
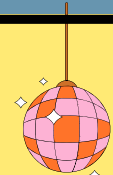









# UP! Club September Program

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






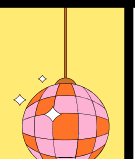

Day & Date	Activity	Location	Start Time	End Time	Cost
<b>Friday 1 September</b> *	 Live Music & Chat	Online Fitness and wellbeing workshop with meditation, recipes and healthy living trivia	<b>3:30pm</b>	<b>5:30pm</b>	NDIS Service Cost
<b>Saturday 2 September</b> *	Saturday Night Fever 	Online Online live music by "A Sound Life" and coffee catch up	<b>6:00pm</b>	<b>9:00pm</b>	NDIS Service Cost
<b>Saturday 2 September</b>	Culture Club: UP! Club 35 + Pinot and Picasso 	In Person Pinot and Picasso, Lunch , Coffee Catch Up	<b>10:00am: Central 11:00am: Pinot and Picasso</b>	<b>3:00pm: Pinot and Picasso 4:00pm: Central</b>	NDIS Service cost + \$90 ticket cost
<b>Wednesday 6 September</b> *	Fit n Fun 	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	<b>3:30pm</b>	<b>5:00pm</b>	NDIS Service Cost
<b>Friday 8 September</b> *	Live Music & Chat 	Online Live Music by "A Sound Life" and Coffee Catch Ups	<b>3:30pm</b>	<b>5:30pm</b>	NDIS Service Cost
<b>Saturday 9 September</b> *	 Saturday Night Fever	Online Online Dance Party: Pizza Party Tonight and Trivia!	<b>6:00pm</b>	<b>9:00pm</b>	NDIS Service Cost
<b>Wednesday 13 September</b> *	Fit n Fun 	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	<b>3:30pm</b>	<b>5:00pm</b>	NDIS Service Cost
<b>Friday 15 September</b> *	 Live Music & Chat	Online Live Music by "A Sound Life" and Coffee Catch Ups	<b>3:30pm</b>	<b>5:30pm</b>	NDIS Service Cost
<b>Saturday 16 September</b> *	Saturday Night Fever 	Online Online Dance Party + Talent Quest - Dress Up + Bring your Special Talent along!	<b>6:00pm</b>	<b>9:00pm</b>	NDIS Service Cost
<b>Saturday 16 September</b>	Culture Club: Wicked the Musical 	In Person Pub lunch and drinks at the Harleyquinn Inn followed by Wicked the Musical!	<b>11:00am</b>	<b>5:30pm</b>	NDIS Service Cost + \$180.00 ticket fee. Bring \$50.00 for food and drinks.



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
<b>Wednesday *</b> <b>20 September</b>	 Fit n Fun	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	<b>3:30pm</b>	<b>5:00pm</b>	NDIS Service Cost
<b>Friday *</b> <b>22 September</b>	 Live Music & Chat	Online Live Music by "A Sound Life" and Coffee Catch Ups	<b>3:30pm</b>	<b>5:30pm</b>	NDIS Service Cost
<b>Saturday *</b> <b>23 September</b>	 Saturday Night Fever	Online Online Dance Party + Spring themed songs!	<b>6:00pm</b>	<b>9:00pm</b>	NDIS Service cost
<b>Wednesday *</b> <b>27 September</b>	 Fit n Fun	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	<b>3:30pm</b>	<b>5:00pm</b>	NDIS Service Cost
<b>Friday *</b> <b>29 September</b>	 Live Music & Chat	Online Live Music by "A Sound Life" and Coffee Catch Ups	<b>3:30pm</b>	<b>5:30pm</b>	NDIS Service Cost
<b>Saturday *</b> <b>30 September</b>	 Saturday Night Fever	Online Online Dance Party + Winter themed songs!	<b>6:00pm</b>	<b>9:00pm</b>	NDIS Service Cost
<b>Friday *</b> <b>29th September -</b> <b>Sunday</b> <b>1st October</b>	 Travel Club: Overnight stay in Wollongong	In Person hotel check in, dinner + live music , ice cream + bus tour of Wollongong & Kiama , Dinner and Karaoke Bar, Sunday mindful walk.	<b>2:00pm: Central</b> <b>5:00pm: Hotel</b> <b>TOTTO Wollongong</b>	<b>11:30am: Hotel</b> <b>TOTTO</b> <b>Wollongong</b> <b>2:00pm: Central</b>	NDIS Service cost \$1980+ \$150.00 for food, snacks & drinks.



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## **Book: I want To Book An UP! Club September 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](mailto:upclub@dsansw.org.au)

## **Contact details :**



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



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