

OCTOBER 2024

<u>DAY</u>	<u>PROGRAM</u>	<u>EVENT</u>	<u>TIME</u>	<u>SPEAKER</u>
THURSDAY 3RD	Congratulations	<u>Online Catch UP!</u>	10:00am - 10:30am	
FRIDAY 4TH	UP! Club	<u>Live Music and Chat</u>	3:30pm - 5:30pm	
SATURDAY 5TH	UP! Club	<u>Saturday Night Fever</u>	6:00pm - 9:00pm	
WEDNESDAY 9TH	Inclusion Institute	<u>Personal Hygiene and Self Care</u>	10:00am - 11:30am	Dr Katie Frank
FRIDAY 11TH	UP! Club	<u>Live Music and Chat</u>	3:30pm - 5:30pm	
FRIDAY 11TH	UP! Club	<u>Culture/Travel Club Dress to Impress</u>	Fri 5:00pm - 9:00pm OR Fri 2pm - Sat 11am	UP! Club's 30th Birthday!!!
SATURDAY 12TH	UP! Club	<u>Saturday Night Fever</u>	6:00pm - 9:00pm	
TUESDAY 15TH	Education Institute	<u>Starting School</u>	11am - 12noon	

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THURSDAY 17TH	Congratulations	<u>Online Catch UP!</u>	10:00am - 10:30am	
FRIDAY 18TH	UP! Club	<u>Live Music and Chat</u>	3:30pm - 5:30pm	
SATURDAY 19TH	UP! Club	<u>Saturday Night Fever</u>	6:00pm - 9:00pm	
SUNDAY 20TH	Member Event	<u>UP! for FUN</u> - Picnic and Games	11:00am - 2:00pm	Down Syndrome Awareness Month
TUESDAY 22ND	Inclusion Institute	<u>Sign Language</u>	11:00am - 12:00non	Lisa Dodd
FRIDAY 25TH	UP! Club	<u>Live Music and Chat</u>	3:30pm - 5:30pm	
SATURDAY 26TH	UP! Club	<u>Saturday Night Fever</u>	6:00pm - 9:00pm	
THURSDAY 31ST	Congratulations	<u>Online Catch UP!</u>	10:00am - 10:30am	