






UP! Club April 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
Saturday 1 April	Culture Club 	In person Pancakes + Coffee, Powerhouse Museum, Lunch, Ten Pin Bowling at Strike Bowling	10:00am : Central 10:30am : Pancakes on the Rocks Haymarket	3:30pm at Strike Bowling King St Wharf 4:00pm	NDIS Service Cost + \$22 bowling game fee. Bring approx \$30 for coffee/pancakes/lunch/drinks.
Saturday 1 April	 Saturday Night Fever	Online Online Dance Party: Karaoke Spotlight Night + April Fools Joke-A-Thon	6:00pm	9:00pm	NDIS Service Cost
Wednesday 5 April	Fit n Fun Club 	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	3:30pm	5:00pm	NDIS Service Cost
Wednesday 12 April	 Fit n Fun Club	Online Fitness and Wellbeing with meditation, recipes and Easter catch up	3:30pm	5:00pm	NDIS Service Cost
Friday 14 April	Live Music & Chat 	Online Live Music by "A Sound Life" and Coffee Catch Ups	3:30 pm	5:30 pm	NDIS Service Cost
Saturday 15 April	 Saturday Night Fever	Online Online Dance Party: Tribute to Olivia Newton-John	6:00 pm	9:00 pm	NDIS Service Cost
Sunday 16 April	Culture Club 	In Person Culture Club - Sydney Easter Show Fun! Rides, showbags, food, fun!	10:00am: Central 11:00am at Olympic Park Station	3:00pm at Olympic Park Station 4:00pm	NDIS Service Cost + \$25.00 Person with a disability ticket fee. Bring approx \$100.00 to cover the costs of lunch, showbags and rides for the day.

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Wednesday 19 April	Fit n Fun Club 	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	3:30pm	5:00pm	NDIS Service Cost
Friday 21 April	Live Music & Chat 	Online Live Music by "A Sound Life" and Coffee Catch Ups	3.30pm	5.30pm	NDIS Service Cost
Saturday 22 April	Saturday Night Fever 	Online Online Dance Party and Talent Quest – Dress Up + Bring Your Special Talent for Our Online Show	6:00pm	9:00pm	NDIS Service Cost
Wednesday 26 April	Fit n Fun Club 	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	3:30pm	5:00pm	NDIS Service Cost
Friday 28 April	Live Music & Chat 	Online Celebrate the Month & Live Music by "A Sound Life" with Coffee Catch Ups	3:30 pm	5:30 pm	NDIS Service Cost
Saturday 29 April	Culture Club 	In person Sydney Swans v GWS Giants at the Sydney Cricket Ground; Pub Drinks + Dinner	1:00pm : Central 1.45pm at SCG	5.30pm at SCG 7:00pm	NDIS Service Cost + \$20 ticket entry. Bring approx \$40 for dinner/drinks.
Saturday 29 April	Saturday Night Fever 	Online Online Dance Party – TV Show Themes with TV Dinner!	6:00pm	9:00pm	NDIS Service Cost

Book: I want To Book An UP! Club April 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

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