

AUGUST 2024

Day	Program	Event	Time	Speaker
FRIDAY 2 nd	UP! Club	<u>Live Music & Chat</u>	3:30 – 5:30pm	
SATURDAY 3 rd	UP! Club	<u>Saturday Night Fever</u>	6:00pm – 9:00pm	
THURSDAY 8 TH	Congratulations Initiative	<u>Online Catch UP!</u>	10:00am – 10:30am	
FRIDAY 9 TH	UP! Club	<u>Live Music & Chat</u>	3:30 – 5:30pm	
SATURDAY 10 TH	UP! Club	<u>Saturday Night Fever</u>	6:00pm – 9:00pm	
SUNDAY 11 TH	UP! Club	<u>Culture Club (For Young Adults 16-24 Years) High Tea</u>	11:00am – 4:00pm	
WEDNESDAY 14 TH	Inclusion Institute	<u>End of Life Directives</u>	10:00am – 3:00pm	Dr Brian Chicoine
FRIDAY 16 th	UP! Club	<u>Live Music & Chat</u>	3:30pm – 5:30pm	
SATURDAY 17 th	UP! Club	<u>Saturday Night Fever</u>	6:00pm – 9:00pm	

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THURSDAY 22ND	Congratulations Initiative	<u>Online Catch UP!</u>	10:00am – 10:30am	
FRIDAY 23RD	UP! Club	<u>Live Music & Chat</u>	3:30pm – 5:30pm	
	UP! Club	<u>Travel Club – Southern Highlands</u>	3:00pm start	
SATURDAY 24TH	UP! Club	<u>Saturday Night Fever</u>	6:00pm – 9:00pm	
	UP! Club	<u>Culture Club & Travel Club – Southern Highlands</u>	Culture Club: 930am-430pm	
SUNDAY 25TH	UP! CLUB	<u>Travel Club – Southern Highlands</u>	11:30am finish	
TUESDAY 27TH	Inclusion Institute	<u>Caring for Your Teeth, Good for Your Health</u>	10:00am – 11:30am	Antonia Scott
FRIDAY 30TH	UP! Club	<u>Live Music & Chat</u>	3:30pm – 5:30pm	
SATURDAY 31ST	UP! Club	<u>Saturday Night Fever</u>	6:00pm – 9:00pm	