

DARTS Online Events

September 2020

MON	TUES	WEDS	THURS	FRI
	1	2 "TOPIC OF THE WEEK – WELCOME TO MY ZOOM ROOM CHIT CHAT" 11:30am – 12:30pm	3 "ONLINE YOGA" 11:30am – 12:30pm	4 "FRAGRANT SPRING FLOWERS" 10:30am – 11:30am "SPRING HAS SPRUNG RATE MY PLATE" 5:45pm – 7:15pm
7	8 "VINTAGE ADS COLLECTION" NFSA 2pm – 3pm	9 "TOPIC OF THE WEEK – CHIT CHAT" 11:30am – 12:30 PM	10 "ONLINE YOGA" 11:30am – 12:30pm	11 "NAME THAT TUNE" 5:45pm – 7:15pm
14	15	16 "TOGETHER IN ART" Art Gallery of NSW 2pm – 3pm	17 "ONLINE YOGA" 11:30am – 12:30pm	18 "A CLICHÉ FOR EVERY OCCASION" 5:45pm – 7:15pm



FOR BOOKINGS

9:30am - 5:00pm

Call: (02) 8405 4422

Email: actcoord@yourside.org.au

DARTS Online Events

September 2020

MON	TUES	WEDS	THURS	FRI
21	22 "CONTEMPORARY INDIGENOUS DESIGN" Powerhouse Museum 11:30 – 12:30 pm	23 "THE ENQUIRING LISTENER" Conservatorium of Music 1:30pm – 2:30pm	24 "ONLINE YOGA" 11:30am – 12:30pm	25 "PER FAVORE UNISCITI A NOI PER LA SERATA – ITALIAN THEMED TRIVIA" 5:45pm – 7:15pm
28	29 "A CLICHÉ FOR EVERY OCCASION" 11am – 12pm	30 "PER FAVORE UNISCITI A NOI PER LA SERATA – ITALIAN THEMED TRIVIA" 11am – 12pm		



FOR BOOKINGS

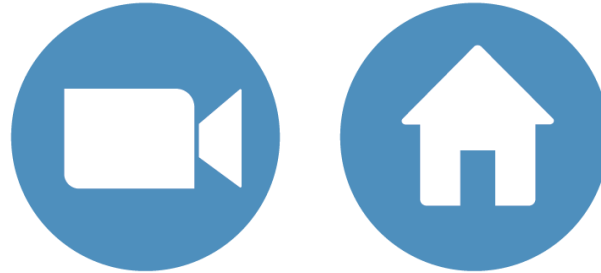
9:30am - 5:00pm

Call: (02) 8405 4422

Email: actcoord@yourside.org.au

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: \$17.04 per hour or \$25.56 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 2 September
EVENT:	TOPIC OF THE WEEK - Welcome to my Zoom Room Chit Chat
DESCRIPTION:	Join us between 11:30am and 12:30pm for our weekly discussion but this time with a COVID TWIST. We have been connecting online from home so why not invite us in? Topic: Welcome to my Zoom Room Chit Chat Share a little or a lot about your life at home. Maybe you could introduce us to a pet or share some of the memorabilia you have in your Zoom Room and what it means to you. See you in your Zoom Room!
COST:	NDIS: \$17.04
TIMES:	11:30am – 12:30pm



DATES:	Thursdays 3,10,17,24 September
EVENT:	ONLINE YOGA
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.
COST:	NDIS: \$17.04
TIMES:	11:30am – 12:30pm





DATES:	Friday 4 September
EVENT:	FRAGRANT SPRING FLOWERS AND HOW TO GROW THEM
DESCRIPTION:	Join us for this session facilitated especially for us by Eden Gardens own Horticultural Journalist and Curator. This interactive session will introduce you to many beautiful spring flowers and give you tips on how to grow them. Put on your green thumbs and come ready to brighten your day with Springtime. <i>Clients are welcome to dial in via landline or mobiles.</i>
COST:	NDIS: \$17.04
TIMES	10:30am – 11:30am



DATES:	Friday 4 September
EVENT:	RATE MY PLATE – SPRING HAS SPRUNG
DESCRIPTION:	Join us to celebrate the arrival of the warmer weather with a Rate my Plate with a Spring feel. Make the most of the wonderful fresh seasonal ingredients and send us a photo of your favourite Spring dish. <i>Clients are welcome to dial in via landline or mobiles.</i>
COST:	NDIS: \$25.56
TIMES	5:45pm – 7:15pm





DATES:	Tuesday 8 September
EVENT:	NFSA Vintage Ads Collection
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: \$25.56
TIMES:	2pm - 3pm



DATES:	Wednesday 9 September
EVENT:	TOPIC OF THE WEEK – Chit Chat
DESCRIPTION:	Join us between 10am and 11:30am for our weekly discussion. Topic: Chit Chat Why not share with us your favorite place to visit and why. Was it the ambiance or maybe it was the company? We'd love to hear from you as you share our favorite place to visit and why.
COST:	NDIS: \$17.04
TIMES:	11:30am – 12:30pm





DATES:	Friday 11 September
EVENT:	NAME THAT TUNE
DESCRIPTION:	<p>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!</p> <p><i>Clients are welcome to dial in via landline or mobiles</i></p>
COST:	NDIS: \$27.75
TIMES:	5:45pm – 7pm



DATES:	Wednesday 16 September
EVENT:	ART GALLERY NSW
DESCRIPTION:	<p>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.</p>
COST:	NDIS: \$18.50
TIMES:	2pm – 3pm





DATES:	Friday 18 and Tuesday 29 September
EVENT:	A CLICHÉ FOR EVERY OCCASION
DESCRIPTION:	<i>You'll be throwing caution to the wind</i> with this fun competition where we give you a clue and you raise your hands to give a cliché as an answer. So join us and try to outwit your friends in our cliché-a-thon.
COST:	NDIS: \$17.04
TIMES:	Friday 18 at 5:45 – 7:15pm and Tuesday 29 at 11am – 12pm



DATES:	Tuesday 22 September
EVENT:	CONTEMPORARY INDIGENOUS DESIGN
DESCRIPTION:	Engage with Indigenous histories and culture as you hear how leading Indigenous artists, designers and makers from communities across Australia use making and design as a way of storytelling and connecting back to Country. Brought to you by the Powerhouse Museum. <i>Clients are welcome to dial in via landline or mobiles.</i>
COST:	NDIS: \$17.04 ACTIVITY COST: \$15
TIMES:	11:30am – 12:30pm





DATES:	Wednesday 23 September
EVENT:	THE ENQUIRING LISTENER
DESCRIPTION:	<p>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.</p> <p><i>Clients are welcome to dial in via landline or mobiles.</i></p>
COST:	NDIS: \$17.04
TIMES	1:30pm – 2:30pm



DATES:	Friday 25 and Wednesday 30 September
EVENT:	ITALIAN TRIVIA
DESCRIPTION:	<p><i>Per favore unisciti a noi per la serata</i> (please join us for the evening). Immerse yourself in Italian culture as we imagine an escape to a Tuscan countryside. Vino, olives and Italian dress-up are encouraged BUT optional.</p> <p><i>Clients are welcome to dial in via landline or mobiles.</i></p>
COST:	NDIS: \$18.50
TIMES:	5:45pm – 7:15pm



FOR BOOKINGS

9:30am - 5:00pm

Call: (02) 8405 4422

Email: actcoord@yourside.org.au