

# UP! Club October 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 4 October *	 Fit n Fun	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	3:30pm	5:00pm	NDIS Service Cost
Friday 6 October	Live Music & Chat 	Online Live Music by "A Sound Life" and Coffee Catch Ups	3:30pm	5:30pm	NDIS Service Cost
Saturday 7 October	 Saturday Night Fever	Online Online Dance Party: Pizza Party and Trivia!	6:00pm	9:00pm	NDIS Service Cost
Sunday 8 October *	Culture Club: Tinkerbell and the Dream Fairies production at the Royal Botanic Gardens, Sydney 	In Person Enjoy a magical theatre production at The Royal Botanic Gardens followed by lunch	10:00am	4:00pm	NDIS Service cost +\$30.00 theatre ticket + \$50.00 for Lunch / Drinks
Wednesday 11 October	 Fit n Fun	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	3:30pm	5:00pm	NDIS Service Cost
Friday 13 October *	Live Music & Chat 	Online Live Music by "A Sound Life" and Coffee Catch Ups	3:30pm	5:30pm	NDIS Service Cost
Saturday 14 October	 Saturday Night Fever	Online Online Dance Party: Pizza Party and Trivia!	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 18 October	 Fit n Fun	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	3:30pm	5:00pm	NDIS Service Cost
Friday 20 October	 Live Music & Chat	Online Live Music by "A Sound Life" and Coffee Catch Ups	3:30pm	5:30pm	NDIS Service Cost
Saturday 21 October *	 Saturday Night Fever	Online Online Dance Party + Talent Quest - Dress Up + Bring your Special Talent along!	6:00pm	9:00pm	NDIS Service Cost
Sunday 22 October *	Down Syndrome NSW Step UP! Event: UP! Club meeting point and drop off 	In Person Meet at Central Station at 9.30am to travel together via train then walk to Step UP! Event at the Royal Botanic Garden, Sydney. Travel back to Central for pick up at 1.15pm	9.30am	1.30pm	Free
Wednesday 25 October	 Fit n Fun	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	3:30pm	5:00pm	NDIS Service Cost
Friday 27 October	 Live Music & Chat	Online Live Music by "A Sound Life" and Coffee Catch Ups	3:30pm	5:30pm	NDIS Service Cost
Saturday 28 October	 Saturday Night Fever	Online Online Dance Party + Spring themed songs!	6:00pm	9:00pm	NDIS Service Cost



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**Book: I want To Book An UP! Club October Event**

Invoicing: Activities are invoiced every fortnight after your sessions  
Canelation 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](mailto:upclub@dsansw.org.au)

**Contact details :**

 [upclub@dsansw.org.au](mailto:upclub@dsansw.org.au)  
 02 9841 4407