

DARTS Online Events

July 2020

MON	TUES	WEDS	THURS	FRI
		1 "TALENT QUEST" 11am – 12.30pm	2 "ONLINE YOGA" 11:30am – 12:30pm	3 "WHO AM I?" 5:45pm – 7:15pm
6	7 "WHO AM I?" 11am – 12.30pm	8 "TOPIC OF THE WEEK – CHIT CHAT" 11am – 12pm	9 "ONLINE YOGA" 11:30am – 12:30pm	10 "BASTILLE DAY – CUISINE FRANÇAISE" 5:45pm – 7:15pm
13	14 "BASTILLE DAY – CUISINE FRANÇAISE" 11am – 12.30pm	15 "ART GALLERY NSW – TOGETHER IN ART" 2pm – 3pm	16 "ONLINE YOGA" 11:30am – 12:30pm	17 "ORIGAMI" 5:45pm – 7:15pm



FOR BOOKINGS

9:30am - 5:00pm

Call: (02) 8405 4422

Email: actcoord@yourside.org.au

DARTS Online Events

July 2020

MON	TUES	WEDS	THURS	FRI
20	21 "ORIGAMI" 11am – 12.30pm	22 "TOPIC OF THE WEEK – CHIT CHAT" 11am – 12pm	23 "ONLINE YOGA" 11:30am – 12:30pm	24 "LETS REMINISCE – SLIDE SHOW" 5:45pm – 7:15pm
27	28 "GAYANEH PRESENTS SUSTAINABLE LIVING" 5:45pm – 7pm	29 "LETS REMINISCE - SLIDE SHOW" 11am – 12:30pm	30 "ONLINE YOGA" 11:30am – 12:30pm	31 "FANCY DRESS TRIVIA" 5:45pm – 7:15pm



FOR BOOKINGS

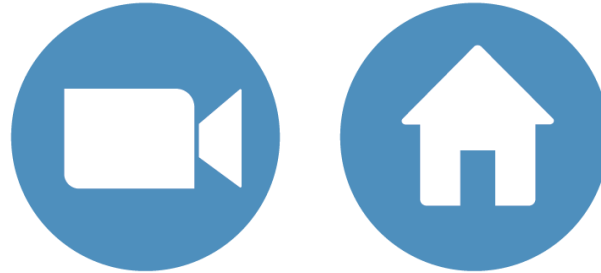
9:30am - 5:00pm

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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.



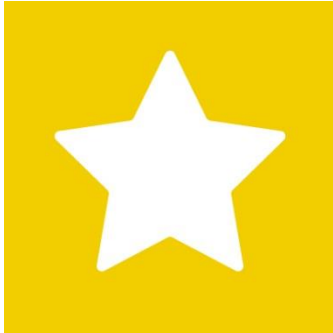
On the day before your activity, you will be sent an email with a link to join your group, with instructions.

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

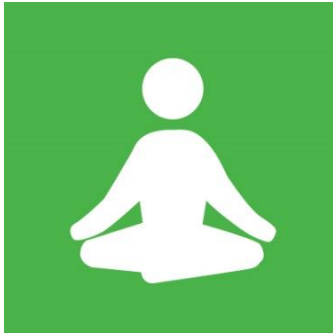
For those who would like to participate in an activity but are unable to join online, there is the option to dial in via landline or mobile phone. You will not be able to see the group, but you will be able to part of the conversation. If you would like to dial in, please advise us at the time of booking. 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 1 July
EVENT:	TALENT QUEST!
DESCRIPTION:	<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.</p> <p><i>Clients are welcome to dial in via landline or mobiles.</i></p>
COST:	NDIS: \$18.50
TIMES	11am – 12pm



DATES:	Thursdays 2, 9, 16, 23, 30 July
EVENT:	ONLINE YOGA
DESCRIPTION:	<p>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.</p>
COST:	TUITION: \$6 NDIS: \$18.50
TIMES:	11:30am – 12:30pm





DATES:	Friday 3 and Tuesday 7 July
EVENT:	WHO AM I?
DESCRIPTION:	Join us with your secret celebrity and 10 questions to see if we can guess who it is. Alternatively we can allocate someone to you. Your person can be any famous or well know person past or present in any field of entertainment, history, the arts or sports. <i>Clients are welcome to dial in via landline or mobiles.</i>
COST:	NDIS: \$27.75
TIMES	Friday at 5:45 – 7:15 pm and Tuesday at 11am – 12.30pm



DATES:	Wednesday 8 and 22 July
EVENT:	TOPIC OF THE WEEK- CHIT CHAT
DESCRIPTION:	Join us between 10am and 11:30am for a discussion on contemporary issues and general matters of interest. Topic: Chit Chat 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!
COST:	NDIS: \$18.50
TIMES:	Wednesday at 11am – 12:00pm





DATES:	Friday 10 and Tuesday 14 July
EVENT:	BASTILLE DAY- CUISINE FRANÇAISE
DESCRIPTION:	Join us to celebrate Bastille Day with a Rate my Plate with a French twist. Send us a photo of your favorite “cuisine francaise” so we can separate the Soufflé from the Flamiche. <i>Clients are welcome to dial in via landline or mobiles.</i>
COST:	NDIS: \$27.75
TIMES	Friday at 5:45 – 7:15pm and Tuesday at 11am – 12:30pm



DATES:	Wednesday 15 July
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 17 and Tuesday 21 July
EVENT:	ORIGAMI
DESCRIPTION:	Join us as we make simple Origami fishes, cranes, dogs, flowers and the childhood favourites' – chatterboxes or waterbombs. All you need is some left over wrapping paper or even some photocopy paper. This is an exercise in recycling as well as the Japanese art of Paper Folding.
COST:	NDIS: \$27.75
TIMES:	Friday at 5:45 – 7:15pm and Tuesday at 11am – 12.30pm

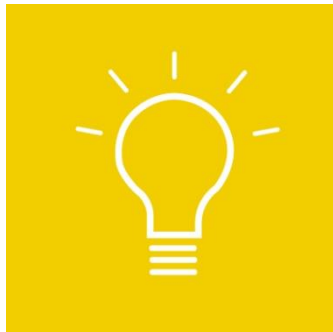


DATES:	Friday 24 and Wednesday 29 July
EVENT:	LETS REMINISCE SLIDE SHOW
DESCRIPTION:	Join us for an old fashioned slide show of photos from some favorite DARTS outings. This is a chance to reminisce and share stories about our fun times while we plan our next trips.
COST:	NDIS: \$27.75
TIMES	Friday – 5:45 – 7:15 pm and Wednesday 11am – 12:30am





DATES:	Tuesday 28 July
EVENT:	GAYANEH PRESENTS SUSTAINABLE LIVING
DESCRIPTION:	This informative session will amaze you. Providing you with smart ways to manage waste and garbage of your home, you'll be surprised by the alternatives available, like re-use, recycle and re-sell. <i>Clients are welcome to dial in via landline or mobiles</i>
COST:	NDIS: \$27.75
TIMES:	5:45pm – 7pm



DATES:	Friday 31 July
EVENT:	FANCY DRESS TRIVIA
DESCRIPTION:	Wear a funny hat, throw on some pearls or even dress for cocktails – whatever takes your FANCY! Trivia will be general knowledge. <i>Clients are welcome to dial in via landline or mobiles.</i>
COST:	NDIS: \$18.50
TIMES:	5:45pm – 7:15pm



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