

MARCH 2026

DOWN SYNDROME NEW SOUTH WALES



DAY	PROGRAM	EVENT	TIME	FORMAT
TUESDAY 3 RD	Ageing Well Initiative	<u>Ageing Well Initiative</u> <u>Online Catch UP!</u>	11:00am to 11:30am	ONLINE
FRIDAY 6 TH	Social Programs	<u>Live Music & Chat</u>	3:30pm to 5:30pm	ONLINE
SATURDAY 7 TH	Social Programs	<u>Saturday Night Fever</u>	6:00pm to 8:00pm	ONLINE
THURSDAY 12 TH	Congratulations	<u>Congratuations Online</u> <u>Catch up 2026</u>	10:00AM TO 10:30AM	ONLINE
FRIDAY 13 TH	Social Programs	<u>Live Music & Chat</u>	3:30pm to 5:30pm	ONLINE
SATURDAY 14 TH	Social Programs	<u>Saturday Night Fever</u>	6:00pm to 8:00pm	ONLINE

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TUESDAY 17 TH	Ageing Well Initiative	<u>Ageing Well Initiative</u> <u>Online Catch UP!</u>	11:00am to 11:30am	ONLINE
TUESDAY 17 TH	Ageing Well Initiative	<u>Ageing Well Initiative -</u> <u>Social Lunch at Toongabbie</u>	11:30am to 2:30pm	IN PERSON
FRIDAY 20 TH	Social Programs	<u>Live Music & Chat</u>	3:30pm to 5:30pm	ONLINE
SATURDAY 21 ST	Social Programs	<u>Saturday Night Fever</u>	6:00pm to 8:00pm	ONLINE

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<u>DAY</u>	<u>PROGRAM</u>	<u>EVENT</u>	<u>TIME</u>	<u>FORMAT</u>
THURSDAY 26 TH	Congratulations	<u>Congratulations Online</u> <u>Catch up 2026</u>	10:00AM TO 10:30AM	ONLINE
FRIDAY 27 TH	Social Programs	<u>Live Music & Chat</u>	3:30pm to 5:30pm	ONLINE
SATURDAY 28 TH	Social Programs	<u>Saturday Night Fever</u>	6:00pm to 8:00pm	ONLINE
SATURDAY 28 TH	Congratulations	New Babies Day at Maritime Museum - <u>TO BE ANNOUNCED</u>	11:00am to 2:00pm	IN PERSON
TUESDAY 31 TH	Ageing Well Initiative	<u>Ageing Well Initiative</u> <u>Online Catch UP!</u>	11:00am to 11:30am	ONLINE