



June 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.

Plus, we are looking for expressions of interest for our long awaited Yoga Half Day Winter Retreat to be held Saturday 23 July – details to be confirmed.

[Click here to register your interest and find out more!](#)

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1: UP!Club My Skills, PowerPoint Workshop– Thursday 2 June



When

Starts: 3:30pm

Ends: 5:00pm

Skill Focus

Learn and practice research skills and presentation skills

What to bring

Bring your presentation content and we will add some great features using the PowerPoint application. We will also practice our research skills as a group.

Service Costs

1.5 hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

2: Coffee & Music – Friday 3 June



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

3: Dance Party (evening) – Saturday 4 June



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 “Musical Royalty” to celebrate the Queen’s birthday next week – think of Prince, Queen, King of Pop Michael Jackson and the original King, Elvis!

Service Costs

1.5 hours NDIS scheduled rate: 04_121_0136_6_1_T

4: Mindful Living – Monday 6 June



When

Starts: 3:30pm

Ends: 5:00pm

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

5: UP!Club Yourself – Safety First – Thurs 9 June



When

Starts: 3:30pm

Ends: 5:00pm

Skill Focus

Research skills, communication skills, presentation skills

What to bring

Tara will share her PowerPoint presentation about safety with the group

Share your stories about personal safety, safety at home and in the workplace

Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

6: Coffee & Music – Friday 10 June



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

7: Wollongong (outing) – Saturday 11 June



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 - Mark

Starts: 10:00am – Meet up at Central station platform 2/3 country line

Ends: 3:30pm

Event focus – community participation

We travel 80kms south of Sydney to the city of Wollongong. We will explore this vibrant city and have some lunch along the way.

If you want to meet at Wollongong itself, contact Mark to make arrangements.

What to bring LUNCH/SNACKS AT OWN COST

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

Service Costs –

5.5 hours NDIS scheduled rate: 04_121_0136_6_1_T

8: Fit & Fun Monthly – Wednesday 15 June

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: Have Your Say & Music – Friday 17 June



When

Starts: 3:30pm

Ends: 5:00pm

Skill Focus

Music appreciation and interaction with musician volunteers

Interactive discussion for future UP!Club sessions with DSA staff

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

10: Yoga Skills (morning) – Saturday 18 June



When

Starts: 10:00am

Ends: 11:00am

Topic

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

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

11: Dance Party (evening) – Saturday 18 June



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 – The theme is “Girls and Boys Night Bake Off Karaoke” so bring your baked goods and your singing voice for the Girls Vs Boys Challenge!

Service Costs

1.5 hours NDIS scheduled rate: 04_121_0136_6_1_T

12: UP! Skill Academy – Relationships -Thursday 23 June



When

Starts: 3:00pm

Ends: 5:00pm

Skill Focus

Interactive skills building workshop designed to help you be your best and achieve your goals! This is a safe space to talk about how we feel about what matters to us most within a safe, supported environment where we listen and respect each other's point of view.

✓ With a certificate issued to you at the end.

✚ This month, we focus in on our relationships and stressors

✚ We explore respectful, supportive relationships

- ✚ We look at the important relationships that we have
- ✚ We focus on communication styles and keeping our cool
- ✚ We test our awareness of our own stress and anxiety levels so we can look out for our stress signs and triggers
- ✚ We discuss 7 steps to manage our stress
- ✚ We practice breath work strategies when walking for better mindfulness

Host

Nikki Hayhurst/content provided by Relationships Australia

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 – Please note this is a 2hr workshop

2.0hrs NDIS scheduled rate: 04_120_0136_6_1_T

13: Celebrate the Month – Friday 24 June



When

Starts: 3:30pm

Ends: 5:00pm

Skill Focus

We celebrate the month of June 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 June

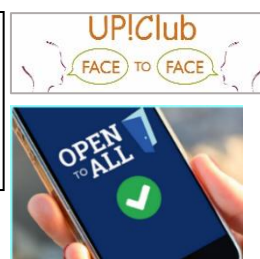
Service Costs

1.5hrs hour NDIS scheduled rate: 04_120_0136_6_1_T

14: Strike! Bowling – Central outing – Saturday 25 June



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: 11:00am at Central or 12:00am at the venue

Ends: 4:00pm

Event

We visit our favourite city bowling venue at King's Wharf and have some lunch in the karaoke lounge. Contact Mark to make arrangements to meet at venue.

What to bring Bowling \$8 per game, lunch/snacks at own cost

Everyone on the outing is double vaccinated, be COVID-safe – if you become unwell, please do not attend this event. Outing checklist will be provided.

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

5.0 hours NDIS scheduled rate: 04_121_0136_6_1_T

15: Mindful Living – Monday 27 June



When

Starts: 3:30pm

Ends: 5:00pm

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