



November Program

We are still online ... but we are planning face to face events for December

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. We will continue our online sessions as well.

About UP!Club

UP!Club is a social connection group for adults with Down syndrome. This program tells you about our online sessions for November 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!

Coming soon – open events

Some of our events are going to be open to family, friends and those outside of UP!Club, with or without Down syndrome.

[Click here to book your
Weekday sessions](#)

[Click here to book your
Weekend sessions](#)

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1: Crafternoon goes to the Races! – Tuesday 2 November



When

Starts: 2:30pm

Ends: 4:00pm

Topic

Melbourne Cup Day – the race that stops the nation!

What to prepare

We will make a Race Day Fascinator head piece/decorated hat and watch the Melbourne Cup race together at 3:00pm

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

2: Cook UP with Jimmy – Wednesday 3 November



When

Starts: 1:30pm

Ends: 3:00pm

Topic

To celebrate yesterday's Melbourne Cup, our in-house Chef creates some great party food treats that are sure to win the day!

What to prepare

Wear your fascinators as you watch Jimmy Giddy up in his kitchen! Bring a 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

3: UP!Club Yourself – Thursday 4 November



When

Starts: 3:30pm

Ends: 5:00pm

Topic

Unstructured coffee club led by Member Nick H – Tell us your Story!

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

4. Coffee & Music – Friday 5 November



When

Starts: 3:30pm

Ends: 5:00pm

Topic

Music and interactive games with our musicians from “A Sound Life”

What to prepare

We enjoy an amazing live music performance and remember that today is Guy Fawkes Night in England, celebrated with bonfires and fireworks

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

5: Yoga Skills (morning) – Saturday 6 November



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 hour NDIS scheduled rate: 04_121_0136_6_1_T

6: Dance Party (evening) – Saturday 6 November



When

Starts: 6:30pm

Ends: 8:00pm

Topic

We celebrate the Melbourne Cup with songs with a horse/racing theme and do a fashion parade of our fancy outfits!

What to prepare

Dress up for fun – wear a hat – we will send you the Playlist link.

Service Costs

1.5 hours NDIS scheduled rate: 04_121_0136_6_1_T

7: Virtual Tour - Australian Street Art – Tuesday 9 November



When

Starts: 2:30pm

Ends: 4:00pm

Topic

From Melbourne's Fitzroy to Hobart's waterfront marina and our own dear Newtown, we explore some of Australia's coolest neighbourhoods and decide which state has the best street art

What to prepare

Tell us which states you have been to and what great art you have seen

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

8: UP!Club Yourself – Thursday 11 November



When

Starts: 3:30pm

Ends: 5:00pm

Topic

Unstructured coffee club led by our members – COVID-19 Check in

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

9: Tri State Trivia – Friday 12 November



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

NSW are the hosts today, we will bring questions on Sydney's Royal Easter Show! Bring a pen/pencil to help you with the State Festival trivia.

Service Costs

1.0 hour NDIS **\$10** hourly rate: 04_120_0136_6_1_T

10: Coffee & Music – Friday 12 November



When

Starts: 3:30pm

Ends: 5:00pm

Topic

Music and interactive games with our musicians 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

11: Dance Party (evening) – Saturday 13 November



When

Starts: 6:30pm

Ends: 8:00pm

Topic

You asked for it, it's PIE NIGHT! Enjoy your song requests as well as your favourite pie dishes. Playlist link will be sent to you.

What to prepare

Dress up for the beach and don't forget your tomato sauce for your pie night by twilight!

Service Costs

1.5 hours NDIS scheduled rate: 04_121_0136_6_1_T

12: Sunday Funday TV Trivia – Sunday 14 November



When

Starts: 3:00pm

Ends: 4:30pm

Topic

TV Shows Trivia is back – see how much you know!

