



















# UP! Club September Program

Our social and community participation and capacity building group for adults with Down Syndrome aged over 18 years old

Day & Date	Activity	Location	Start Time	End Time	Cost
<b>Wednesday 31 August</b>	Fit n Fun Club 	Online Your Weekly Health, Fitness and Wellbeing Crew by Sean Bowes of Bowes Fitness and Boxing	<b>5:30 pm</b>	<b>7:00 pm</b>	NDIS Service Cost
<b>Friday 2 September</b>	 Live Music Catch Up	Online Live Music by "A Sound Life" and Coffee Catch Ups	<b>3:30 pm</b>	<b>5:30 pm</b>	NDIS Service Cost
<b>Friday 2 September</b>	Friday Nighters 	In Person Belvedere Hotel, Strike Bowling, King Street Wharf	<b>5:00 pm : Central 5:30 pm : Belvedere Hotel</b>	<b>10:00 pm : Central 9:45 pm : Strike Bowling</b>	NDIS Service Cost + Dinner \$30 + Bowling \$44
<b>Sunday 4 September</b>	 Culture Club	In Person Pub Lunch + Live Music on the Terrace at the Oatley Hotel	<b>11:00 am : Central 11:45 am : Oatley Hotel</b>	<b>5:00 pm : Central 4:00 pm : Oatley Hotel</b>	NDIS Service Cost + Lunch \$30
<b>Wednesday 7 September</b>	Fit n Fun Club 	Online Your Weekly Health, Fitness and Wellbeing Crew by Sean Bowes of Bowes Fitness and Boxing	<b>5:30 pm</b>	<b>7:00 pm</b>	NDIS Service Cost
<b>Friday 9 September</b>	 Live Music Catch Up	Online Live Music by "A Sound Life" and Coffee Catch Ups	<b>3:30 pm</b>	<b>5:30 pm</b>	NDIS Service Cost
<b>Saturday 10 September</b>	Culture Club 	In Person Lunch at Opera Bar, "You Know We Belong Together" Performance, Sunset Drinks at Opera House	<b>12:00 pm : Central 12:30 pm : Opera Bar</b>	<b>5:30 pm : Central 5:00 pm : Opera House</b>	NDIS Service Cost + Ticket \$95 (included in invoice) + Lunch \$30
<b>Saturday 10 September</b>	 Saturday Night Fever	Online Dance Party. Theme: All Around The World. Favourite Artists From Different Countries	<b>6:00 pm</b>	<b>9:00 pm</b>	NDIS Service Cost
<b>Wednesday 14 September</b>	Fit n Fun Club 	Online Your Weekly Health, Fitness and Wellbeing Crew by Sean Bowes	<b>5:30 pm</b>	<b>7:30 pm</b>	NDIS Service Cost
<b>Friday 16 September</b>	 Live Music Catch Up	Online Live Music by "A Sound Life" and Coffee Catch Ups	<b>3:30 pm</b>	<b>5:30 pm</b>	NDIS Service Cost
<b>Friday 16 September</b>	Friday Nighters 	In Person Live Music at Reach Bar, Dinner at Belvedere Hotel, Bingo with Prizes	<b>5:00 pm : Central 5:30 pm : Reagh Bar</b>	<b>10:00 pm : Central 9:30 pm : Belvedere Hotel</b>	NDIS Service Cost + Drinks \$20 + Dinner \$30
<b>Saturday 17 September</b>	 Culture Club	In Person Sydney Harbour Linch Cruise, Rocks Markets, Rocks Discovery Museum	<b>11:00 am : Central 11:45 am : Circular Quay</b>	<b>5:00 pm : Central 4:30 pm : Rocks Museum</b>	NDIS Service Cost + Cruise \$70 (included in invoice) + Markets
<b>Sunday 18 September</b>	Sunday Yoga 	Online Recharge Your Mind and Body with our Monthly Sunday Afternoon Yoga and Meditation with "A Sound Life"	<b>2:00 pm</b>	<b>3:00 pm</b>	NDIS Service Cost

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Day & Date	Activity	Location	Start Time	End Time	Cost
Wednesday 21 September	 Fit n Fun Club	Online Your Weekly Health, Fitness and Wellbeing Crew by Sean Bowes of Bowes Fitness and Boxing	5:30 pm	7:30 pm	NDIS Service Cost
Friday 23 September	 Live Music Catch Up	Online Live Music by "A Sound Life" and Coffee Catch Ups	3:30 pm	5:30 pm	NDIS Service Cost
Friday 23 September	 Travel Club : City	In Person Castlereagh Boutique Hotel, Drinks and Live Music in Reagh Bar, Dinner at Belvedere Hotel, Swan Lake Performance at State Theatre, Coffee + Breakfast, City Walk, Bingo, Travel Journal	5:00 pm (Friday) : Central 5:15 pm : Hotel	11:00 am (Saturday) : Central 10:45 am : Hotel	NDIS Service Cost \$620 includes Swan Lake, accommodation, breakfast, bingo prizes, support + Dinner/Drinks \$50
Saturday 24 September	 Saturday Night Fever	Online Dance Party. Theme: Best Female Singers Ever! Kylie, Katy, Taylor, Madonna + More	6:00 pm	9:00 pm	NDIS Service Cost
Sunday 25 September	 Culture Club	In Person Step Up!	9:30 am : Central 10:00 am : Step UP!	2:30 pm : Central 2:00 pm : Step Up!	NDIS Service Cost + Food/Drinks Stall \$30
Thursday 29 September	 Fit n Fun Club	Online Your Weekly Health, Fitness and Wellbeing Crew by Sean Bowes of Bowes Fitness and Boxing	5:30 pm	7:00 pm	NDIS Service Cost
Friday 30 September	 Live Music Catch Up	Online Live Music by "A Sound Life" and Coffee Catch Ups	3:30 pm	5:30 pm	NDIS Service Cost
Friday 30 September	 Friday Nighters	In Person Belvedere Hotel, Strike Bowling, King Street Wharf	5:00 pm : Central 5:30 pm : Belvedere Hotel	10:00 pm : Central 9:45 pm : Strike Bowling	NDIS Service Cost + Dinner \$30 + Bowling \$44
Sunday 2 October	 Culture Club	In Person Ferry on Sydney Harbour, Luna Park, Fish and Chips in Kirribilli under the Harbour Bridge	10:00 am : Central 11:00 am : Milsons Point Wharf	4:00 pm : Central 3:00 pm : Milsons Point Wharf	NDIS Service Cost + Luna Park Day Pass \$50 (included in invoice) + Lunch BYO or \$20

Book: <https://www.eventbrite.com/cc/september-upclub-985179?utm-campaign=social&utm-content=creatorshare&utm-medium=discovery&utm-term=odclsxcollection&utm-source=cp&aff=escb>

**Invoicing:** Activities are invoiced every fortnight after your sessions

**Cancellation Policy:** We kindly ask for 72 hours written cancellation for all activities

**Questions:** Telephone time is between 2-3pm every Wednesday and Friday, or email [upclub@dsansw.org.au](mailto:upclub@dsansw.org.au)

## Contact details :



[upclub@dsansw.org.au](mailto:upclub@dsansw.org.au)



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