

UP!Club is a statewide social connection group for adults with Down syndrome.

We meet regularly to socialise, improve our living skills and check out what's happening in the community.

Come and join us!

# UP!Club Program

[www.downsyndromensw.org.au/upclub](http://www.downsyndromensw.org.au/upclub)



Down Syndrome  
New South Wales



Achieving our full potential

# UP!Club Central

March - April Program 2019

# UP!Club Central

MARCH 2019



## Friday - Sunday 15<sup>th</sup> - 17<sup>th</sup> March - UP!Club Camp

UP!Club will be travelling to Berry Sport & Recreation Centre.

Enjoy activities such as archery, kayaking and a Saturday night themed disco.

**Time:** 1:00pm Friday - 4:00pm Sunday

**What to Bring:** A checklist to be sent out soon

**Meeting Point:** 1pm Friday at Central station – Coach terminal

**Finishing Point:** 4pm Sunday at Central Station – Coach terminal

**SOLD OUT!**



## Saturday 30th March – Elvis King of the World

UP!Club Central will be attending the musical performance - Elvis King of the World at the State Theatre.

**Time:** 7:00pm - 11:00pm

**Ticket Cost:** \$72

**Service Costs:** 4 hours NDIS scheduled rate

**What to Bring:** Opal card, money for snacks

**Meeting Point:** 7pm Jet Café QVB Shop 55/455 George St, Sydney

**Finishing Point:** 11pm Jet Café

**Activity Coordinator:** Emma - 0406 539 605

**RSVP:** 12/03/19

**NOTE:** please have dinner before you come as we will be heading straight to the show!

Register online at [www.downsyndromensw.org.au/upclub/clubs](http://www.downsyndromensw.org.au/upclub/clubs)  
or phone 9841 4444

# UP!Club Central

A P R I L 2 0 1 9



## Friday 5<sup>th</sup> April – Sydney Dance Company

Contemporary dance performance at Roslyn Packer Theatre.

**Time:** 5:00pm –10:00pm

**Ticket Cost:** \$35

**Service Costs:** 5 hours NDIS scheduled rate

**What to Bring:** Opal card, \$30 for dinner & drinks

**Meeting Point:** 5pm at City Extra Café, Circular Quay

**Finishing Point:** 10pm at City Extra Café

**Dinner:** 6PM – 7PM, dinner venue to be confirmed 1 week prior

**Activity Coordinator:** Flavio – 0421 853 975

**RSVP:** 27/3/19

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## Saturday 20<sup>th</sup> April - Royal Easter Show

Sydney Royal Easter Show at Sydney Olympic Park.

**Time:** 11:00am –5:00pm

**Ticket Cost:** \$28

**Service Costs:** 6 hours Saturday NDIS scheduled rate

**What to Bring:** Opal card, \$30 for lunch or a packed lunch, showbags, hat, sunscreen, water bottle

**Meeting Point:** 11am at Platform 3, Central Station, Haymarket

**Finishing Point:** 5pm at Platform 3, Central Station

**Activity Coordinator:** Emma – 0406 539 605

**RSVP:** 3/4/19

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## Saturday 27<sup>th</sup> April – Sydney Swans VS GWS Giants

AFL Round 6 - Sydney Swans take on the GWS Giants at the SCG.

**Time:** 6:00pm –11:00pm

**Ticket Cost:** \$24

**Service Costs:** 5 hours NDIS scheduled rate

**What to Bring:** Opal card, \$20 for food & drinks or BYO meal

**Meeting Point:** 6pm at Platform 3, Central Station, Haymarket

**Finishing Point:** 11pm at Platform 3, Central Station

**Activity Coordinator:** Flavio – 0421 853 975

**RSVP:** 17/4/19

# UP!Club Central

M A Y & J U N E 2 0 1 9

**MAY AND JUNE ACTIVITY INFORMATION COMING SOON!**

# UP!Club Central

J U L Y 2 0 1 9

## Special UP!Club Event



**UP!Club combined will be going to the Wanderers vs Leeds Match at the brand new Bankwest Stadium in Parramatta.**

**Time:** TBC

**Ticket Cost:** \$35

**Service Costs:** TBC hours NDIS scheduled rate

**What to Bring:** Opal Card, money for snacks

**Meeting Point:** Parramatta Stand B3 Parramatta Station

**Finishing Point:** Parramatta Stand B3 Parramatta Station

**Activity Coordinator:** Emma - 0406 539 605

**RSVP:** 27/03/19

**This game has been on sale for a few months now, so we will need to know numbers as soon as we can to lock in the seats that are left.**





