more. Until then, we can't wait to see you online!

About UP!Club

UP!Club is a social connection group for adults with Down syndrome. This program tells you about our online sessions for September based around our core pillars:

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

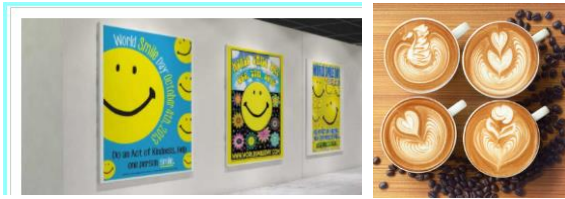
Decide what you want to do, then make your selection on this webpage: Problems booking in? Check out our step by step guide on the UP!Club Page on our website or email the team at upclub@dsansw.org.au Talk time for phone calls is 1-2pm Wednesday to Friday. We kindly ask that you stick to this dedicated window if you need to call or text us!

[Click here to book in for your awesome events](#)

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1: Coffee & Music – Friday 1 October



When

Starts: 3:30pm

Ends: 5:00pm

Topic

Music and interactive games with Saul and Cecile from “A Sound Life”

What to prepare

We enjoy an amazing live music performance and remember that today is World Smile Day, do an act of kindness and help one person smile!

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

2: Dance Party (evening) – Saturday 2 October



When

Starts: 6:30pm

Ends: 8:00pm

Topic

Spring is in the air – let’s put a spring into your dancing feet

What to prepare

Dress up for fun – wear your spring colours and add your favourite spring songs to the Spring Play List – we will send you the Playlist link

Service Costs

1.5 hours NDIS scheduled rate: 04_121_0136_6_1_T

3: Chef Sunday – Halloween Edition – Sunday 3 October



When

Starts: 1:00pm

Ends: 2:30pm

Topic

To celebrate International Chef's Day (20 October), we welcome Chef Jimmy from The Rio – a wine & cocktail bar in Summer Hill

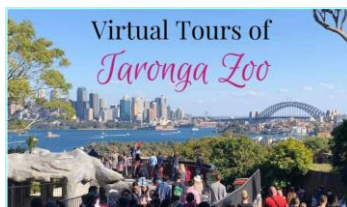
What to prepare

Wear something orange as you watch Jimmy create some Halloween treats. Bring pen and paper to make notes for recipes and web links

Service Costs

1.5 hours NDIS scheduled rate: 04_122_0136_6_1_T

4: Virtual Tour of Taronga Zoo – Tuesday 5 October



When

Starts: 2:30pm

Ends: 4:00pm

Topic

Taronga TV brings its beautiful zoo to our Zoom room as we tune in to see our favourite animals and get some behind the scenes action!

What to prepare

Bring a picture or story of your favourite zoo animal to share

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

5: UP!Club Yourself – Thursday 7 October



When

Starts: 3:30pm

Ends: 5:00pm

Topic

Unstructured coffee club led by our members

Member Co-host leader Tom – Around The World Part 2

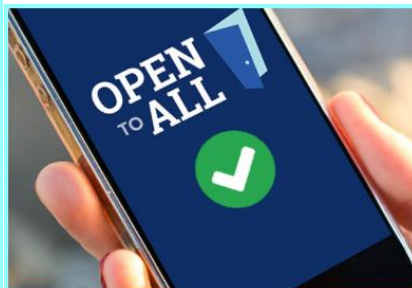
What to prepare

Bring your own ideas, comments and questions on this topic

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

6: Tri State Trivia – Friday 8 October



We welcome those outside of UP!Club to attend our Joint sessions

When

Starts: 2:00pm

Ends: 3:00pm

Topic

We join with our partners in QLD & VIC for a Tri state trivia challenge!

What to prepare

Bring a pen/pencil to write your answers for this Halloween themed trivia

Service Costs

1.0 hours NDIS \$10 hourly rate: 04_120_0136_6_1_T

7: Coffee & Music – Friday 8 October



When

Starts: 3:30pm

Ends: 5:00pm

Topic

Music and interactive games with Saul and Cecile from “A Sound Life”

What to prepare

We enjoy an amazing live music performance and catch up with friends

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

8: Dance Party (evening) – Saturday 9 October



When

Starts: 6:30pm

Ends: 8:00pm

Topic

Songs with an animal theme and your other song requests

What to prepare

Dress up for fun – bring your mocktail, dancing shoes & singing voice!
Add your favourite spring songs to the Animal Play List – we will send you the Playlist link

Service Costs

1.5 hours NDIS scheduled rate: 04_121_0136_6_1_T

9: Crafternoon Mindful Art – Tuesday 12 October



When`

Starts: 2:30pm

Ends: 4:00pm

Topic

Mindfulness Colouring with Mandy –
Relax, unwind and colour within the lines!
Also, talking on topics with Mandy's Conversation Cards

What to prepare

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

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

10: Fit & Fun Monthly – Wednesday 13 October



When`

Starts: 3:30pm

Ends: 5:00pm

Topic

Your monthly mix of exercises, stretches, chats, meditation & laughter to make you healthy inside and out!

With Sean Bowes of Bowes Boxing and Bowes Fitness and Emily Caska

What to prepare

Today's theme is wear your favourite colour, let's see your bright, fun outfits! Also bring a towel and a water bottle.

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

11: UP!Club Yourself – Thursday 14 October



When

Starts: 3:30pm

Ends: 5:00pm

Topic

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

Member Co-host leaders Josie & Tara – Learning to Be Independent

What to prepare

Josie will show and tell us about her independent living skills, travel training and her future plans. Plus, there are trivia questions!

