



Down Syndrome
New South Wales

UP!Club

Current Program

All clubs.



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.

COME JOIN US !

www.downsyndromensw.org.au/upclub



Achieving our full potential

UP!Club Central

June - August Program 2019

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

Register via the "Central Activities"
tab on the UP!Club Homepage



UP!Club Central



Saturday 14th September – Japanese & Karaoke!

Who loves to sing!? Be loud and proud at the ultra-cool “Lantern by Wagaya” Japanese restaurant and private Karaoke rooms.

Time: 4:30pm – 9:00pm

Ticket Cost: \$30 for 3 hours of Karaoke

Service Costs: 4.5 hours NDIS scheduled rate

What to Bring: Money for dinner & drinks (Approx \$30)

Menu: <http://lantern-wagaya.com/lantern/restaurant-menu/>

Meeting Point: 4:30pm, Platform 3, Central Station (outside gates)

Finishing Point: 9:00pm, Platform 3, Central Station (outside gates)

Activity Coordinator: Emma

RSVP: 28/8/19



Saturday 19th October – Pontoon Bar

We are heading back to the iconic Pontoon Bar on the water’s edge of spectacular Cockle By, Darling Harbour. So get your dancing shoes on, let’s hit the town!

Time: 5:00pm –10:00pm

Service Costs: 5 hours NDIS scheduled rate

What to Bring: \$30 for dinner & extra for drinks (optional)

Meeting Point: 5pm at Jet Café - QVB

Finishing Point: 10pm at Jet Café - QVB

Activity Coordinator: Emma

RSVP: 2/10/19



Sunday 27th October – Darling Harbour 10 Pin Bowling

Get some practice in before next years UP!Club Bowling Championship. It could be your name on the trophy next!

Time: 11:00am – 4:00pm

Service Costs: 5 hours NDIS scheduled rate

What to Bring: \$50 for bowling, lunch and drinks

Meeting Point: 11am at Jet Café - QVB

Finishing Point: 4pm at Jet Café - QVB

Activity Coordinator: Flavio

RSVP: 16/10/19



Achieving our full potential

UP!Club South

June - October Program 2019

Register online at www.downsyndromensw.org.au/upclub
or phone 9841 4444

Register via the "South Activities"
tab on the UP!Club Homepage



UP!Club South



Sunday 1st September – Afternoon Whale Watching Cruise

Come along for an afternoon of Whale Watching, departing from Cronulla Wharf, travelling into the Pacific Ocean

Time: 1:00pm – 5:00pm

Ticket Price: \$65.00

Service Costs: 4 hours NDIS scheduled rate

What to Bring: Hat, sunglasses, camera, sunscreen, water bottle, windbreaker jacket (or warm jacket), flat shoes

Meeting Point: 1pm, Cronulla Station

Finishing Point: 5pm, Cronulla Station

RSVP: 24/07/19



Sunday 27th October – Oatley Hotel

Come along and catch up with your UP!Club friends at Oatley Hotel over lunch and drinks.

Time: 11:00am – 3:00pm

Service Costs: 4 hours NDIS scheduled rate

What to Bring: Opal card, \$30 for lunch and drinks

Meeting Point: 11am, Cronulla Station

Finishing Point: 3pm, Cronulla Station

Activity Coordinator: Emma - 0406 539 605

RSVP: 16/10/2019



Achieving our full potential

UP!Club North

June - October Program 2019

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

Register via the "North Activities" tab
on the UP!Club Homepage



UP!Club North



Saturday 14th September – Korean BBQ

Cook your own Korean BBQ dinner.

Time: 5:00pm – 9:00pm

Service Costs: 4 hours NDIS scheduled rate

What to Bring: \$40 for dinner & drinks

Meeting Point: 5pm at Gloria Jeans Chatswood Mall, 3/410-414 Victoria Ave

Finishing Point: 9pm at Gloria Jeans Chatswood Mall

Activity Coordinator: Flavio – 0421 853 975

RSVP: 4/9/19



Sunday 20th October – Ten Pin Bowling

Ten Pin Bowling at Strike Bowling in Chatswood.