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# UP!Club South

March - June Program 2019

# UP!Club South

## MARCH & APRIL 2019



### Sunday 3rd March – Ferry Ride to Bundeena

UP!Club South will be catching a Ferry over to Bundeena, having a picnic lunch and a swim.

**Time:** 11:00am – 4:00pm

**Service Costs:** 5 hours NDIS scheduled rate

**What to Bring:** \$6.80 for the Ferry & \$20 for lunch, towel, swimmers and a water bottle

**Meeting Point:** Cronulla Station

**Finishing Point:** Cronulla Station



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### Saturday 13<sup>th</sup> April – MCA & Opera Bar

UP!Club South is heading to the city! Visit the Museum of Contemporary Art, have a picnic lunch on the water at Circular Quay and listen to some live music whilst enjoying the spectacular views at world famous Opera Bar.

**Time:** 11:00am – 4:00pm

**Service Costs:** 5 hours NDIS scheduled rate

**What to Bring:** Opal card, hat, sunscreen, water bottle and picnic lunch. Some money for a refreshing drink at Opera Bar.

**Meeting Point:** 11am Cronulla Station

**Finishing Point:** 4pm Cronulla Station

**Activity Coordinator:** Emma - 0406 539 605

**RSVP:** 3/04/19

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# UP!Club South

## MAY & JUNE 2019



### **Sunday 19<sup>th</sup> May – Cronulla Sharks VS Manly Sea Eagles**

UP!Club South will be attending a football match between Cronulla Sharks and Manly Sea Eagles – 4:05pm game

**Time:** 3pm – approx. 7pm

**Ticket Costs:** \$18

**Service Costs:** 4 hours NDIS scheduled rate

**What to Bring:** Opal card, money for snacks

**Meeting Point:** 3pm Cronulla Station

**Finishing Point:** 7pm Cronulla Station or Venue

**Activity Coordinator:** Emma - 0406 539 605

**RSVP:** 24/04/19



### **Saturday 1<sup>st</sup> June – Jukebox Revolution**

UP!Club South will be going to the musical performance – Jukebox Revolution at Sutherland Entertainment Centre. A mega mix of music from the 50's to the 90's.

**Time:** 6:30pm – 10:30pm

**Ticket Costs:** \$47

**Service Costs:** 4 hours NDIS scheduled rate

**What to Bring:** Opal Card, money for dinner, drinks (optional)

**Meeting Point:** 6:30pm Cronulla Station

**Finishing Point:** 10:30pm Cronulla Station or the Venue

**Activity Coordinator:** Emma - 0406 539 605

**RSVP:** 1/5/19



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## **UP!Club Blue Mountains**

**March - June Program 2019**

# UP!Club Blue Mountains

MARCH & APRIL 2019



## Saturday 9<sup>th</sup> March – Aqua Golf & Dinner

UP!Club Blue Mountains will be going to play a round of Aqua Golf and then have dinner at Penrith Panthers.

**Time:** 4:30pm – 10:00pm

**Service Costs:** 5.5hours NDIS scheduled rate

**What to Bring:** Opal Card, \$9 for Aqua Golf & \$30 for dinner

**Meeting Point:** 4:30pm at Springwood Station or Penrith Aqua Golf 5:45pm

**Finishing Point:** 10pm Springwood Station or 9:00pm Penrith Panthers

**Activity Coordinator:** Emma - 0406 539 605

**RSVP:** 6/03/19



## Sunday 7<sup>th</sup> April – Sydney Equine Centre

Get up close and personal with gentle horses and learn some horsemanship skills. Learn about how horses communicate and play. This is not a horse riding event, it is a chance to get very close to these beautiful creatures at your own comfort level.

