

# UP! Club March 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 1 March</b>	Fit n Fun Club 	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	<b>3:30 pm</b>	<b>5:00 pm</b>	NDIS Service Cost
<b>Friday 3 March</b>	 Live Music & Chat	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 4 March</b>	Saturday Night Fever 	Online Online Dance Party - Talent Quest (Karaoke Catwalk)	<b>6:00 pm</b>	<b>9:00 pm</b>	NDIS Service Cost
<b>Wednesday 8 March</b>	Fit n Fun Club 	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	<b>3:30pm</b>	<b>5:00pm</b>	NDIS Service Cost
<b>Friday 10 March</b>	Live Music & Chat 	Online St Patrick's Quiz & Live Music by "A Sound Life" with Coffee Catch Ups	<b>3:30 pm</b>	<b>5:30 pm</b>	NDIS Service Cost
<b>Saturday 11 March</b>	 Saturday Night Fever	Online Online Dance Party - Americano with Burger & Chips!	<b>6:00 pm</b>	<b>9:00 pm</b>	NDIS Service Cost
<b>Sunday 12 March</b>	Sunday Yoga Skills 	Online Recharge Your Mind & Body	<b>4:00 pm</b>	<b>5:00 pm</b>	NDIS Service Cost
<b>Wednesday 15 March</b>	Fit n Fun Club 	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	<b>3:30 pm</b>	<b>5:00 pm</b>	NDIS Service Cost
<b>Friday 17 March</b>	Travel Club : City 	In Person Travel Club - City, Hairspray the Musical, Belvedere Dinner and Ice Cream Run	<b>5:00 pm (Friday)</b>	<b>12:00 pm (Saturday)</b>	NDIS Service Cost \$620 includes staffing/support costs, overnight hotel accomodation, Hairspray ticket fee, breakfast, bingo game & prizes, tea & coffee
<b>Friday 17 March</b>	 Live Music & Chat	Online Online Dance Party -Irish Jig - Songs from the Emerald Isle	<b>6:00 pm</b>	<b>9:00 pm</b>	NDIS Service Cost
<b>Saturday 18 March</b>	Saturday Night Fever 	Online Your Weekly Health, Fitness and Wellbeing Crew by Sean Bowes of Bowes Fitness and Boxing	<b>3:30pm</b>	<b>5:00 pm</b>	NDIS Service Cost

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<b>Wednesday 22 March</b>	Fit n Fun Club 	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	<b>3:30 pm</b>	<b>5:30 pm</b>	NDIS Service Cost
<b>Friday 24 March</b>	Live Music & Chat 	Online Celebrate the Month & Live Music by "A Sound Life" with Coffee Catch Ups	<b>3:30 pm</b>	<b>5:30 pm</b>	NDIS Service Cost
<b>Saturday 25 March</b>	Culture Club : City 	In Person Australian Museum Sharks Exhibit -Lunch at the Shark Hotel with Sealife Trivia and prizes!	<b>11:00 am</b>	<b>3:00pm</b>	NDIS Service Cost + \$23 concession ticket entry fee + lunch (bring approx \$30 for your lunch/snacks)
<b>Saturday 25 March</b>	Saturday Night Fever 	Online Online Dance Party - TV Show Themes with TV Dinner!	<b>6:00 pm</b>	<b>9:00 pm</b>	Online
<b>Wednesday 29 March</b>	Fit n Fun Club 	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	<b>3:30 pm</b>	<b>5:30 pm</b>	Online
<b>Friday 31 March</b>	Live Music & Chat 	Online Live Music by "A Sound Life" and Coffee Catch Ups with Celebrate the Month	<b>3:30 pm</b>	<b>5:30 pm</b>	Online

**Book: I want To Book An UP! Club March 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](mailto:upclub@dsansw.org.au)

**Contact details :**

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

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