

DARTS Online Events

August 2020

MON	TUES	WEDS	THURS	FRI
3	4	5 "POETRY ANTHOLOGY" 11am – 12pm	6 "ONLINE YOGA" 11:30am – 12:30pm	7 "NAME THAT TUNE!" 5:45pm – 7:15pm
10	11 "TOPIC OF THE WEEK – CHIT CHAT" 11am – 12pm	12 "ZOOMOBILE VIRTUAL TOUR" To be confirmed	13 "ONLINE YOGA" 11:30am – 12:30pm	14 "RATE MY DESSERT" 6pm – 7pm
17	18 "ONLINE TRIVIA – OZZIE, OZZIE, OZZIE" 11am – 12pm	19 "ART GALLERY NSW" 2pm – 3pm	20 "ONLINE YOGA" 11:30am – 12:30pm	21 "AROUND THE WORLD" 5:45pm – 7:15pm



FOR BOOKINGS

9:30am - 5:00pm

Call: (02) 8405 4422

Email: actcoord@yourside.org.au

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24	25	26 "OUR BIG KITCHEN" To be confirmed	27 "ONLINE YOGA" 11:30am – 12:30pm	28 "FRIDAY EVENING RIDDLE TIME" 6pm – 7pm
31				



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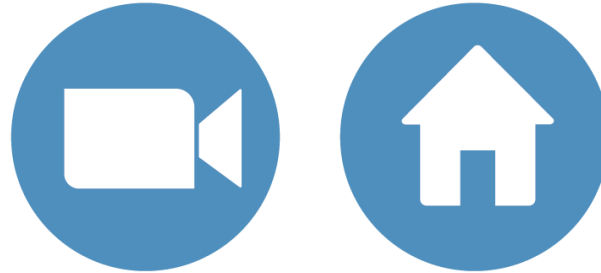
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WELCOME TO ONLINE DARTS PROGRAM!

We are very excited to continue to offer group activities to enable you to remain engaged with others and keep your minds lucid - but this time, with a twist!



Through the online meeting place, Zoom, we will run various activities in July straight to your home. Each activity will occur at a regular time slot - either weekly or monthly.

The activities welcome casual participation at a nominal fee of:

NDIS: \$18.50 per hour or \$27.75 for 1.5 hours
Group Activities in the Community: 1:5 ratio.

Any activities that require a fee to cover the cost of tuition have the additional cost listed.



HOW TO BOOK:

Contact Kay or Dita on **8405 4422** to book your activities and make a payment. You can pay over the phone via debit/credit card, online, by visiting your local branch or direct debit.



On the day before your activity, you will be sent an email with a link to join your group, with instructions.

We encourage you to join one of our Zoom Training sessions, so you are prepared and comfortable on the day of your first activity.

For those who would like to participate in an activity but are unable to join online, there is the option to dial in via landline or mobile phone. You will not be able to see the group, but you will be able to part of the conversation. If you would like to dial in, please advise us at the time of booking. Please read the description of each activity to see if this option is available.

To maximise the benefit of being in a group, whilst ensuring individual needs are met, groups will be kept to a limited number. If demand exceeds group numbers, an additional group can be arranged. Bookings are accepted on a first come, first served basis.





DATES:	Wednesday 5 th August
EVENT:	POETRY ANTHOLOGY
DESCRIPTION:	Do you have a poem you love? We would love to hear you recite it and tell us why you like it and where you first read it. Or you can even make one up one! Come along, and if you are not interested in reciting you are welcome to listen to some poetry. <i>Clients are welcome to dial in via landline or mobiles.</i>
COST:	NDIS: \$18.50
TIMES	11am – 12pm



DATES:	Thursdays 6, 13, 20, and 27 August
EVENT:	ONLINE YOGA
DESCRIPTION:	Join Karuna online every Thurs between 11:30am and 12:30pm as she takes you through a series of gentle exercises, mediation and breathing techniques to improve your mental and physical wellbeing. A 5-minute assessment of your physical health will be conducted at the time of booking if you have not attended before.
COST:	TUITION: \$6 NDIS: \$18.50
TIMES:	11:30am – 12:30pm





DATES:	Friday 7 August
EVENT:	NAME THAT TUNE!
DESCRIPTION:	<p>Join us for a fun evening of Name That Tune from your couch! We will have a play list of well known songs from the popular 60's through to today. The game is simple, we will have one designated song player and the rest will listen and try and guess the song being played. See you there!</p> <p><i>Clients are welcome to dial in via landline or mobiles.</i></p>
COST:	NDIS: \$27.75
TIMES	5:45pm – 7:15 pm



