















UP! Club October 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
Wednesday 5 October	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 7 October	 Live Music Catch Up	Online Live Music and Conversation	3:30 pm	5:30 pm	NDIS Service Cost
Friday 7 October	Friday Nighters 	In Person Belvedere Dinner, Strike Bowling	5:00 pm : Central 5:15 pm : Belvedere Hotel	10:00 pm : Central 9:45 pm : Strike Bowling	NDIS Service Cost + Dinner \$30 + Bowling \$44
Saturday 8 October	 Saturday Night Fever	Online Online Dance Party - Best Pop Songs of 2000 - 2022	6:00 pm	9:00 pm	NDIS Service Cost
Sunday 9 October	Culture Club 	In Person Annandale Hotel for lunch with Conversation Card Games	11:00 am : Central 11:15 am : Annandale Hotel	5:00 pm : Central 4:45 pm : Annandale Hotel	NDIS Service Cost + Lunch \$30
Tuesday 11 October	 Shake it Off	Online Movement, dance, stress relief, mindfulness and meditation monthly	3:30 pm	5:30 pm	NDIS Service Cost
Wednesday 12 October	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 14 October	 Live Music Catch Up	Online Live Music and Conversation	3:30 pm	5:30 pm	NDIS Service Cost
Saturday 15 October	Culture Club 	In Person Australian Maritime Museum, lunch at Waterfront Grill Darling Harbour, Wellbeing Walk to Gelato at Barangaroo	10:00 am : Central 10:30 am : Maritime Museum	4:00 pm : Central 3:30 pm : Barangaroo	NDIS Service Cost + Lunch/Gelato \$40
Saturday 15 October	 Saturday Night Fever	Online Online Dance Party - Best Male Artists & Boy Bands Ever	6:00 pm	9:00 pm	NDIS Service Cost

UP! Club October 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
Wednesday 19 October	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 21 October	 Live Music Catch Up	Online Live Music and Conversation	3:30 pm	5:30 pm	NDIS Service Cost
Friday 21 October	Friday Nighters 	In Person Bingo Night and Live Music. Drinks + Live Music at the stunning Reagh Bar, Dinner at Belvedere Hotel, Bingo Night with Prizes	5:00 pm : Central 5:15 pm : Reagh Bar	10:00 pm : Central 9:45 pm : Belvedere Hotel	NDIS Service Cost + Drinks \$20 + Dinner \$30
Saturday 22 October	 Saturday Night Fever	Online Online Dance Party - Theme: Karaoke with Lyrics on Screen	6:00 pm	9:00 pm	NDIS Service Cost
Sunday 23 October	Sunday Yoga 	Online Recharge Your Mind and Body with our Monthly Sunday Afternoon Yoga and Meditation with "A Sound Life"	4:00 pm	5:00 pm	NDIS Service Cost
Tuesday 25 October	 Active Job Skills	Online Work on your Active Job Skills in a safe environment - what is acceptable is the workplace, bringing your best professional self - includes role plays/acting	3:30 pm	5:30 pm	NDIS Service Cost
Wednesday 26 October	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 28 October	 Live Music Catch Up	Online Celebrate The Month. Live Music by "A Sound Life" and Coffee Catch Ups	3:30 pm	5:30 pm	NDIS Service Cost
Friday 28 October	Travel Club : City 	In Person Sydney CBD Overnight Drinks at Reagh Bar, Sydney Harbour Dinner Cruise with Entertainment; Morning Coffee and Walk, Bingo with Prizes, Travel Journal	5:00 pm (Friday) : Central 5:15 pm : Castlereagh Hotel	12:00 pm (Saturday) : Central 11:45 am : Castlereagh Hotel	NDIS Service Cost \$620 includes dinner, cruise, entertainment, accommodation, breakfast, bingo prizes, support - Bring money for your Drinks (\$20)
Saturday 29 October	 Saturday Night Fever	Online Online Dance Party - Tribute to ABBA, Queen and the Golden Oldies	6:00 pm	9:00 pm	NDIS Service Cost

Book: [I want To Book An UP! Club October Event](#)


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

Contact details :

 upclub@dsansw.org.au

 02 9841 4444