

MON	TUES	WED	THURS	FRI	SAT	SUN
						1 AN AFTERNOON AT KISSING POINT PARK 2pm to 5pm
2	3 FAGAN PARK DRIVE AND PICNIC 11.30am to 2.30pm	4 WHALE WATCHING AT CAPE SOLANDER 11.30am to 2.30pm	5 YOGA CLASS 11.30am to 12.30pm Also available online	6 ONLINE ENQUIRING LISTENER 1.30pm to 3pm	7 SYDNEY ZOO 11.30 am to 2.30pm	8 PICNIC AT MANLY DAM 12pm to 3pm
9 WHALE WATCHING AT CAPE SOLANDER 11.30am to 2.30pm	10 ONLINE VINTAGE ADS COLLECTIONS 2pm to 3pm	11 CAFÉ SALIGNA CUMBERLAND STATE FOREST 11.30am to 2.30pm	12 YOGA CLASS 11.30am to 12.30pm Also available online	13 ONLINE FRIDAY EVENING GET TOGETHER 5.45pm to 7.15pm	14 KOKODA MEMORIAL WALKWAY 11.30pm to 2.30pm	15 CENTENNIAL PARK 11.30pm to 2.30pm



FOR BOOKINGS

9:30am - 5:00pm

Call: (02) 8405 4422

Email: actcoord@yourside.org.au

Bus trip outings are in blue.

MON	TUES	WED	THURS	FRI	SAT	SUN
16 KISSING POINT PARK 11.30am to 2.30pm	17 ONLINE ART FOR ADULTS Wynne and Sulman Prizes 2020	18 KOKODA MEMORIAL WALKWAY 11.30am to 2.30pm	19 YOGA CLASS 11.30am to 12.30pm Also available online	20 ARCHIBALD PRIZE AT THE ART GALLERY 11.30am to 2.30pm	21 CENTENNIAL PARK 11.30am to 2.30pm	22 BROOKLYN DRIVE 11.30am to 2.30pm
23 SYDNEY ZOO 11.30am to 2.30pm	24 ONLINE MARITIME MUSEUM 1.30pm to 2.30pm	25 MANLY DAM 11.30am to 2.30pm	26 YOGA CLASS 11:30am to 12:30pm Also available online	27 ONLINE NAME THAT TUNE 5.45pm to 7.15pm	28 BROOKLYN DRIVE 11.30am to 2.30pm	29 FAGAN PARK DRIVE AND PICNIC 11.30am to 2.30pm

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WELCOME TO THE 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 be running various activities in October straight to your home, **as well as resuming our bus trips!**

The activities welcome casual participation at a nominal fee of:

NDIS: Online \$17.04 per hour or \$25.56 for 1.5 hours

NDIS: Outing Bus Trips - as per NDIS Price Guide

CHSP: Contribution for Bus Trips - \$15.00 & \$23.00 for long trips

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.

For last minute cancellations on weekends please ring and leave a message on your bus phone.

Bus One: 0435 852 784

If you are experiencing Flu like symptoms and you are booked on a trip, please advise the office straight away during the week on 8405 4422 or on weekends on the afterhours number 0402 357 994

ZOOM:

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

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.

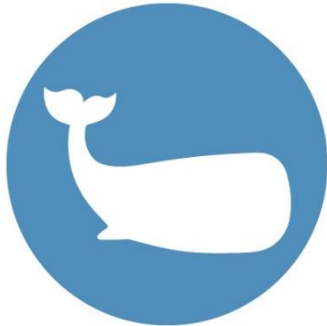
BUS TRIPS:

To ensure the safety of our clients, staff and the community, we have put in place procedures to follow.

WHAT TO EXPECT:

- Prior to the event, a staff member will call you for a health check.
- It is your responsibility to let us know if there are any changes between the check and the start of the event.
- A temperature check on the day of the event.
- We encourage you to wear a mask, with medical conditions exempt. Staff and Volunteers will wear masks at all times.
- Clients and staff to maintain 1.5m social distancing where possible.
- Your Side reserves the right to deny participation should you present symptoms of COVID-19.

