

## DARTS Online Events

**June 2020**

MON	TUES	WEDS	THURS	FRI
1	2 "TOPIC OF THE WEEK – CHIT CHAT" 10am – 11:30am	3 "RATE MY PLATE" 11am – 12pm	4 "ONLINE YOGA" 11:30am – 12:30pm TUITION: \$6	5 "TRIVIA – BRITISH THEME" 6pm – 7pm
8 QUEEN'S BIRTHDAY PUBLIC HOLIDAY	9 "TRIVIA – BRITISH THEME" 11am – 12pm	10 "TOPIC OF THE WEEK – CHIT CHAT" 11am – 12:30pm	11 "ONLINE YOGA" 11:30am – 12:30pm TUITION: \$6	12 "RATE MY PLATE" 6pm – 7pm
15	16 "ZOOM TRAINING" 10:30am – 11:30am FREE	17 "ART GALLERY NSW – TOGETHER IN ART" 11am – 12pm	18 "ONLINE YOGA" 11:30am – 12:30pm TUITION: \$6	19 "GUESS THE BABY PICTURE GAME" 6pm – 7pm



### FOR BOOKINGS

9:30am - 5:00pm

Call: (02) 8405 4422

Email: [actcoord@yourside.org.au](mailto:actcoord@yourside.org.au)

## DARTS Online Events

**June 2020**

MON	TUES	WEDS	THURS	FRI
22	23 <b>"GAYANEH PRESENTS ARMENIAN CULTURE"</b> 10am – 11:30am	24 <b>"CLIENTS AND VOLUNTEERS MEET AND GREET"</b> 6pm – 7pm	25 <b>"ONLINE YOGA"</b> 11:30am – 12:30pm TUITION: \$6	26 <b>"FRIDAY EVENING – TALENT QUEST!"</b> 6pm – 7pm
29	30 <b>"BOOK CLUB"</b> 10:30am – 11:30am			



### FOR BOOKINGS

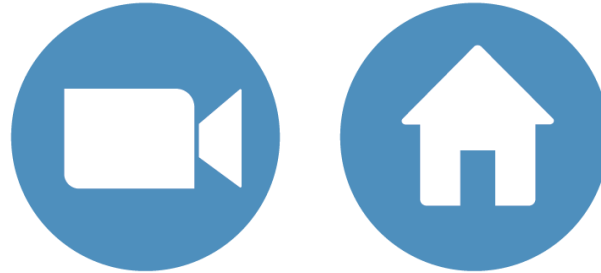
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## WELCOME TO ONLINE DARTS PROGRAM!

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 June 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.





<b>DATES:</b>	Tuesday 2 & Wednesday 10 June
<b>EVENT:</b>	<b>TOPIC OF THE WEEK- CHIT CHAT</b>
<b>DESCRIPTION:</b>	Join us between 10am and 11:30am for a discussion on contemporary issues and general matters of interest.  <b>Topic: Chit Chat</b> Why not unwind with a cuppa and have a yarn with old mates. Use this time to share news of the week, recipes tried and tested, and keep up to date with the latest Netflix series!
<b>COST:</b>	<b>NDIS:</b> \$27.75
<b>TIMES:</b>	Tuesday at 10am – 11:30am & Wednesday at 11am – 12:30pm

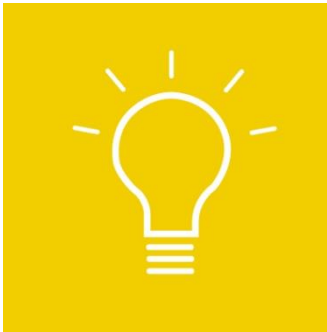


<b>DATES:</b>	Wednesday 3 June and Friday 12 June
<b>EVENT:</b>	<b>RATE MY PLATE</b>
<b>DESCRIPTION:</b>	Become the perfect party host and amaze us with your cooking skills.! They don't need to be master pieces, just tried and tested recipes, and what you think taste delicious. You can even then take a photo and save it for us all to see and rate!
<b>COST:</b>	<b>NDIS:</b> \$18.50
<b>TIMES:</b>	Wednesday at 11am – 12pm and Friday at 6pm – 7pm



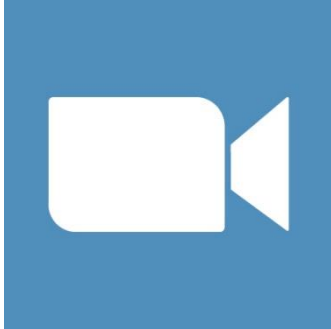


<b>DATES:</b>	Thursdays 4, 11, 18, 25 June
<b>EVENT:</b>	<b>ONLINE YOGA</b>
<b>DESCRIPTION:</b>	Join Karuna online every Thurs between 11:30am and 12:30pm as she takes you through a series of gentle exercises, mediation and breathing techniques to improve your mental and physical wellbeing. A 5-minute assessment of your physical health will be conducted at the time of booking if you have not attended before.
<b>COST:</b>	<b>TUITION:</b> \$6 <b>NDIS:</b> \$18.50
<b>TIMES:</b>	11:30am – 12:30pm