Time: 12:00pm – 4:00pm

Service Costs: 4 hours NDIS scheduled rate

What to Bring: \$40 for lunch & bowling

Meeting Point: 12pm at Gloria Jeans Chatswood Mall, 3/410-414 Victoria Ave

Finishing Point: 4pm at Gloria Jeans Chatswood Mall

Activity Coordinator: Flavio – 0421 853 975

RSVP: 9/10/19



Achieving our full potential

UP!Club Inner West

June to October Program 2019

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

Register via the "Inner West Activities"
tab on the UP!Club Homepage



UP!Club Inner West



Saturday 21st September – Arts & Craft

Arts & Craft class in Newtown.

Time: 12:00pm – 4:00pm

Service Costs: 4 hours NDIS scheduled rate

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

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

Finishing Point: 4pm at Café Newtown

Activity Coordinator: Flavio – 0421 853 975

RSVP: 11/9/19



Saturday 19th October – Ten Pin Bowling

Lunch & Ten Pin Bowling at Strathfield Superbowl.

Time: 12:00pm – 4:00pm

Service Costs: 4 hours NDIS scheduled rate

What to Bring: Opal Card & \$40 for lunch & Bowling

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

Finishing Point: 4pm at Café Newtown

Activity Coordinator: Flavio – 0421 853 975

RSVP: 9/10/19



Achieving our full potential

UP!Club Hornsby

June to October Program 2019

Register online at www.downsyndromensw.org.au/upclub

or phone 9841 4444

Register via the "North Activities"
tab on the UP!Club Homepage



UP!Club Hornsby



Saturday 21st September – The Coal Loader, Waverton

Catch the train to Waverton, walk to The Coal Loader, have brunch at the Café and explore the grounds

Time: 8:00am – 1:00pm

Service Costs: 5 hrs NDIS scheduled rate

What to Bring: Opal Card and money for brunch

Meeting Point: 8am, Westfield Hornsby Fountain

Finishing Point: 1pm Westfield Hornsby Fountain

RSVP: 16/9/2019

Activity Coordinator: Claire



Saturday 19th October – Darling Harbour

Catch up with your UP!Club friends for dinner and explore the tranquil surrounds of the tranquil Chinese Gardens.

Time: 2:30pm – 8:30pm

Service Costs: 6 hours NDIS scheduled rate

What to Bring: Opal Card, comfortable shoes, \$40 for dinner and entry to Chinese Gardens (\$3 concession entry)

Meeting Point: 2:30pm, Westfield Hornsby Fountain

Finishing Point: 8:30pm, Westfield Hornsby Fountain

RSVP: 14/10/19

Activity Coordinator: Claire



Achieving our full potential

UP!Club Greater Western Sydney

June to August Program 2019

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

Register via the "Greater Western
Sydney" tab on the UP!Club Homepage



UP!Club Greater Western Sydney



Sunday 22nd September – Penrith Museum of Printing

Take a look back in time at the fascinating Penrith Museum of Printing. A guided tour will show you how they use to do things a long time ago! Followed by lunch at Nepean Centro

Time: 10:00am – 3:00pm

Service Costs: 5 hours NDIS scheduled rate

What to Bring: \$10 for Museum Tour, Opal Card, water bottle and money for lunch, or a packed lunch

Meeting Point: 10am-Kiss & Ride Terminal (off Jane St)Penrith Station

Finishing Point: 3pm-Kiss & Ride Terminal (off Jane St)Penrith Station

RSVP: 15/09/2019

Activity Coordinator: Cherie



Sunday 27th October – Aqua Golf @ Panthers

Time: 10:00am – 2:00pm

Service Costs: 4 hours NDIS scheduled rate

What to Bring: \$20 for Aqua Golf, hat, sunscreen, money for lunch/drinks or a packed lunch.

Meeting Point: 10am - Aqua Golf at Penrith Panthers

Finishing Point: 2:00pm - Aqua Golf at Penrith Panthers

RSVP: 20/10/2019

Activity Coordinator: Cherie