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

12: Have Your Say & Music with Sherie – Friday 15 October



When

Starts: 3:30pm

Ends: 5:00pm

Topic

Live music and interactive games with Saul and Cecile (A Sound Life)

What to prepare

We enjoy some live music and then plan for future UP!Club sessions with our CEO Sherie

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

13: Yoga-lates (morning) – Saturday 16 October



Note this session is 60 minutes in duration and is more active than our usual Yoga session

When

Starts: 10:00am

Ends: 11:00am

Topic

Hatha yoga mixed in with some Pilate's movements – Yoga-lates!

What to prepare

Comfortable clothes, water drink, quiet place for movement on floor

Service Costs

1.0 hours NDIS scheduled rate: 04_123_0136_6_1_T

14: Dance Party (evening) –Saturday 16 October



StepUP!
for Down
syndrome

When

Starts: 6:30pm

Ends: 8:00pm

Topic

Step UP! Motivational songs to inspire us for #21YourWayNSW

What to prepare

Dress up for fun – bring your mocktail and your dancing shoes
Add your all-time greatest songs to the #21YourWay Play List – we will send you the Playlist link – we will aim to play 21 songs tonight!

Service Costs

1.5 hours NDIS scheduled rate: 04_121_0136_6_1_T

15: Virtual Tour of Opera House & Music – Tuesday 19 October



When

Starts: 2:30pm

Ends: 4:00pm

Topic

Explore the momentous Sydney Opera House from the comfort of your home as we take a 360 degree tour of SOH and listen to classical music.

What to prepare

Bring some high tea sandwiches and scones if you like

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

16: Tri State Lunchtime – Wednesday 20 October



We welcome those outside of UP!Club to attend our Joint sessions

When

Starts:12:00pm

Ends: 1:00pm

Topic

We join with our partners in QLD & VIC for a Tri state lunch time break

What to prepare

Bring your lunch or snack to eat along with your interstate UP!Clubbers!

Service Costs

1.0 hours NDIS \$5 hourly rate: 04_120_0136_6_1_T

17: UP!Skill Academy – Wednesday 20 October



When

Starts: 3:30pm

Ends: 5:00pm

Topic

Interactive skills building workshop designed to help you best your best and achieve your goals!

- Fun, interactive and a great learning workshop.
- With a certificate issued to you at the end.
- ✚ This month, we are talking about Mindfulness and Mental Health
- ✚ Join us in an uplifting workshop where we explore stress and anxiety
- ✚ We will develop strategies to be more mindful, calm and balanced
- We will be doing fun activities and lots of interaction within a safe, supported environment.

Host

Emily Caska

What to prepare

Bring notepad/paper and pen/pencil, coloured pencils, crayons or textas.

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

18: UP!Club Yourself – Thursday 21 October



When

Starts: 3:30pm

Ends: 5:00pm

Topic

UP!Club Yourself – Unstructured coffee club led by our members
Member Co-host leader Elizabeth shares her love of Disney & music

What to prepare

Bring your own stories and photos to share

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

19: Celebrate the Month – Friday 22 October



When

Starts: 3:30pm

Ends: 5:00pm

Topic

Music and interactive games with Saul and Cecile from “A Sound Life”

What to prepare

We enjoy some live music and celebrate our member’s achievements throughout the month of October

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

20: Wine/Soda Tasting Appreciation (evening) – Friday 22 October



When

Starts: 6:30pm

Ends: 8:00pm

Topic

We test out different drinks the way that professional tasters do, in a mindful, considered way. Engage your senses by tickling your tastebuds and smelling the aromas!

What to prepare

Eat beforehand, we will supply Tasting Notes, bring a pen/pencil to write

Service Costs

1.5 hours NDIS scheduled rate: 04_123_0136_6_1_T

21: Dance Party (evening) – Saturday 23 October



StepUP!
for Down
syndrome

When

Starts: 6:30pm

Ends: 8:00pm

Topic

Step UP! Motivational songs to inspire us for #21YourWayNSW

What to prepare

Add your all-time greatest songs to the #21YourWay Play List – we will send you the Playlist link – try out 21 dance moves tonight!

Service Costs

1.5 hours NDIS scheduled rate: 04_121_0136_6_1_T

22: Crafternoon Halloween – Tuesday 26 October



When

Starts: 2:30pm

Ends: 4:00pm

Topic

Halloween Workshop – Halloween inspired craft with Harry Potter Trivia!

What to prepare

We will send an ingredients list for some Halloween cupcake treats

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

23: UP!Club Yourself – Thursday 28 October



**Special Guest Julie Millard,
Mental Health Consultant**

When

Starts: 3:30pm

Ends: 5:00pm

Topic

Member Co-host leader Tara welcomes Julie to this session as part of Mental Health Awareness Month

What to prepare

Bring your ideas and questions to explore with our consultant guest speaker as we develop our mental wellness during COVID-19.

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

24: Coffee & Music – Friday 29 October



**Halloween
Special!**

When

Starts: 3:30pm

Ends: 5:00pm

Topic

Music and interactive games with Saul and Cecile from “A Sound Life”

What to prepare

We enjoy some live music and celebrate the fun of Halloween.

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

25: Yoga Skills (morning) – Saturday 30 October



Note this session is now 1hr in duration

When

Starts: 10:00am

Ends: 11:00am

Topic

Gentle hatha chair yoga with interactive music and meditation

What to prepare

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

Service Costs

1.0 hours NDIS scheduled rate: 04_121_0136_6_1_T

26: Dance Party (evening) – Saturday 30 October



When

Starts: 6:30pm

Ends: 8:00pm

Topic

Halloween Chiller – Thriller songs – who Ya Gonna call?!

What to prepare

Dress up for fun – wear Orange or your Halloween costume

Add your favourite spooky songs to the Halloween Play List – we will send you the Playlist link

Service Costs

1.5 hours NDIS scheduled rate: 04_121_0136_6_1_T