**Time:** 11:00am – 3:00pm

**Ticket costs:** \$60

**Service Costs:** 4hrs NDIS scheduled rate

**What to Bring:** Long pants, enclosed shoes, hat, sunscreen, water bottle and a packed lunch for a picnic.

**Meeting Point:** 11am at Springwood Station

**Finishing Point:** 3pm at Springwood Station

**Activity Coordinator:** Emma - 0406 539 605

**RSVP:** 27/3/2019

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# UP!Club Blue Mountains

M A Y & J U N E 2 0 1 9



## Saturday 25<sup>th</sup> May – The Wedding Singer - Musical

UP!Club Blue Mountains will be attending the Blue Mountains Musical Society presents – The Wedding Singer at the Blue Mountains Theatre - 8pm show.

**Time:** 7:30pm – approx. 10:30pm

**Ticket Costs:** \$42

**Service Costs:** 3 hours NDIS scheduled

**What to Bring:** Money for snacks/program/souvenirs (optional)

**Meeting Point:** 7:30pm Blue Mountains Theatre - 104-108 Macquarie Road, Springwood

**Finishing Point:** 10:30pm Blue Mountains Theatre - 104-108 Macquarie Road, Springwood

**RSVP:** 3/04/19

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## Sunday 9<sup>th</sup> June – Panthers v Roosters

Come along and watch the mighty Panthers take on the reigning Premiers in a match of footy at Penrith Stadium

**Time:** 3:00pm – 8:00pm (Approx.)

**Ticket Costs:** \$18

**Service Costs:** 5hours NDIS scheduled

**What to Bring:** Opal Card, \$20 for food and drinks (optional) or BYO food and drinks

**Meeting Point:** 3pm at Springwood Station or Penrith Stadium at 3:45pm (Kick off – 4:05pm)

**Finishing Point:** Approx. 8pm at Springwood Station or 7pm at Penrith Stadium.

**RSVP:** 8/05/19





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# **UP!Club North**

**March - June Program 2019**

# UP!Club North

MARCH & APRIL 2019



## Friday 29<sup>th</sup> March – Strictly Ballroom

Strictly Ballroom the musical at The Concourse Theatre in Chatswood.

**Time:** 4:30pm – 9:30pm

**Ticket Cost:** \$50

**Service Costs:** 5 hours NDIS scheduled rate

**What to Bring:** \$30 for dinner & drinks

**Dinner:** venue to be confirmed

**Meeting Point:** 4:30pm Gloria Jeans Chatswood Mall

**Finishing Point:** 9:30pm at Gloria Jeans Chatswood Mall

**Activity Coordinator:** Flavio – 0421 853 975

**RSVP:** 14/3/19



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## Saturday 6<sup>th</sup> April – Dinner & Karaoke

Dinner and karaoke in Chatswood.

**Time:** 5:00pm – 9:00pm

**Service Costs:** 4 hours NDIS scheduled rate

**What to Bring:** \$50 for dinner & karaoke

**Dinner:** venue to be confirmed

**Meeting Point:** 5pm at Gloria Jeans Chatswood Mall

**Finishing Point:** 9pm at Gloria Jeans Chatswood Mall

**Activity Coordinator:** Flavio – 0421 853 975

**RSVP:** 27/3/19

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# UP!Club North

M A Y & J U N E 2 0 1 9



## Saturday 11<sup>th</sup> May – Movies & Yum Cha

Hoyts Cinemas and Yum Cha lunch in Chatswood.

**Time:** 12:00pm – 6:00pm

**Service Costs:** 6 hours NDIS scheduled rate

**What to Bring:** \$50 for movies and yum cha

**Meeting Point:** 12pm at Gloria Jeans Chatswood Mall

**Finishing Point:** 6pm at Gloria Jeans Chatswood Mall

**Activity Coordinator:** Flavio – 0421 853 975

**RSVP:** 1/5/19

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## Saturday 1<sup>st</sup> June – Lunch Cruise

Buffet lunch cruise with Majestic Cruises in Darling Harbour.