<b>DATES:</b>	Friday 5 & Tuesday 9 June
<b>EVENT:</b>	<b>TRIVIA - BRITISH THEME</b>
<b>DESCRIPTION:</b>	With the Queens Birthday Long Weekend approaching, we thought we would add a British Touch! How well do you know the “Mother Country” Come along and join us for an all British Trivia. Do you think you can ace this British general knowledge quiz? Let's get started.  <i>Clients are welcome to dial in via landline or mobiles.</i>
<b>COST:</b>	<b>NDIS:</b> \$18.50
<b>TIMES:</b>	Friday at 6pm – 7pm and Tuesday at 11am – 12pm





<b>DATES:</b>	<b>Tuesday 16 June</b>
<b>EVENT:</b>	<b>ZOOM TRAINING</b>
<b>DESCRIPTION:</b>	Learn how to use Zoom, the online platform we will be using to deliver our group based activities. Book in for a session to test out how easy it can be! We hope this session will help build your confidence so you can focus on hanging out with your mates and participating in the upcoming activities.
<b>COST:</b>	<b>FREE</b>
<b>TIMES</b>	10:30am – 11:30am



<b>DATES:</b>	<b>Wednesday 17 June</b>
<b>EVENT:</b>	<b>ART GALLERY NSW</b>
<b>DESCRIPTION:</b>	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.
<b>COST:</b>	<b>NDIS: \$18.50</b>
<b>TIMES:</b>	11am – 12pm





<b>DATES:</b>	Friday 19 June
<b>EVENT:</b>	<b>GUESS THE BABY PICTURE GAME</b>
<b>DESCRIPTION:</b>	Do you have an adorable baby/child photo you can share? If so, please send it into either Dita or Kay before tonight's baby guessing game! We will then share it online and try and guess which one of our lovely clients you are!
<b>COST:</b>	<b>NDIS:</b> \$18.50
<b>TIMES:</b>	6pm – 7pm



<b>DATES:</b>	Tuesday 23 June
<b>EVENT:</b>	<b>GAYANEH PRESENTS ARMENIAN CULTURE</b>
<b>DESCRIPTION:</b>	Armenian culture is a rich mixture of flavours, colours, plus outside influences and things that are uniquely Armenian. From the architecture to applied arts, performing arts to literature, culture in Armenia represents the history, lifestyle, aspirations, and beauty of this unique country.  <i>Clients are welcome to dial in via landline or mobiles</i>
<b>COST:</b>	<b>NDIS:</b> \$27.75
<b>TIMES:</b>	10am - 11:30am



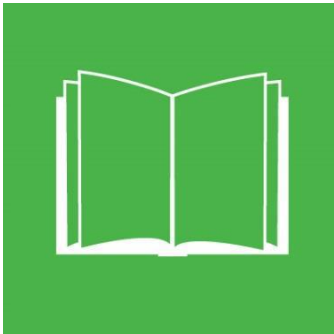




<b>DATES:</b>	<b>Wednesday 24 June</b>
<b>EVENT:</b>	<b>CLIENT AND VOLUNTEERS MEET AND GREET</b>
<b>DESCRIPTION:</b>	<p>A meet and greet event has been arranged so that we can meet up with our fantastic volunteers and fabulous clients. We have strong relationships in DARTS and what better way to stop those lonely or isolated feelings than to reunite with our friends. This will also be the perfect to way to meet new volunteers in preparation for our bus trips!</p> <p><i>Clients are welcome to dial in via landline or mobiles.</i></p>
<b>COST:</b>	<b>NDIS: \$18.50</b>
<b>TIMES</b>	<b>6pm – 7pm</b>



<b>DATES:</b>	<b>Friday 26 June</b>
<b>EVENT:</b>	<b>FRIDAY EVENING – TALENT QUEST!</b>
<b>DESCRIPTION:</b>	<p>Got Talent? Have you got an amazing hidden talent we don't know about? Tattoo artist? Pigeon racer? We would love to know and maybe you can share your skills with us! Come along and join in the fun this Friday evening.</p> <p><i>Clients are welcome to dial in via landline or mobiles.</i></p>
<b>COST:</b>	<b>NDIS: \$18.50</b>
<b>TIMES</b>	<b>6pm – 7pm</b>



<b>DATES:</b>	Tuesday 30 June
<b>EVENT:</b>	<b>BOOK CLUB</b>
<b>DESCRIPTION:</b>	<p>For lovers of the written word, join us for a discussion on the group's latest chosen read. For this first meet, come with your top picks for the group to explore and decide on a list. Participation can be casual, and you can find out the titles of the month's read by giving us a call.</p> <p><i>Clients are welcome to dial in via landline or mobiles</i></p>
<b>COST:</b>	<b>NDIS: \$18.50</b>
<b>TIMES</b>	10:30am -11:30am



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