

UP! Club December 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 1 December - Sunday 03 December	UP! Club Summer Camp 	In Person UP! Club Summer Camp	1:30pm Fri: Central 4:00pm Fri: Venue	1:00pm Sun : Venue 4:00pm Sun: Central	Costs TBC
Friday 1 December *	Live Music & Chat 	Online Live Music by "A Sound Life" and Coffee Catch Ups	3:30pm	5:30pm	NDIS Service Cost
Saturday 2 December	 Saturday Night Fever	Online Online Dance Party: Burger Night Tonight and Trivia!	6:00pm	9:00pm	NDIS Service Cost
Wednesday 6 December *	Fit n Fun 	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	3:30pm	5:00pm	NDIS Service Cost
Friday 8 December	 Live Music & Chat	Online Live Music by "A Sound Life" and Coffee Catch Ups	3:30pm	5:30pm	NDIS Service Cost
Saturday 9 December *	DSNSW Members Christmas Party 	In Person DSNSW Members Christmas Party (more details to come)	2:00pm	5:00pm	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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Wednesday 13 December	Fit n Fun 	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	3:30pm	5:00pm	NDIS Service Cost
Friday 15 December	Live Music & Chat 	Online Live Music by "A Sound Life" and Christmas Celebration	3:30pm	5:30pm	NDIS Service Cost
Saturday 16 December *	 Saturday Night Fever	Online Online Christmas Themed Dance Party	6:00pm	9:00pm	NDIS Service Cost
Wednesday 20 December	Fit n Fun 	Online Fitness and Wellbeing with meditation, Christmas inspired recipes and healthy living trivia	3:30pm	5:00pm	NDIS Service Cost



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

Invoicing: Activities are invoiced every fortnight after your sessions

Cancellation Policy: We kindly ask for written cancellation 3 days prior to online activities and 7 days prior to in-person events respectively

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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