

MON	TUES	WED	THURS	FRI	SAT	SUN
			1 "ONLINE YOGA" 11:30am – 12:30pm	2 "ONLINE TALENT QUEST" 5:45pm – 7:15pm	3	4
5 PUBLIC HOLIDAY	6 "ONLINE CHIT CHAT" 10:30am – 11:30am	7 "ONLINE ART GALLERY OF NSW Together in Art" 2pm – 3pm	8 "ONLINE YOGA" 11:30am – 12:30pm	9 "ONLINE 24/7 STREET KITCHEN AND SAFT SPACE AND BLANKET PETROL" 5:45pm – 7:15pm	10	11
12 "FISH AND CHIPS AT BALMORAL BEACH" 11:30am – 12:30pm	13 "CENTENNIAL PARK" 11:30am – 2:30pm	14 "KU-RING- GAI WILDFLOWER GARDEN" 11:30am – 2:30pm	15 "ONLINE YOGA" 11:30am – 12:30pm	16 "ONLINE NAME THAT TUNE" 5:45pm – 7:15pm	17 "CHURCH POINT WINNERERREMY BAY PARK" 11:30am – 2:30pm	18 "NARRABEEN LAKES" 11:30am – 2.30pm

Bus trip outings are in blue.



FOR BOOKINGS

9:30am - 5:00pm

Call: (02) 8405 4422

Email: actcoord@yourside.org.au

MON	TUES	WED	THURS	FRI	SAT	SUN
19	20 "BOBBIN HEAD NATIONAL PARK" 11:30am – 2:30pm	21 "ROYAL BOTANIC GARDENS" 11:30am – 2:30pm	22 "ONLINE YOGA" 11:30am – 12:30pm	23	24 "BOBBIN HEAD NATIONAL PARK" 11:30am – 2:30pm	25 "NARRABEEN LAKES" 11:30am – 2.30pm
26 "FISH AND CHIPS AT BALMORAL BEACH" 11:30am – 12:30pm	27 "CHURCH POINT WINNERERREMY BAY PARK" 11:30am – 2:30pm	28 "STATE LIBRARY NSW – PANDEMIC!" 11:30am – 2:30pm	29 "ONLINE YOGA" 11:30am – 12:30pm	30 "ONLINE AUSTRALIAN INDIGENOUS ASTRONOMY" 11.30AM – 12.30PM	31 "KU-RING- GAI WILDFLOWER GARDEN" 11:30am – 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: \$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

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:	Thursdays 1, 8, 15, 22, 29 October
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 2 October
EVENT:	ONLINE TALENT QUEST
DESCRIPTION:	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. <i>Clients are welcome to dial in via landline or mobiles.</i>
COST:	NDIS: \$25.56
TIMES:	5:45pm – 7:15pm



DATES:	Tuesday 6 October
EVENT:	ONLINE CHIT CHAT
DESCRIPTION:	Join us between 10:30am 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: \$17.04
TIMES:	10:30am – 11:30am



DATES:	Wednesday 7 October
EVENT:	ONLINE ART GALLERY OF NSW - TOGETHER IN ART
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: \$17.04
TIMES:	2pm – 3pm



DATES:	Friday 9 October
EVENT:	ONLINE 24/7 STREET KITCHEN AND SAFE SPACE AND BLANKET PATROL
DESCRIPTION:	Please join us online to hear the amazing work that Lanz Priestly from 24/7 Street Kitchen and Safe Space and Danni Petkovic from Blanket Patrol are doing for our Homeless Community. Lanz and Danni have offered their valuable time to explain how both were set up, how they execute their operations, and how their unconditional love and support help the vulnerable living in Sydney.
COST:	NDIS: \$25.56
TIMES:	5:45pm – 7:15pm



DATES:	Monday 12 Oct and Monday 26 October
EVENT:	FISH AND CHIPS AT BALMORAL BEACH – BOTTOM OF THE HARBOUR SEAFOODS
DESCRIPTION:	We are extremely pleased to announce the return of our bus trips and what a nicer way to begin the week and to meet up with old friends, driver and volunteers than to join us for a lovely lunch of fish and chips at Balmoral Beach. We will be taking orders on the bus in preparation for our volunteer to grab your meals and then enjoy the beautiful views of the ocean while eating.
COST:	NDIS: As per NDIS Price Guide and \$15.00 for CHSP clients
TIMES:	11:30am – 12:30pm



