










UP! Club June 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
Friday 2 June	Coffee Club + Music 	Online Live Music by "A Sound Life" and Coffee Catch Ups	3.30pm	5.00pm	NDIS Service Cost
Saturday 3 June	 Culture Club: City	In Person Chinese Garden of Friendship , dinner, vivid display and late night icecream run	3:00pm: Central 4:00pm: Chinese Garden of Friendship	9:00 pm : Chinese Garden of Friendship 10:00pm: Central	NDIS Service Cost + approx \$60.00 for dinner, drinks + icecream.
Saturday * 3 June	Saturday Night Fever 	Online Online Dance Party: Winter Wonderland Dress Up + Hot Drinks!	6:00 pm	9:00 pm	NDIS Service Cost
Wednesday 7 June	 Fit n Fun Club	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	3.30pm	5:00pm	NDIS Service Cost
Friday * 9 June	Coffee Club + Music 	Online Live Music by "A Sound Life" and Coffee Catch Ups	3:30 pm	5:30 pm	NDIS Service Cost
Saturday 10 June	 Saturday Night Fever	Online Online Dance Party: 70's Disco Fever: Dress Up in Your Best Retro	6:00 pm	9:00 pm	NDIS Service Cost
Wednesday 14 June	 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 16 June	 Coffee Club + Music	Online Live Music by "A Sound Life" and Coffee Catch Ups	3:30 pm	5:30 pm	NDIS Service Cost
Saturday * 17 June	Saturday Night Fever 	Online Online Dance Party and Talent Quest – Dress Up + Bring Your Special Talent for Our Online Show	6:00 pm	9:00 pm	NDIS Service Cost
Sunday 18 June	 Up! Club 35+	In Person Tina Turner The Musical at Theatre Royal Sydney and Lunch	11:00am: Central 11:30 am at Theatre Royal Sydney	4:00 pm at Theatre Royal Sydney 4:30 pm: Central	NDIS Service Cost + \$105 Show Ticket Fee, bring \$40 for lunch and snacks. This is for UP! Club 35+



"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 21 June	Fit n Fun Club 	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	3:30pm	5:00pm	NDIS Service Cost
Friday 23 June *	Coffee Club + Music 	Online Celebrate the Month & Live Music by "A Sound Life" with Coffee Catch Ups	3.30pm	5.30pm	NDIS Service Cost
Saturday 24 June	Saturday Night Fever 	Online Online Dance Party: Winter Wonderland Dress Up + Hot Drinks!	6:00 pm	9:00 pm	NDIS Service Cost
Wednesday 28 June	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 30 June	UP! Club Camp 2023 	In Person Chritmas in July Camp at the Collaroy Centre	3:00 pm Fri 3:00 pm :Central 4:00 pm at the Collaroy Centre	2:00 pm Sun 1:00 pm at the Collaroy Centre 2:00 pm : Central	\$1950.00 camp ticket + \$35 each way coach cost
Friday 30 June *	Coffee Club + Music 	Online Live Music by "A Sound Life" and Coffee Catch Ups	3:30 pm	5:30 pm	NDIS Service Cost



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Book: I want To Book An UP! Club June 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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