



Down Syndrome
New South Wales

UP!Club



UP!Club is a state wide 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.

We welcome members to attend activities in all areas. If you see something you like, join us!

www.downsyndromensw.org.au/upclub

UP!Club Program February 2020



Sunday 9th February – Sydney Harbour Cruise

Spend a lovely afternoon on Sydney Harbour. Take in the scenery and enjoy a buffet lunch with your friends. Bring your activity ideas for 2020!

Time: 11:00am – 4:00pm

Service Costs: 5 hours NDIS scheduled rate

Ticket Cost: \$69.00 – pay online

What to Bring: Opal card

Meeting Point: 11am Gloria Jeans Chatswood Mall or Circular Quay
11:45am

Finishing Point: 4pm at Gloria Jeans Chatswood Mall or Circular Quay
3:00pm

Activity Coordinator: Atlanta

RSVP: 19/01/20

Sunday 9th February – Western Sydney Zoo

There's a new Zoo in town! Western Sydney Zoo is due to open in late 2019. You can be one of the first to visit the new zoo. Bring your activity ideas for 2020!

Time: 9:00am – 4:00pm

Service Costs: 7 hours NDIS scheduled rate

What to Bring: Money for zoo entry, money for lunch/drinks/souvenirs, water bottle, hat, sunscreen. You can bring a packed lunch if you want to

Meeting Point: 9am outside Penrith Station, or 10:30am at the Zoo

Finishing Point: 4pm outside Penrith Station, or 2:30pm at the Zoo

Activity Coordinator: Cherie

RSVP: 02/02/2020

Sunday 9th February – Dangar Island

Catch the Ferry to Dangar Island. Enjoy a relaxing brunch and stroll around the island, taking in the scenery.

Time: 9:00am – 2:30pm

Service Costs: 5.5 hours NDIS scheduled rate

What to Bring: Opal card, money for brunch, water bottle, hat and comfortable shoes.

Meeting Point: 9am, Westfield Hornsby Fountain

Finishing Point: 2:30pm, Westfield Hornsby Fountain

Activity Coordinator: Claire

RSVP: 05/02/2020





Saturday 15th February – Paddle Boarding in the Bay

Ever wanted to Paddle Board!?! Join in a 1.5 hour class at Gunnamatta Bay. You can stay close to shore if you are a beginner. Life jackets and support staff will keep you safe. If you don't want to paddle board you can bring swimmers and splash around or just bring a picnic and enjoy lunch with your friends by the water. Bring your activity ideas for 2020!

Time: 9:30am – 1:30pm

Ticket Price: \$60.00 – pay online (if you want to come but don't want to paddle board you are welcome! Please call Down Syndrome NSW on 9841 4444 to register)

Service Costs: 4 hours NDIS scheduled rate

What to Bring: Swimmers, sunscreen, towel, hat, dry clothes, picnic lunch and water bottle.

Meeting Point: 9:30am, Cronulla Station

Finishing Point: 1:30pm, Cronulla Station

Activity Coordinator: Alyssa

RSVP: 31/01/20

Note: You must be able to swim 25m to do the Paddle Board class. Please call us if you have any concerns.

Sunday 16th February

The UP!Club Bowling Championship & Planning Meeting

Who will have their name engraved on the trophy as UP!Club 10 Pin Bowling Champion in 2020? Come along for your chance to take out the title. We will also run our planning meeting – your chance to tell us how you feel about UP!Club and give us your ideas for activities throughout 2020. We will have lunch first at Betty's Burgers!

Time: 11:00am – 5:00pm

Service Costs: 6 hours NDIS scheduled rate

What to Bring: \$50 for bowling and lunch (or bring a packed lunch)

Meeting Point: 11am at Jet Café QVB

Finishing Point: 5pm at Jet Café QVB

Activity Coordinator: Atlanta

RSVP: 23/10/19





Register now for Summer Camp!

Go to www.downsyndromensw.org.au

or

phone 9841 4444

UP!Club Program March 2020



Sunday 8th March – Cork & Chroma Surry Hills

Cork & Chroma is about having fun and being creative. A place where you can relax with friends and enjoy a refreshing beverage of your choice. Creativity and fun go hand and hand at Cork & Chroma!

Time: 1:00pm – 6:00pm

Ticket Price: \$60.00 – includes canvas, paints, brushes, aprons etc. Bring your own drinks and snacks.

Service Costs: 5 hours NDIS scheduled rate

What to Bring: Opal card, your own choice of drinks and snacks (beer and wine is okay in moderation), your creative spirit!

Meeting Point: 1pm, Gloria Jeans Chatswood Mall or at the venue at 2pm

Finishing Point: 6pm, Gloria Jeans Chatswood Mall or at the venue at 5pm

Activity Coordinator: Atlanta

RSVP: 16/02/20



Sunday 8th March

Bygone Beauty's Treasured Teapot Museum and Tearooms Leura

Catch up with friends or make new friends while you spoil yourself with Devonshire Tea in the Bygone Beauty's Tearooms, home of the worlds largest collection of teawares, including more than 5,500 teapots from around the world. Don't forget your camera!

Time: 9:00am – 3:00pm

Service Costs: 6 hours NDIS scheduled rate

What to Bring: Opal Card, \$20 for lunch/tea or a packed lunch, \$5.50 for museum entry fee, comfortable shoes and water bottle.

Meeting Point: 9am Penrith Station, or 10:30am at Leura Station

Finishing Point: 1:30pm at Leura Station, 3pm at Penrith

Activity Coordinator: Cherie

RSVP: 01/03/2020



Sunday 15th March – Symbio Wildlife Park

Visit the amazing Symbio Wildlife Park. Get up close and personal with native and exotic wildlife. Bring your swimmers for a cool down in the Splash Park and a picnic lunch to enjoy with your friends.

Time: 9:45am – 1:45pm

Service Costs: 4 hours NDIS scheduled rate

What to Bring: \$36.00 for park entry. Swimmers, sunscreen, towel, hat, comfortable shoes, picnic lunch (or money for lunch) and water bottle. OPAL CARD.

Meeting Point: 9:45am, Cronulla Station

Finishing Point: 1:45pm, Cronulla Station

Activity Coordinator: Alyssa

RSVP: 1/03/20



Save the Date!

Special Event – more info coming soon...