DATES:	Tuesday 13 October
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 have made a booking at The Centennial Homestead
COST:	NDIS: As per NDIS Price Guide and \$15.00 for CHSP clients
TIMES:	11:30am – 2:30pm

DATES:	Wednesday 14 October and Saturday 31 October
EVENT:	KU-RING-GAI WILD FLOWER GARDENS
DESCRIPTION:	The garden lies in an area of Sydney Sandstone Bushland adjacent to Ku-ring-gai Chase National Park. Come along and explore the wonderful sensory trail and mingle amongst the wildflowers and the beautifully preserved gardens, while enjoying the quiet atmosphere. BYO lunch.
COST:	NDIS: As per NDIS Price Guide and \$15.00 for CHSP clients
TIMES:	11:30am – 2:30pm

DATES:	Friday 16 October
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



DATES:	Saturday 17 and Tuesday 27 October
EVENT:	CHURCH POINT AND WINNERERREMY BAY PARK
DESCRIPTION:	Join us for a much-needed return of driving through Church Point and then onto Winnererremy Bay Park. A favourite amongst locals on Sydney's Northern Beaches and has everything one may need for a perfect day out. Enjoy the spectacular views of the bay, while enjoying a lunch at the Flying Fox Café or takeaway on a secluded picnic table.
COST:	NDIS: As per NDIS Price Guide and \$15.00 for CHSP clients
TIMES:	11:30am – 2:30pm



DATES:	Sunday 18 and 25 October
EVENT:	NARRABEEN LAKES
DESCRIPTION:	Narrabeen Lakes is one of the northern beaches greatest natural assets and is a haven for wildlife. We will not be attempting the entire 8.4 km circuit, but instead taking in the sights and a well-deserved stop for takeaway or BYO lunch and coffee.
COST:	NDIS: As per NDIS Price Guide and \$15.00 for CHSP clients.
TIMES:	11:30am – 2:30pm



DATES:	Tuesday 20 October and Saturday 24 October
EVENT:	BOBBIN HEAD NATIONAL PARK
DESCRIPTION:	Located in the west of Ku-ring-gai Chase National Park, Bobbin Head is a large area offering lots of beautiful walkways and picnic areas. We will be taking a leisurely walk around the park and picking up lunch in The Bobbin Inn Café or if you prefer takeaway and sit on many of the picnic tables scattered around.
COST:	NDIS: As per NDIS Price Guide and \$15.00 for CHSP clients
TIMES:	11:30am – 2:30pm



DATES:	Wednesday 21 October
EVENT:	ROYAL BOTANIC GARDENS
DESCRIPTION:	Explore a world of colour and light with inBloom at The Calyx. This new exhibition will allow you to immerse yourself in a spectrum of visible delights surrounded by flowers of every colour and beyond- into a mysterious world. Entry cost: Donation only
COST:	NDIS: As per NDIS Price Guide and \$15.00 for CHSP clients
TIMES:	11:30am – 2:30pm



DATES:	Wednesday 28 October
EVENT:	STATE LIBRARY NSW – PANDEMIC!
DESCRIPTION:	The extraordinary events of the past few months are unprecedented in our lifetimes, but the response to the COVID-19 pandemic contains echoes the 1918 – 19 influenza outbreak, also known as The Spanish Flu. The State Library of NSW with historians, public health experts and scientists trace the path of the 1918 – 19 pandemic with an eerily familiar story of loss, resilience and discovery in a world turned upside down.
COST:	NDIS: As per NDIS Price Guide and \$15.00 for CHSP clients. FREE Entry into the State Library
TIMES:	11:30am – 2:30pm



DATES:	Friday 30 October
EVENT:	ONLINE AUSTRALIAN INDIGENOUS ASTROMONY
DESCRIPTION:	Experience the oldest astronomical knowledge on the planet with the Wergaia Nation. Then head to the turquoise waters of the Torres Strait Islands and learn about the Warrior Spirit Tagai and his embodiment in Uncle Eddie Mabo and the historic decision by the High Court in 1992. <i>Clients are welcome to dial in via landline or mobiles.</i> Cost: To be confirmed once all bookings are placed
COST:	NDIS: \$17.04
TIMES:	11:30AM – 12:30PM