



May Program 2022

About UP!Club

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

★ Speak Up

★ Healthy Me

★ Participate

★ Give Back

★ Create

★ Independent Living

Decide on the days you want, then click on the webpages below for your selection:

[Mondays](#)

[Tuesdays](#)

[Wednesdays](#)

[Thursdays](#)

[Fridays](#)

[Weekends](#)

Email the team at upclub@dsansw.org.au with any UP!Club enquiries

Telephone time with our UP!Club Co-ordinator, Mark, is 2pm – 3pm – 9841 4409 (Wednesday, Thursday, Friday).

Look out for the “Open events” and “Face to Face” picture for some events.



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



Our face to face outings are in line with current NSW Health restrictions for a COVID-19 safe experience as well as weather dependent. We will confirm the details of the confirmed event 48hrs before the day, plan B will be an online Zoom.

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1: Crafternoon Tuesday – 3 May



When

Starts: 2:30pm

Ends: 4:00pm

Skill Focus

Crafting (fine motor skills), communication (social skills)

What to bring

We prepare for Mother's Day with some Card Making for Mother's Day

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

2: UP!Club Yourself – Wednesday 4 May



When

Starts: 3:30pm

Ends: 5:00pm

Skill Focus

Communication (social skills), Spotlight Me (leadership)

What to bring

Bring your best stories of your mum to share with the group, you can use photos (with permission) or show any homemade gifts you have made for her

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

3: UP!Club – Talk Club – Thursday 5 May



When

Starts: 3:30pm

Ends: 5:00pm

Skill Focus

Discussion on a topic – listening and talking respectfully back within the group

What to bring

This is a safe space to talk about how we feel about what matters to us the most and respecting other people's points of view

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

4: Coffee & Music Friday – Friday 6 May



When

Starts: 3:30pm

Ends: 5:00pm

Skill Focus

Music and interactive games with our musician from "A Sound Life".

What to bring

Bring your musical instruments or just your voice to sing along and chat

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

5: Dance Party (evening) – Saturday 7 May



When

Starts: 6:30pm

Ends: 8:00pm

Skill Focus

Communication - dancing, singing and positive social chat in between songs

What to bring

Dress up for fun – bring your Mocktail and your dancing shoes.

The theme is “Mum’s Tunes” – wear your mum’s favourite colour!

Service Costs

1.5 hours NDIS scheduled rate: 04_121_0136_6_1_T

6: Healthy Food Options - Monday – 9 May



When

Starts: 2:30pm

Ends: 4:00pm

Skill Focus

Your healthy plate – discussion and planning for health action goals

What to bring

Tell us what you put on your plate – bring your healthy recipes to discuss

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

7: Cook UP with Jimmy – Tuesday 10 May



When

Starts: 2:30pm

Ends: 4:00pm

Skill Focus

Food preparation and cooking skills - Jimmy prepares and cooks a dish with explanation during each stage of the cooking process

What to bring

Bring a pen and paper to make notes on this recipe that you can try at home.

Service Costs

1.5 hours NDIS scheduled rate: 04_120_0136_6_1_T

8: Fit & Fun Monthly – Wednesday 11 May

FIT & FUN

When

Starts: 3:30pm

Ends: 5:00pm

Skill Focus

Energetic exercises with stretches (gross and fine motor skills) followed by some quiet time and a wind down meditation (building mental resilience). Making you healthy inside and out! Run by Sean Bowes from Bowes Fitness

What to bring

Also, bring a towel and a water bottle.

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

9: UP!Club Yourself – Thursday 12 May



When

Starts: 3:30pm

Ends: 5:00pm

Skill Focus

Spotlight Me (leadership) with Tara Elliffe

What to bring

Bring your questions for discussion and share your own leadership experiences

Bring a note pad and pen to take some notes if you like

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

10: Tri State Trivia – Friday 13 May



When

Starts: 2:00pm

Ends: 3:00pm

Skill Focus

Applying knowledge in a social situation in a larger group (QLD & VIC)

What to bring

VIC are the hosts today. We will email you the quiz template, we need you to think of some questions too! Bring a pen/pencil to help you with the trivia.

Service Costs

1.0 hour NDIS \$10 hourly rate: 04_120_0136_6_1_T

11: Coffee & Music Friday – Friday 13 May



When

Starts: 3:30pm

Ends: 5:00pm

Skill Focus

Music appreciation and interaction with musician volunteers from A Sound Life

What to bring

Bring your musical instruments or just your voice to sing along and chat

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

12: Dance Party (evening) – Saturday 14 May



When

Starts: 6:30pm

Ends: 8:00pm

Skill Focus

Create, dance and sing and chat with friends for fun and entertainment

What to bring

Dress up for fun – bring your Mocktail and your dancing shoes.

The theme is “Girl Bands vs Boy Bands” – see which songs are the best!

Service Costs

1.5 hours NDIS scheduled rate: 04_121_0136_6_1_T

13: Sunday Lunch with live music (outing) – 15 May



You need to bring money to purchase your own lunch/snacks. Once you book in, we will send out an Outing Checklist to make sure you take everything you need for this event.