What to prepare

Bring some afternoon tea if you like

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

13: Crafternoon Mindful Art – Tuesday 16 November



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

14: Tri State Lunch – Wednesday 17 November



When

Starts: 1:00pm (Sydney time)

Ends: 2:00pm

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 hour NDIS \$5 hourly rate: 04_120_0136_6_1_T

15: Fit & Fun Monthly – Wednesday 17 November

FIT & FUN

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

16: UP!Club Yourself – Thursday 18 November



When

Starts: 3:30pm

Ends: 5:00pm

Topic

Unstructured coffee club led by our members – Independence

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

17: Have Your Say & Music – Friday 19 November



When

Starts: 3:30pm

Ends: 5:00pm

Topic

We enjoy some music and then plan for future UP!Club sessions with our Host Mandy

What to prepare

Bring your ideas for future UP!Club sessions

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

18: Yoga-lates (morning) – Saturday 20 November



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 hour NDIS scheduled rate: 04_123_0136_6_1_T

19: Dance Party (evening) –Saturday 20 November



When

Starts: 6:30pm

Ends: 8:00pm

Topic

Girls Just Wanna Have Fun – it's Girl's Night so Girl Bands rock tonight!

What to prepare

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

Playlist for your favourite Girl Bands – next week is Boy's Night!

Service Costs

1.5 hours NDIS scheduled rate: 04_121_0136_6_1_T

20: Virtual Art Galleries - Tuesday 23 November



When

Starts: 2:30pm

Ends: 4:00pm

Topic

We tour the world's top 10 virtual museums with Google Arts & Culture tours, from London's National Gallery to the Guggenheim in New York

What to prepare

Bring some high tea sandwiches and listen to classical music

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

21: UP!Skill Academy – Wednesday 24 November



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 keeping fit, looking good, feeling fine
- ✚ With restrictions easing, it's time to get out and about in the community again in a safe way. In this fun and interactive session, we will talk about the key things that will help you keep fit, look good and feel fine from the inside out.
- ✚ We will talk about mental wellbeing, goal setting, self-care, personal hygiene, health and respecting others.
- We will be doing fun activities with 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. Plus, bring along something that makes you feel GREAT, to show the group and talk about. This could be a favourite item, healthy food, or a photo of yourself, a special gift, a prize or a trophy.

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

22: UP!Club Yourself – Thursday 25 November



When

Starts: 3:30pm

Ends: 5:00pm

Topic

Unstructured coffee club led by our members – Christmas planning – there's only 1 month to go until Christmas!

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

23: Celebrate the Month – Friday 26 November



When

Starts: 3:30pm

Ends: 5:00pm

Topic

Music and interactive games with our musicians from "A Sound Life"

What to prepare

We enjoy some live music and celebrate our member's achievements throughout the month of November

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

24: Dance Party (evening) – Saturday 27 November



When

Starts: 6:30pm

Ends: 8:00pm

Topic

Boys are Back in Town! – It's Boy's Night so Boy Bands rock tonight!

What to prepare

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

Playlist for your favourite Boy Bands tonight as last week was Girl Bands

Service Costs

1.5 hours NDIS scheduled rate: 04_121_0136_6_1_T

25: Sunday Funday Virtual Bingo – 28 November



When

Starts: 3:00pm

Ends: 4:30pm

Topic

Bingo is a fun game of chance where you match the numbers and win
We will play 2 games as well as relaxing music and happy chats.

What to prepare

2 bingo cards will be emailed out to you when you book this session

Bring these with you, get some help from your household to play!

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

26: Crafternoon – Tuesday 30 November



When

Starts: 2:30pm

Ends: 4:00pm

Topic

Christmas Card Workshop – with Christmas Trivia!

It's nearly time to post those Christmas cards, let us help inspire you with a home-made version.

What to prepare

We will send a supply list for you to create your own Christmas cards

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

DSNSW - Facilitator is inviting you to a scheduled Zoom meeting.

Christmas News! Face to Face events are coming!



We are planning so many exciting activities and special guests, you will think Christmas has come early this year!

Our December program runs from 1 Dec – 23 Dec



We are planning a face to face Christmas lunch:

Saturday 18 December, 12 – 4pm

Save the date, more details to come!



Down Syndrome NSW will close for the Christmas break on 24 December

Activities will return from 12 January 2022.