Volunteers please meet at: Dougherty Community Centre
7 Victor Street, Chatswood



DATES:	Sun 1 and Mon 16 November
EVENT:	PICNIC AT KISSING POINT PARK
DESCRIPTION:	Enjoy a picnic while watching the Yachts Sailing on Parramatta River. BYO or we will pickup MacDonald's on the way. After lunch enjoy a wander along the Ryde River Walk that takes in views towards the historic Rivendell made famous in The Great Gatsby movie.
COST:	NDIS: as per Service Agreement CHSP: \$15
TIMES:	Sunday 2pm – 5pm, Monday 11.30am – 2.30pm

DATES:	Tues 3 and Sun 29 November
EVENT:	FAGAN PARK
DESCRIPTION:	Located in Dural, Fagan Park is the Jewel in the Crown of Hornsby Shire's Parks. Covering 55 Hectares there is something for everyone to enjoy. The Garden of many Nations features 11 themed gardens including Japanese, Dutch, Chinese or Mediterranean. BYO picnic lunch or take away from Hungry Jacks at Dural.
COST:	NDIS: as per Service Agreement CHSP: \$15
TIMES:	11.30am – 2.30pm

DATES:	Wed 4 and Mon 9 November
EVENT:	WHALE WATCHING AT CAPE SOLANDER
DESCRIPTION:	Head to one on Sydney's best whale watching spots. Cape Solander is located at Kurnell in Kamay Bay National Park. You may be lucky enough to be treated to an acrobatic display from a migrating Humpback whale as it heads North. BYO picnic lunch at Captain Cooks Landing Place overlooking Botany Bay.
COST:	NDIS: As per Service Agreement and \$15 for CHSP clients
TIMES:	11.30am – 2.30pm



DATES:	Thurs 5, 12, 19, 26, 29 November
EVENT:	YOGA AT FORESTVILLE OR ONLINE
DESCRIPTION:	Join Karuna online every Thursday 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. We will take expressions of interest for the class with transport to Forestville or Online
COST:	NDIS: \$17.04 online or as Service Agreement if using transport \$10 tuition
TIMES:	11.30am – 12.30pm

DATES:	Fri 6 November
EVENT:	ONLINE ENQUIRING LISTENER
DESCRIPTION:	Have you ever heard a piece of music and been captured by it, but not been able to say why? We are very lucky to be involved in an online session presented by the Conservatorium of Music Tutor Cathy Kerr who aims to bring the joy of music making to all her students. Cathy will introduce us to some wonderful recordings, as we will explore the composer and the stories behind the music. We will also be treated to recorded performance from students David Lin on violin and Paul Cheung on piano from the Open Academy's Rising Stars program.
COST:	NDIS: \$27.75
TIMES:	1.30pm to 3pm

DATES:	Sat 7 and Mon 23 November
EVENT:	SYDNEY ZOO
DESCRIPTION:	Located in the heart of Western Sydney, Sydney Zoo is home to a range of exotic and Australian species and with clever habitat design, it is an immersive and engaging experience.
COST:	NDIS: As per Service Agreement CHSP: \$15 Entry: \$30 concession. Companion Card holders are free. Adults \$40
TIMES:	11.30am – 2.30pm



DATES:	Sun 8 and Weds 25 November
EVENT:	PICNIC AT MANLY DAM
DESCRIPTION:	We have booked the Shelter Shed at Manly Dam for our exclusive use. Manly Dam has a wonderful diversity of native Flora and Fauna and is a wonderful picnic spot. BYO picnic lunch.
COST:	NDIS: As per Service Agreement and \$15 for CHSP clients
TIMES:	11.30am – 2.30pm



DATES:	Tues 10 November
EVENT:	ONLINE VINTAGE ADS
DESCRIPTION:	The National Film and Sound Archive Australia (NFSA) are hosting a session especially for us. We will be introduced to the collection of Film and Sound material with a focus on vintage ads like Aeroplane Jelly and Vegemite. This session should be lots of fun and although it's not a requirement, if you can't resist the urge to sing then you'll need to bring your singing voice.
COST:	NDIS: \$27.75
TIMES:	2pm to 3pm