When

Starts: 11:00am or meet at the venue itself for 12 noon

Ends: 3:00pm or private pick up from venue at 2:00pm

Event focus – community participation

Pub lunch with live music at our favourite Oatley Hotel, 8 Oatley Ave, Oatley
Meeting up at Miranda station or at the venue, following COVID-safe protocols

What to bring LUNCH/SNACKS AT OWN COST

Dress for the weather – bring your COVID-19 full vaccination certificate
Be COVID-safe – if you have Covid symptoms, please do not attend this event until you have a negative PCR test returned

Service Costs –

4.0 hours NDIS scheduled rate: 04_121_0136_6_1_T

14: Mindful Living – Tuesday 17 May



When

Starts: 2:30pm

Ends: 4:00pm

Skill Focus

Focus on mindfulness and wellbeing, communication (interactive discussion)
Mindful exercises with relaxing music and a mindful meditation at the end

What to bring

Bring your drawing books and your thoughts about living presently in the now

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

15: Tri State Lunch – Wednesday 18 May



When

Starts: 1:00pm (Sydney time)

Ends: 2:00pm

Topic

We join with our partners in QLD (DSQ Program) & VIC (Club 21) for a Tri state lunch time break, so pull up a chair to have a yarn and eat lunch together

What to bring

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

Service Costs

1 hour NDIS \$5 hourly rate: 04_120_0136_6_1_T

16: UP!Club Yourself – Thursday 19 May



When

Starts: 3:30pm

Ends: 5:00pm

Skill Focus

Social chat (communication), Spotlight Me (leadership)

What to bring

Bring your stories to share with the group, you can use PowerPoint, photos, share your screen for YouTube clips, or just tell us what's going on for you

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

17: Have Your Say & Music – Friday 20 May



When

Starts: 3:30pm

Ends: 5:00pm

Skill Focus

Music appreciation and interaction with musician volunteers

Interactive discussion for future UP!Club sessions with Sherie

What to bring

Bring your ideas for UP!Club sessions and also any new ground rules for 2022.

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

18: Yoga Practice – Saturday 21 May



When

Starts: 10:00am

Ends: 11:00am

Skill Focus

Gentle hatha chair yoga with interactive music and meditation with our Yoga teachers Bec and David from “A Sound Life”.

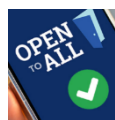
What to bring

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

19: Dance Party (evening) – Saturday 21 May



When

Starts: 6:30pm

Ends: 8:00pm

Skill Focus

Create, dance and sing and chat with friends for fun and entertainment

What to bring

Dress up for fun – bring your Mocktail and your dancing shoes.

The theme is “R&B classics” – see which songs are the best!

Service Costs

1.5 hours NDIS scheduled rate: 04_121_0136_6_1_T

20: All Around the World Virtual World Tours – Tuesday 24 May



When

Starts: 2:30pm

Ends: 4:00pm

Topic

We will take you on a virtual tour of some of the world’s best landmarks

What to bring

Bring your holiday stories and suggestions for places to visit online

Service Costs

1.5 hours NDIS scheduled rate: 04_121_0136_6_1_T

21: UP!Club Yourself – Wednesday 25 May



When

Starts: 3:30pm

Ends: 5:00pm

Skill Focus

Discussion on a topic – community participation activities (social skills, listening and talking respectfully back within the group).

What to bring

Bring your photos of your experiences playing sports, with fun sports trivia

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

22: UP! Skill Academy – Thursday 26 May



When

Starts: 3:30pm

Ends: 5:00pm

Skill Focus

Interactive skills building workshop designed to help you be your best and achieve your goals! We will be doing fun activities with lots of interaction within a safe, supported environment.

✓ With a certificate issued to you at the end.

✚ This month, we are continuing with our Tiny Habits series

- ✚ With our goals in mind, we examine our current routines
- ✚ We focus in on our motivation and how that relates to habits
- ✚ We look at where we spend our time, looking for patterns of behaviour
- ✚ We revisit our tiny habits, connected to things we already do well
- ✚ We explore more positive psychology techniques
- ✚ We try out more breath work strategies for better mindfulness

Host

Nikki Hayhurst

What to bring

Bring notepad/paper and pen/pencil, coloured pencils, crayons or textas.
Plus, bring along any goals or plans from previous sessions to discuss today.

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

23: Celebrate the Month – Friday 27 May



When

Starts: 3:30pm

Ends: 5:00pm

Skill Focus

We celebrate the month of May and all that it brings us

What to bring

We enjoy some live music from our volunteers at A Sound Life

We celebrate our member's achievements throughout the month of May

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

24: Powerhouse (outing) – Saturday 28 May



You will need to bring your concession card/companion card on the day of the event. You will also need to bring lunch or extra money to purchase your own lunch/snacks.



When

Starts: 10:00am at Central or 11:00am at the venue itself

Ends: 4:00pm

Event

We visit the Powerhouse in Ultimo and have some lunch nearby
Meet up at Central station platform 2/3 country line or at the venue itself.

What to bring LUNCH/SNACKS AT OWN COST

Dress for the weather – bring your COVID-19 full vaccination certificate
Be COVID-safe – if you become unwell, please do not attend this event

Service Costs - please note this is a long day event!

6.0 hours NDIS scheduled rate: 04_121_0136_6_1_T

25: Dance Party (evening) – Saturday 28 May



When

Starts: 6:30pm

Ends: 8:00pm

Skill Focus

Create, dance and sing and chat with friends for fun and entertainment

What to bring

Dress up for fun – bring your Mocktail and your dancing shoes.
The theme is “Pop Songs Old & New” – see which songs are the best!

Service Costs

1.5 hours NDIS scheduled rate: 04_121_0136_6_1_T

26: Mindful Living – Monday 30 May



When

Starts: 2:30pm

Ends: 4:00pm

Skill Focus

Focus on mindfulness and wellbeing, communication (interactive discussion)
Scrapbooking the things that bring us joy with relaxing music and a mindful meditation at the end.

What to bring

Bring your drawing and scrapbooking books plus your thoughts about living presently in the now

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T