

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



"Our OPEN sessions are available to all people with intellectual disability aged 18 years and over. You'll need to get in touch with us before your first activity so we 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"

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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 Belvedere 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 living 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

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



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Contact details :



upclub@dsansw.org.au



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