DATES:	Weds 11 November
EVENT:	CAFÉ SALIGNA CUMBERLAND STATE FOREST
DESCRIPTION:	Wander around the sensory trail and experience the sights and sounds of the Cumberland State Forest. Lunch is Booked at Café Saligna.
COST:	NDIS: As per Service Agreement and \$15 for CHSP clients
TIMES:	11.30am – 2.30pm



DATES:	Fri 13 November
EVENT:	ONLINE FRIDAY EVENING GET TOGETHER
DESCRIPTION:	Catchup with friends for a Friday evening chat and drinks online via Zoom. Dress up in your best Friday night party attire and tell us what you've been up to.
COST:	NDIS: \$27.75
TIMES:	5.45 to 7.15 pm



DATES:	Sat 14 and Weds 18
EVENT:	KOKODA MEMORIAL WALKWAY
DESCRIPTION:	Stroll around the Kokoda Memorial and down to Brays Bay Reserve. We have booked the shelter shed for our use. Lunch is available to pre-order from the Kokoda Café for \$16 with a choice of Fish 'n' Chips plus salad, Lasagne and Salad; or Roasted Vegetable Wraps. Drinks extra.
COST:	NDIS: As per Service Agreement and \$15 for CHSP clients.
TIMES:	11.30am – 2.30pm



DATES:	Sun 15 and Sat 21 November
EVENT:	CENTENNIAL PARK
DESCRIPTION:	Join us for a visit to Centennial Park, which offers remarkable landscapes including pine forests, sloping fields, ponds and beautifully manicured gardens and bushland settings. We will be taking a lovely drive and stroll through the grounds, so why not bring along a picnic lunch or if the weather is wet, we will dine at The Centennial Homestead.
COST:	NDIS: As per Service Agreement and \$15 for CHSP clients
TIMES:	11.30am – 2.30pm



DATES:	Tues 17 November
EVENT:	ONLINE ART FOR ADULTS
DESCRIPTION:	We have been invited to join the Art Gallery of NSW Access Program online. "Online Art for Adults" 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 the Wynn and Sulman Prizes 2020.
COST:	NDIS: \$17.04
TIMES:	2pm – 3pm



DATES:	Fri 20 November
EVENT:	ARCHIBALD PRIZE - IN GALLERY VISIT
DESCRIPTION:	We are delighted to return to the Art Gallery of NSW for an In Gallery Visit of the Iconic Archibald Prize. This is a self-guided tour of the exhibition with pre-purchased and timed entry. Pick-up lunch at the Pavilion Café in the Domain or BYO.
COST:	NDIS: As per Service Agreement CHSP: \$15 Admission: \$20 Adult, \$18 Conc. Free for helpers with Companion Card Holders
TIMES:	5.45pm – 7.15pm



DATES:	Sun 22 and Sat 28 November
EVENT:	BROOKLYN DRIVE
DESCRIPTION:	Located on the Hawkesbury River, Historic Brooklyn is a sleepy little town surrounded by bays and green hills and is a popular fishing spot. We have booked lunch at the King Tide Café for old times sake.
COST:	NDIS: As per Service Agreement and \$15 for CHSP clients
TIMES:	11.30am – 2pm



DATES:	Tues 24 November
EVENT:	ONLINE MARITIME MUSEUM
DESCRIPTION:	Join us for an extraordinary adventure as we explore the wonderful exhibitions made available through the Maritime Museums Education Programs. Topic to be advised closer to the day.
COST:	NDIS: \$17.04
TIMES:	1.30pm to 3pm



DATES:	Fri 27 November
EVENT:	ONLINE NAME THAT TUNE
DESCRIPTION:	Join us and our guest host Abby 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. There may even be a couple of little surprises. See you there! <i>Clients are welcome to dial in via landline or mobiles</i>
COST:	NDIS: \$27.75
TIMES:	5.45pm – 7.15pm