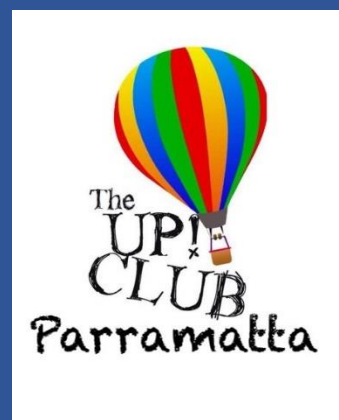


2016

Up! Club Parramatta Program

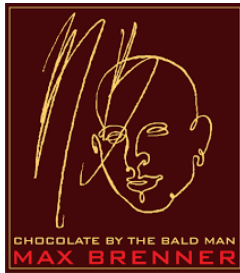


February – July 2016

SATURDAY 20 February – Lunch and Lawn Bowls



Time: 11:00am – 4:00pm



Meeting Point: I am at Max Brenner Café in Parramatta

Finishing Point: 4pm at Max Brenner Café in Parramatta



What to bring:

\$40 for lunch, drinks and law bowls



Opal Card for catching the bus

What will we do?



We will have lunch together in Parramatta



We will catch the bus to Northmead

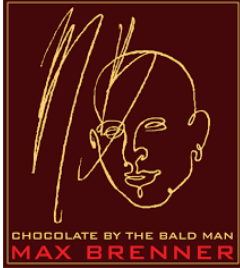


We will play Lawn Bowls

SATURDAY 19 March – Lunch and Ten Pin Bowling



Time: 11:00am – 4:00pm



Meeting Point: 11am at Max Brenner Café in Parramatta

Finishing Point: 4pm at Max Brenner Café in Parramatta



What to bring:

\$40 for lunch, drinks and bowling



Spare socks for bowling



What will we do?

We will have lunch together in Parramatta

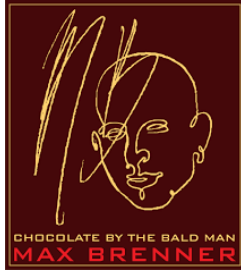


We will play one or two games of bowling

SATURDAY 16 April – Swimming at Olympic Park



Time: 11:00am – 4:00pm



Meeting Point: 11am at Max Brenner Café in Parramatta

Finishing Point: 4pm at Max Brenner Café in Parramatta



What to bring:
\$40 for lunch and swimming



Opal Card for catching the train



Swimmers, towel, spare clothes and thongs

What will we do?



We will have an early lunch in Parramatta



We will catch the train to Olympic Park



We will go swimming at Homebush Aquatic Centre

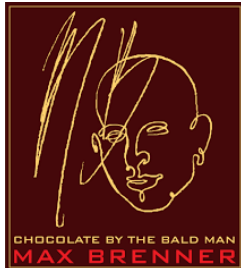


Tori, Emma and Flavio will go swimming with the group today, to provide additional support.

SATURDAY 21 May – Healthy Cooking & BBQ Lunch



Time: 11:00pm – 4:00pm



Meeting Point: I am at Max Brenner Café in Parramatta

Finishing Point: 4pm at Max Brenner Café in Parramatta

What to bring:



\$20 for buying ingredients for lunch



Opal Card for catching the bus



What will we do?

We will make a shopping list for lunch



We will go shopping



We will catch the bus to Parramatta Park

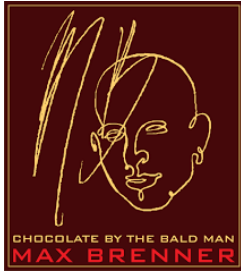


We will make a barbecue lunch

SATURDAY 18 June – Lunch and Planning Meeting



Time: 11:00am – 4:00pm



Meeting Point: 11am at Max Brenner Café
in Parramatta

Finishing Point: 4pm at Max Brenner Café
in Parramatta



What to bring:
\$20 for lunch



Your ideas for activities you would like to do with
Up! Club Parramatta

What will we do?



We will have lunch together



We will talk about the things we like doing

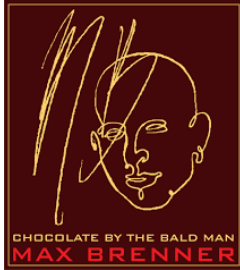


We will choose some activities to do together

Saturday 16 July – Lunch and Movies



Time: 11:00am – 4:00pm



Meeting Point: I I am at Max Brenner Café in Parramatta

Finishing Point: 4pm at Max Brenner Café in Parramatta

What to bring:



\$40 for lunch, drinks and movies

What will we do?



We will have lunch together



We will choose a movie to watch



We will watch a movie together

How to let us know if you are coming in 2016:



1. Log on to the Internet on a computer



2. Copy and paste this link to the Down Syndrome NSW website:

<https://secure.downsyndromensw.org.au/participation/up-club-local/parramatta/event-calendar>



3. Choose the activities you want to come to in 2016

See you soon 😊