

| MON | TUES | WED | THURS | FRI | SAT | SUN |
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| | 1 | 2 | 3 INTERNATIONAL DAY OF PEOPLE WITH DISABILITY YOGA CLASS 11.30am to 12.30pm ALSO AVAILABLE ONLINE | 4 BOONAH CREATIVE ARTS CENTRE ANNUAL EXHIBITION | 5 | 6 CHRISTMAS PARTY FORESTVILLE RSL |
| 7 CONNECT, COLLABORATE, CELEBRATE EXHIBITION 2020 | 8 ONLINE WITH DINESH PALIPANA 2.00PM - 3.00PM | 9 VAN GOGH EXHIBITION ROYAL HALL OF INDUSTRIES | 10 YOGA CLASS 11.30am to 12.30pm ALSO AVAILABLE ONLINE | 11 ONLINE NAME THAT TUNE CHRISTMAS SPECIAL 5.45pm to 7.15pm | 12 CHRISTMAS LIGHT DRIVE THROUGH THE CITY | 13 SAILABILITY |
| 14 | 15 ONLINE ART FOR ADULTS 2.00PM – 3.00PM | 16 CHRISTMAS WORLD AT CASTLE HILL | 17 YOGA CLASS 11.30am to 12.30pm Dee Why Beach ALSO AVAILABLE ONLINE | 18 CHRISTMAS LIGHTS DRIVE THROUGH THE CITY | 19 CHRISTMAS DRINKS FORESTVILLE RSL | 20 PIE IN THE SKY |

Bus trip outings are in blue.

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|-----|------|-----|---------------------|---------------------|-----|-----|
| 21 | 22 | 23 | 24 CHRISTMAS EVE | 25 CHRISTMAS DAY | 26 | 27 |
| 28 | 29 | 30 | 31 NEW YEARS EVE | | | |

Bus trip outings are in blue.



FOR BOOKINGS

9:30am - 5:00pm

Call: (02) 8405 4422

Email: actcoord@yourside.org.au

WELCOME TO THE DARTS PROGRAM!

We are very excited about the new year. Yes we are not quite sure what it will look like or what restrictions will be in place but if 2020 has taught us anything it is how to adapt, to be flexible and to problem solve.

Through the online meeting place, Zoom, we will be running various activities in December straight to your home, **as well as continuing with 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 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:

- It is your responsibility to let us know if there are any changes to your health circumstances.
- A temperature check on the day of the event.
- We ask that 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



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| DATES: | Thurs 3, 10, and 17 December |
| EVENT: | YOGA AT FORESTVILLE OR ONLINE and International Day of People with Disability |
| DESCRIPTION: | <p>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.</p> <p>We will take expressions of interest for the class with transport to Forestville or Online</p> <p>We would also like to acknowledge that Thursday 3rd Dec is International Day of People with Disability. We aim to continue promoting the rights and wellbeing of persons with disabilities in all spheres of society and celebrate the extraordinary contributions all our clients make.</p> |
| COST: | <p>NDIS: \$17.04 online or as NDIS Price Guide CHSP: \$15.00 Tuition: \$10.00</p> |
| TIMES: | 11.30am – 12.30pm |



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| DATES: | Friday 4 December |
| EVENT: | BOONAH CREATIVE ART CENTRE – ART EXHIBITION |
| DESCRIPTION: | <p>Boonah is an art studio run specifically to meet the needs of artists living with disability. Established in 1995, the space also operates as a gallery. Regrettably this year Boonah are not able to hold Open Days, but instead will hold two viewing days to celebrate the artists achievements. Our very own artist Dionne Badenhop, has 2 paintings in this exhibition, so we hope you can come along.</p> |
| COST: | <p>NDIS: as per NDIS Price Guide CHSP: \$15</p> |
| TIMES: | 11.30am – 2.30pm |



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| DATES: | Sunday 6 December |
| EVENT: | CHRISTMAS PARTY AT FORESTVILLE RSL |
| DESCRIPTION: | Please join us not only to celebrate Christmas, but also to say goodbye to 2020! Though we can not celebrate in our normal Your Side tradition, we are hosting a little smaller but still lovely Christmas Party for our DARTS clients, at Forestville RSL. Christmas lunch including all the trimmings will be served and there are alternative meal options for guests who would like something different. |
| COST: | NDIS: As per NDIS Price Guide CHSP: \$15.00 Meal Cost: \$22.50 per person |
| TIMES: | 11.30am – 2.30pm |



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| DATES: | Monday 7 December |
| EVENT: | CONNECT, COLLABORATE, CELEBRATE EXHIBITION 2020 |
| DESCRIPTION: | Now in its second year, the Dougherty Community Centre is hosting again an exhibition and competition for people living with a disability experiencing social isolation or at risk of marginalisation. Join us during Social Inclusion Week and the International Day of People with Disability as we view these artworks with the theme Connect, Collaborate, Celebrate . We are proud to announce that Venessa Crane will have her own artwork displayed at this event. Free entry. |
| COST: | NDIS: \$27.75 CHSP: \$15.00 |
| TIMES: | 11.30am to 2.30pm |