DATES:	Tuesday 11 August
EVENT:	TOPIC OF THE WEEK- CHIT CHAT
DESCRIPTION:	<p>Join us between 11am and 12pm for a discussion on contemporary issues and general matters of interest.</p> <p>Topic: Chit Chat – Funny Experiences and Anecdotes</p> <p>As we are now settling into each other companies, why not share a funny story with us! Or a funny experience that you have not forgotten! Or even a special person in your life that makes a difference to you.</p> <p><i>Clients are welcome to dial in via landline or mobiles.</i></p>
COST:	NDIS: \$18.50
TIMES:	11am – 12pm



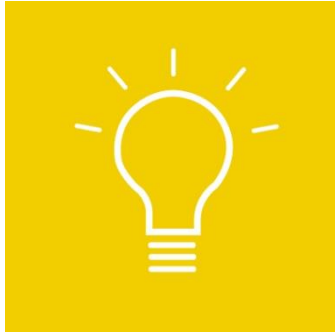


DATES:	Wednesday 12 August
EVENT:	ZOOMOBILE
DESCRIPTION:	Join us online via video link direct to Taranga Zoo. We are very excited to be able to enjoy the digital version of the Zoomobile program. We will be able to view the habitat classrooms at the Zoo. It is extra special as we will be able to see up close animals within their habitats, their patterns, textures, and behaviours. Also included are animals that are not normally part of the Zoomobile such as cotton-top tamarins, bilbies, or baby crocodiles!
COST:	NDIS: \$27.75
TIMES:	To be confirmed



DATES:	Friday 14 August
EVENT:	RATE MY DESSERT
DESCRIPTION:	Become the perfect party host and amaze us with your cooking skills! They don't need to be masterpieces, just tried and tested recipes of desserts you love to make, and what you think taste delicious. You can even then take a photo and save it for us all to see and rate!
COST:	NDIS: \$18.50
TIMES:	6pm – 7pm





DATES:	Tuesday 18 August
EVENT:	ONLINE TRVIA – OZZIE, OZZIE, OZZIE
DESCRIPTION:	Rack your brains, put your thinking cap on, do whatever you need to do, but be online to outwit the others! Calling all Australians, (or not!) this months Australian Quiz will be a brain teaser! <i>Clients are welcome to dial in via landline or mobiles.</i>
COST:	NDIS: \$18.50
TIMES:	11am – 12pm

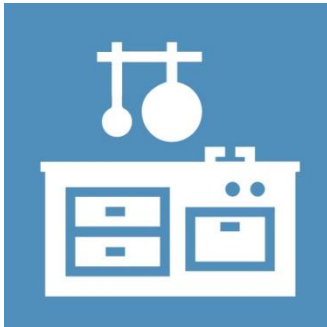


DATES:	Wednesday 19 August
EVENT:	ART GALLERY NSW
DESCRIPTION:	We have been invited to join the Art Gallery of NSW Access Program online. “Together in Art” is one of the online initiatives being held, and we are delighted to be able to join the galleries experienced speaker who will guide us through some of the amazing arts the gallery has to offer.
COST:	NDIS: \$18.50
TIMES:	2pm – 3pm





DATES:	Friday 21 August
EVENT:	AROUND THE WORLD
DESCRIPTION:	Have you explored Australia or the world? If so, we would love to see your favourite holiday pics and hear the stories that go along with them. If you are not a traveler and tend to be a “home body” then we would still love to see photos of you enjoying yourself, or places that are your bucket list to visit.
COST:	NDIS: \$27.75
TIMES	5:45pm – 7:15 pm



DATES:	Wednesday 26 August
EVENT:	OUR BIG KITCHEN – To be confirmed
DESCRIPTION:	Our Big Kitchen is a community kitchen in the heart of Bondi. OBK delivered 70,000 meals last year, that were made and distributed to people in need across NSW. We have been kindly invited by George, Operation Manager, to join via Zoom, to hear and see the wonderful work OBK is doing, and maybe give us some cooking tips!
COST:	NDIS: \$18.50
TIMES:	2pm – 3pm





DATES:	28 August
EVENT:	FRIDAY EVENING RIDDLE TIME
DESCRIPTION:	Who doesn't love brain teasers and challenging riddles? If you think you're already a pro at solving tricky riddles, put yourself to the test with these and find out! Feel free to bring along your favorite 2-3 riddles and share the answer with all.
COST:	NDIS: \$18.50
TIMES	6pm – 7pm

