

MON	TUES	WED	THURS	FRI	SAT	SUN
1	2 ONLINE COOKING WITH JEN 10am-12pm	3 CARRS PARK CAFÉ AND GRILL 11.30am – 2.30pm	4 YOGA CLASS 11.30am – 12.30pm ALSO AVAILABLE ONLINE	5 ART GALLERY NSW 11.30am - 2.30pm	6 SUNSET DINNER AT BALMORAL BEACH 6pm – 9pm	7 CARRS PARK CAFÉ AND GRILL 11.30am – 2.30pm
8	9	10 GERANIUM COTTAGE 11.30am – 2.30pm	11 YOGA CLASS 11.30am – 12.30pm ALSO AVAILABLE ONLINE	12 HYDE PARK BARRACKS, SELF GUIDED TOUR 11.30am - 2.30pm	13 ART GALLERY NSW 11.30am – 2.30pm	14 SAILABILITY 11.30am – 2.30pm
15	16 ONLINE COOKING WITH JEN 10am-12pm	17 PEARL BEACH CAFÉ AND GENERAL STORE 11.30am – 2.30pm	18 YOGA CLASS 11.30am – 12.30pm ALSO AVAILABLE ONLINE	19 ONLINE HAVE YOU BEEN PAYING ATTENTION TO THE NEWS! 11am – 12pm	20 CENTRAL COAST DRIVE AND ETTALONG BEACH CLUB 11.30am – 2.30pm	21
22	23 ONLINE ART FOR ADULTS 2pm – 3pm	24 BONDI BEACH 11.30am – 2.30pm	25 YOGA CLASS 11.30am – 12.30pm ALSO AVAILABLE ONLINE	26 BEROWRA WATERS FISH CAFÉ 11.30am – 2.30pm	27 HAWKESBURY REGIONAL MUSUEM 11.30am – 3pm	28 SAILABILITY 11.30am – 2.30pm

Bus trip outings are in blue.

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 January straight to your home, **as well as continuing with our bus trips!**

The activities welcome casual participation at a nominal fee of:

NDIS: Online \$17.40 per hour or \$26.10 for 1.5 hours

NDIS: Outing Bus Trips - as per NDIS Price Guide

CHSP: Contribution for Bus Trips - \$15 & \$23 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 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



DATES:	Tuesday 2, 16 February
EVENT:	ONLINE COOKING WITH JEN
DESCRIPTION:	Please join Jennifer de los Reyes for cooking techniques and healthy eating options. The talented Jennifer will demonstrate her cooking skills, where clients can join in their own kitchen, or simply watch the fun and provide tips. This session will be a fun and easy to follow guide to making delicious meals because, if we can't sit at the same table, we can still eat the same meal!
COST:	NDIS: As per NDIS price guide
TIMES:	10am – 12pm



DATES:	Wednesday 3 and Sunday 7 February
EVENT:	CARSS PARK CAFÉ AND GRILL
DESCRIPTION:	Carss Park is a picturesque suburb around Carss Point, overlooking Kogarah Bay on the Georges River. The suburb is surrounded by the suburbs of Kogarah Bay, Allawah, South Hurstville and Blakehurst. Please join us for a scenic drive and then a leisurely lunch in the café looking over the bay. The café boasts a varied modern Australian menu at reasonable prices.
COST:	NDIS: As per NDIS price guide CHSP: \$23 (Long distance fare) Meal Cost: Buy own from menu
TIMES:	11.30am – 2.30pm



DATES:	Thursday 4, 11, 18, 25 February
EVENT:	YOGA AT FORESTVILLE OR ONLINE
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. We will take expressions of interest for the class with transport to Forestville or Online
COST:	NDIS: \$17.40 online or as NDIS Price Guide CHSP: \$15 Tuition: \$10 per session to be paid for whole term.
TIMES:	11.30am – 12.30pm



DATES:	Friday 5 and Saturday 13 February
EVENT:	ART GALLERY NSW – ARTHUR STREETON EXHIBITION
DESCRIPTION:	Arthur Streeton’s brilliant evocations of light, land and sea are amongst the most enduring and popular paintings for many Australians. This exhibition features over 150 works from public and private collections, including some not exhibited for over 100 years, and is accompanied by a magnificent book including new writing by leading experts.
COST:	NDIS: As per NDIS price guide CHSP: \$15 Meal Cost: Buy own from menu Entry Cost: \$7
TIMES:	11.30am to 2.30pm