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| DATES: | Tuesday 8 December |
| EVENT: | ONLINE WITH DR DINESH PALIPANA OAM |
| DESCRIPTION: | Dr Dinesh Palipana is busy doctor working in the emergency departments at the Gold Coast University Hospital in Queensland. Dinesh acquired a spinal cord injury in 2010, and after rehabilitation and his long hospital stay started his medical career in 2017, in 2018 he was awarded Junior Doctor of the Year at the Gold Coast University Hospital. Dinesh has kindly agreed to speak online to u as part of International Day of People with Disability. Hope you can join us. |
| COST: | NDIS: As per NDIS Price Guide |
| TIMES: | 2.00pm – 3.00pm |



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| DATES: | Wednesday 9 December |
| EVENT: | VAN GOGH EXHIBITION – ROYAL HALL OF INDUSTRIES |
| DESCRIPTION: | This family-friendly experience will create the sensation of walking right into Van Gogh's paintings. Famous works including <i>The Starry Night</i> and <i>Sunflowers</i> are presented in fine detail using Grande Exhibitions' state-of-the-art technology combining 40 high-definition projectors, while a classical musical score accompanies the vibrant colours in cinema-quality surround sound. |
| COST: | NDIS: As per NDIS Price Guide and \$15 for CHSP clients \$44.00 per person concession. Companion Cards accepted. |
| TIMES: | 11.30am – 2.30pm |



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| DATES: | Friday 11 December |
| EVENT: | ONLINE NAME THAT TUNE – CHRISTMAS SPECIAL |
| 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, with some Christmas treats along the way. 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! Why not bring along a glass of your favourite drink and a mince pie!</p> <p><i>Clients are welcome to dial in via landline or mobiles</i></p> |
| COST: | NDIS: \$27.75 |
| TIMES: | 5.45pm – 7.15pm |



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| DATES: | Saturday 12 & Friday 18 December |
| EVENT: | CHRISTMAS LIGHTS DRIVE THROUGH OUR CITY and STOP AT HARRY'S CAFÉ DE WHEELS |
| DESCRIPTION: | <p>Unfortunately the Borgnis Street lights have been dimmed for 2020, but we can still do a great drive through our city to view Christmas Lights in Sydney CBD. After viewing areas such as Martin Place to see the Christmas Tree, St Mary's Cathedral, and Custom House, we will drive onto to pick up pies at the famous Harry's Café De Wheels at Woolloomooloo for a late tea.</p> |
| COST: | NDIS: As per NDIS Price Guide and \$15 for CHSP clients |
| TIMES: | 6.30pm – 9.30pm |



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| DATES: | Sunday 13 December |
| EVENT: | SAILABILITY |
| DESCRIPTION: | Sailability is BACK! Join us for our normal dinghy sailing. We will arrive from 10.45am at the Spit for Sailing and then takeaway or BYO lunch afterwards. Cost is \$5 to sail. |
| COST: | NDIS: As per NDIS Price Guide and \$15 for CHSP clients |
| TIMES: | 11.30am – 2.30pm |



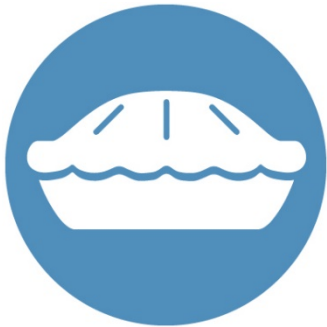
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| DATES: | Tuesday 15 December |
| EVENT: | ONLINE ART FOR ADULTS – ART GALLERY NSW |
| DESCRIPTION: | We have been invited to join the Art Gallery of NSW Access Program online. “Online Art for Adults” is one of the online initiatives being held, and we are delighted to be able to join the galleries experienced speaker again, this month to explore the Streeton Exhibition which is the major Summer show at the Gallery this year. https://www.artgallery.nsw.gov.au/exhibitions/streeton/ |
| COST: | NDIS: \$17.04 |
| TIMES: | 2.00pm – 3.00pm |



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| DATES: | Wednesday 16 December |
| EVENT: | CHRISTMAS WORLD AT CASTLEHILL |
| DESCRIPTION: | It’s the most wonderful time of year! And Christmas is fast approaching, so come along to Christmas World where you can buy everything you need for the Silly Season! On the return trip we will be popping into McDonald's for pit stop for lunch. |
| COST: | NDIS: As per NDIS Price Guide and \$15 for CHSP clients |
| TIMES: | 11.30am – 2.30pm |



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| DATES: | Saturday 19 December |
| EVENT: | CHRISTMAS DRINKS – FORESTVILLE RSL |
| DESCRIPTION: | Please join us for dinner and drinks to celebrate Christmas and the end of another year. Forestville RSL has a sumptuous assorted dinner menu to choose from and is a friendly and family club. |
| COST: | NDIS: As per NDIS Price Guide and \$15 for CHSP clients |
| TIMES: | 5.00pm – 7.30pm |



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| DATES: | Sunday 20 December |
| EVENT: | PIE IN THE SKY |
| DESCRIPTION: | <p>A little bit of heaven high above the M1 has been in operation for around 30 years, and even though they have added “Fancy” pies and espresso coffee to their menu, they still deliver a traditional Aussie pie!</p> <p>We can order from the varied menu, or if you wish we can pre order a “Pie Meal” which includes, pie, mash, peas, dessert of a fruit pie, tea/coffee all for \$16.50. Now I bet that tempts you!</p> |
| COST: | NDIS: As per Service Agreement CHSP: \$15 |
| TIMES: | 11.30am – 2.30pm |