**Time:** 10:00am – 4:00pm

**Ticket Cost:** \$67

**Service Costs:** 6 hours NDIS scheduled rate

**What to Bring:** Opal Card

**Meeting Point:** 10am at Gloria Jeans Chatswood Mall

**Finishing Point:** 4pm at Gloria Jeans Chatswood Mall

**Activity Coordinator:** Flavio – 0421 853 975

**RSVP:** 3/4/19

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**UP!Club Inner West**

**March to June Program 2019**

# UP!Club Inner West

## MARCH & APRIL 2019



### **Friday 22<sup>nd</sup> March – Vegan Yum Cha & Newtown Community Garden**

Visiting the Community Garden in Newtown and a yum cha lunch

**Time:** 12:00pm – 5:00pm

**Service Costs:** 5 hours NDIS scheduled rate

**What to Bring:** \$20 for yum cha

**Meeting Point:** 12pm at Café Newtown, 329 King St, Newtown

**Finishing Point:** 5pm at Café Newtown

**Activity Coordinator:** Flavio – 0421 853 975

**RSVP:** 13/3/19



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### **Sunday 14<sup>th</sup> April – Sydney Tour Bus**

Tour Sydney and Bondi on the Sydney City Tour Bus.

**Time:** 12:00pm – 6:00pm

**Ticket Cost:** \$49.50

**Service Costs:** 6 hours NDIS scheduled rate

**What to Bring:** \$30 for lunch & drinks or a packed lunch

**Meeting Point:** 12pm at Café Newtown, 329 King St, Newtown

**Finishing Point:** 6pm at Café Newtown

**Activity Coordinator:** Flavio – 0421 853 975

**RSVP:** 27/3/19

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# UP!Club Inner West

M A Y & J U N E 2 0 1 9



## Friday 10<sup>th</sup> May – Wests Ashfield Leagues Club

Dinner & drinks and watch a Wests Tigers game at Ashfield Leagues Club.

**Time:** 4:30pm – 9:30pm

**Service Costs:** 5 hours NDIS scheduled rate

**What to Bring:** Opal Card & \$30 for dinner & drinks

**Meeting Point:** 4:30pm at Café Newtown, 329 King St, Newtown

**Finishing Point:** 9:30pm at Café Newtown

**Activity Coordinator:** Flavio – 0421 853 975

**RSVP:** 1/5/19



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## Saturday 22<sup>nd</sup> June – Bangarra Dance Company

Aboriginal and Torres Strait Islander performing arts company at the Sydney Opera House.

**Time:** 11:00am – 5:00pm

**Ticket Cost:** \$66

**Service Costs:** 6 hours NDIS scheduled rate

**What to Bring:** Opal Card & \$30 for lunch & drinks or a packed lunch

**Meeting Point:** 11am at Café Newtown, 329 King St, Newtown

**Finishing Point:** 5pm at Café Newtown

**RSVP:** 24/5/19

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**UP!Club Hornsby**

**March to June Program 2019**

# UP!Club Hornsby

MARCH & APRIL 2019



## **Saturday 9<sup>TH</sup> March – Dinner & the Movies**

Dinner at Westfields followed by a movie at the cinema.

**Time:** 5:00pm – 9:30pm

**Service Costs:** 4.5 hours NDIS scheduled rate

**What to Bring:** \$17.50 for movies (concession ticket) \$30 for dinner

**Dinner:** venue to be confirmed

**Meeting Point:** 5pm at Westfield Hornsby Fountain

**Finishing Point:** 9:30pm at Westfield Hornsby Fountain

**RSVP:** 7/3/19

**Activity Coordinator:** Claire

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## **Sunday 7<sup>th</sup> April – Botanic Gardens Outing**

Take in spectacular Harbour views, explore the beautiful Royal Botanic Gardens and find a nice shady spot for a picnic lunch. Claire will bring some picnic blankets, you bring your own picnic lunch.

**Time:** 9:00am – 3:30pm

**Service Costs:** 6.5 hours NDIS scheduled rate

**What to Bring:** Opal Card, hat, sunscreen, water bottle & a packed lunch

**Meeting Point:** 9am at Westfield Hornsby Fountain

**Finishing Point:** 3:30pm at Westfield Hornsby Fountain

**RSVP:** 27/3/19

**Activity Coordinator:** Claire

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**MAY AND JUNE ACTIVITY INFORMATION COMING SOON!**