

UP! Club May 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 3 May	Fit n Fun Club	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	3.30pm	5.00pm	NDIS Service Cost
Friday 5 May	Live Music & Chat	Online Live Music by "A Sound Life" and Coffee Catch Ups + Trivia	3:30pm	5:30pm	NDIS Service Cost
Saturday 🜟 6 May	Culture Club	In Person Fun day out at Luna Park! Get the ferry over on Sydney Harbour, enjoy rides, lunch in the park, ice cream at Circular Quay.	10:00am: Central 11:00am at Luna Park	3:00pm at Luna Park 4:00pm: Central	NDIS Service Cost + \$60 Ticket cost. Bring \$40 for drinks and food.
Saturday 🜟 6 May	Saturday Night Fever	Online Online Dance Party: Karaoke Hits! Bring Your Voice, Request Your Songs	6:00pm	9:00pm	NDIS Service Cost
Wednesday ★ 10 May	Fit n Fun Club	Online Fitness and Wellbeing with meditation, recipes and Easter catch up	3.30pm	5:00pm	NDIS Service Cost
Friday 12 May	Live Music & Chat	Online Live Music by "A Sound Life" and Coffee Catch Ups	3:30 pm	5:30 pm	NDIS Service Cost
Saturday 13 May	Culture Club	In Person Rugby League: Rabbitohs v Tigers at Accor Stadium	1:00pm: Central 2:00pm at Accor Stadium	5:30pm at Accor Stadium 6:30pm: Central	NDIS Service Cost + \$45 Ticket Cost. Bring \$50 for drinks and food.
Sunday 13 May	Saturday Night Fever	Online Online Dance Party: Fun Facts About You + Boogie Nights	6:00pm	9:00pm	NDIS Service Cost



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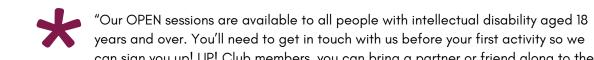
Our social and community participation and capacity building group for adults with Down syndrome aged over 18 years old

Day & Date	Activity	Location	Start Time	End Time	Cost
Wednesday ** 17 May	Fit n Fun Club	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	3:30pm	5:00pm	NDIS Service Cost
Friday 19 May	Live Music & Chat	Online Live Music by "A Sound Life" and Coffee Catch Ups	3.30pm	5.30pm	NDIS Service Cost
Saturday 20 May	Boys Night Out	In Person Boys Night Out: Tigers v Cowboys at Leichhardt Oval, Dinner + Drinks	4:00pm: Central 5:00pm at Leichhardt Oval	9.30pm at Dinner Venue 10:00pm: Central	NDIS Service Cost + \$45 Ticket Cost. Bring \$50 for dinner, drinks and snacks at game.
Saturday 🗶 20 May	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
Sunday 21 May	Ladies Day Out	In Person Ladies Day Out: High Tea at the stunning QVB Tearooms, Mindful Drawing, DIY Pamper Session, Guided Walking Tour	11:00am: Central 11.30am at QVB tearooms	3.30pm at QVB Tea Rooms 4:00pm: Central	NDIS Service Cost + \$70 High Tea Cost
Wednesday 🗶 24 May	Fit n Fun Club	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	3:30 pm	5:00 pm	NDIS Service Cost
Friday 26 May	Live Music & Chat	Online Celebrate the Month & Live Music by "A Sound Life" with Coffee Catch Ups	3:30pm	5:30pm	NDIS Service Cost
Friday 26 May	Travel Club: City	In Person Overnight stay in the city CBD, Mamma Mia the Musical, Dinner at the Belevedere Hotel, Scavenger Hunt in the Park, Coffee Club, Bingo in the Lounge.	4:30pm Fri 4.30pm: Central 5.30pm at Hotel	12.00pm Sat 12.00pm at Hotel 12.00pm: Central	\$680 includes accommodation, breakfast, transport, show ticket, entry fees, support costs. Bring \$60 for dinner, drinks, snacks.
Saturday ★ 27 May	Saturday Night Fever	In Person Join us for an open disco to all people with disabilities, to check out UP! Club, have a boogie, win some prizes!	1.00pm: Central 1.45pm at Belvedere	4.45pm at Belvedere 5.00pm: Central	FREE
Saturday 🗶 27 May	Saturday Night Fever	Online Online Dance Party: Fun Facts About You + Boogie Nights	6.00pm	9.00pm	NDIS Service Cost
Wednesday ** 31 May	Fit n Fun Club	Online Fitness and Wellbeing with meditation, recipes and healthy trivia	3:30pm	5:00pm	NDIS Service Cost

Book: I want To Book An UP! Club May Event

Invoicing: Activities are invoiced every fortnight after your sessions Cancelation 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 <u>upclub@dsansw.org.au</u>



can sign you up! UP! Club members, you can bring a partner or friend along to these

sessions. The same pricing applies to them and they need to register"

Contact details:

upclub@dsansw.org.au



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