DATES:	Saturday 6 February
EVENT:	SUNSET DINNER AT BARLMORAL BEACH
DESCRIPTION:	Join us as we buy fish and chips from the popular Bottom of the Harbour Fish and Chip shop in Balmoral. It's the perfect place to visit on a late hot summer evening, and to take in the beautiful sunset over the ocean. Bring a warm cardigan or jumper as the temperature can change to being quite cool.
COST:	NDIS: As per NDIS price guide CHSP: \$15 Meal Cost: Buy own from menu - takeaway
TIMES:	6pm – 9pm



DATES:	Wednesday 10 February
EVENT:	GERANIUM COTTAGE
DESCRIPTION:	A unique experience just a short trip from Sydney CBD. Specialist geranium grower, excellent café, and a pleasant drive through the beautiful countryside of Dural.
COST:	NDIS: as per NDIS price guide CHSP: \$15 Meal Cost: Buy own from menu
TIMES:	11.30am – 2.30pm



DATES:	Friday 12 February
EVENT:	HYDE PARK BARRACKS
DESCRIPTION:	Discover the stories of the Hyde Park Barracks through a self-guided immersive experience that will feel like stepping back in time. Using ground-breaking interactive audio technology, you'll follow in the footsteps of real people whose lives were touched by this place – male convicts, immigrants and women in need, as well as the Aboriginal nations that were impacted by colonial Australia. Tickets are complimentary but are limited.
COST:	NDIS: As per NDIS price guide Entry: Free
TIMES:	11.30am - 2.30pm



DATES:	Sunday 14, 28 February
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 CHSP: \$15
TIMES:	11.30am to 2.30pm



DATES:	Wednesday 17 February
EVENT:	PEARL BEACH CAFÉ AND GENERAL STORE
DESCRIPTION:	True to its name, Pearl Beach is a 'Gem' located on the Western Shoreline, sharing the Peninsula with nearby Patonga. We will be taking a scenic drive over The Spike Milligan Bridge through the Patonga coastline followed by lunch at Pearl Beach, and if you wish scones and jam! (2 for the price of 1)
COST:	NDIS: As per NDIS price guide CHSP: \$23 (Long distance trip) Meal Cost: Buy own from menu
TIMES:	11.30am – 2.30pm



DATES:	Friday 19 February
EVENT:	ONLINE HAVE YOU BEEN PAYING ATTENTION TO THE NEWS!
DESCRIPTION:	Join us online to review the latest news and see if you have been paying attention!
COST:	NDIS: As per NDIS price guide
TIMES:	11am – 12pm



DATES:	Saturday 20 February
EVENT:	CENTRAL COAST DRIVE AND ETTALONG BEACH CLUB
DESCRIPTION:	By popular request we are bringing back our longer drives and lunches. First off is a drive to Ettalong Beach. Located on the Central Coast on the Brisbane Water where it meets Broken Bay, the Village of Ettalong is a beautiful spot for a day trip. Wander along the wheelchair friendly foreshore esplanade then enjoy lunch at the iconic Ettalong Diggers Club.
COST:	NDIS: As per NDIS price guide CHSP: \$23 (Long distance trip) Meal Cost: Buy own from menu
TIMES:	11.30am – 2.30pm



DATES:	Tuesday 23 February
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.
COST:	NDIS: \$17.40
TIMES:	2pm – 3pm



DATES:	Wednesday 24 February
EVENT:	BONDI BEACH
DESCRIPTION:	Soak up the picturesque scenery of the iconic Bondi Beach, known for boasting golden sand and crystal blue waters that stretch as far as the eye can see. Enjoy fish n chips before returning home.
COST:	NDIS: As per NDIS price guide CHSP: \$15
TIMES:	11.30am – 2.30pm



DATES:	Friday 26 February
EVENT:	BEROWRA WATERS FISH CAFÉ
DESCRIPTION:	Tucked away in the quiet and tranquil area of Berowra Waters, this café offers a lovely quiet spot to have lunch and while away the day. Burgers and salads are served as a different option to fish.
COST:	NDIS: As per NDIS price guide CHSP: \$15
TIMES:	11.30am – 2.30pm



DATES:	Saturday 27 February
EVENT:	HAWKESBURY REGIONAL MUSUEM
DESCRIPTION:	Here you can see things you won't find anywhere else, from the celestial globe that belonged to John Tebbutt, an internationally-renowned astronomer who lived his whole life in the Hawkesbury, to the diary kept by a member of HMAS Hawkesbury during World War II and recording the Japanese surrender. Not to mention that uniquely Hawkesbury creation, the Flabbit. We will then be walking down into Windsor (2 min stroll) to have lunch at Windsor Seafood. (No bookings allowed, we will have takeaway in park if too busy)
COST:	NDIS: As per NDIS price guide CHSP: \$23 (Long distance trip) Entry: Free Meal Cost: Buy own from menu
TIMES:	11.30am – 3pm