

MON	TUES	WED	THURS	FRI	SAT	SUN
1	2 ONLINE COOKING WITH JEN 10am – 11.30am	3 ROUSE HILL TOWN CENTRE 11.30am – 2.30pm	4 YOGA CLASS 11.30am – 12.30pm ALSO AVAILABLE ONLINE	5 DINNER AT WAKEHURST GOLF CLUB 6pm – 9pm	6 ROUSE HILL TOWN CENTRE 11.30am – 2.30pm	7 AUDLEY DANCE HALL & CAFÉ 11.30am – 2.30pm
8	9	10 AUDLEY DANCE HALL & CAFÉ 11.30am – 2.30pm	11 YOGA CLASS 11.30am – 12.30pm ALSO AVAILABLE ONLINE	12	13 THIRROUL BEACH PAVILION 12.45pm – 2.30pm	14 SAILABILITY 11.30am – 2.30pm
15	16 ONLINE COOKING WITH JEN 10am – 11.30am	17 THE BUTCHER AND THE FARMER 11.30am – 2.30pm	18 YOGA CLASS 11.30am – 12.30pm ALSO AVAILABLE ONLINE ONLINE NAME THAT TUNE 5.45pm – 7.30pm	19	20 PENRITH REGIONAL GALLERY AND LEWERS CAFÉ 11.30am – 2.30pm	21 THE EDOGAWA JAPANESE GARDENS AND TOP POINT CAFÉ 11.30am to 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
22	23 ONLINE ART FOR ADULTS 2pm – 3pm	24 PENRITH REGIONAL GALLERY AND LEWERS CAFÉ 11.30am – 2.30pm	25 YOGA CLASS 11.30am – 12.30pm ALSO AVAILABLE ONLINE	26 LUNCH AT WAKEHURST GOLF CLUB 12pm – 3pm	27 THE BUTCHER AND THE FARMER 11.30am – 2.30pm	28 SAILABILITY 11.30am – 2.30pm
29	30 ONLINE COOKING WITH JEN 10am – 11.30am	31 RHODES SHOPPING AND MOVIE 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

WELCOME TO THE DARTS PROGRAM!

Welcome to the DARTS February Calendar, we hope you enjoy the new activities along with some popular older ones.

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 distance 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, 30 March
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 from their own kitchen, or simply watch the fun and learn some 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: \$26.10 online
TIMES:	10am – 11.30pm



DATES:	Wednesday 3 and Saturday 6 March
EVENT:	ROUSE HILL TOWN CENTRE
DESCRIPTION:	Combining the values and street scape of a traditional market town with the latest fashions, homewares, dining and lifestyle choices. With over 250 specialty stores including Woolworths, Coles, Big W and Target you're bound to find whatever you need or desire.
COST:	NDIS: As per NDIS price guide CHSP: \$15 Meal Cost: Buy own from menu
TIMES:	11.30am – 2.30pm



DATES:	Thursday 4, 11, 18, 25 March
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 CHSP: \$15 Tuition: \$10 per session to be paid for whole term.
TIMES:	11.30am – 2.30pm



DATES:	Friday 5 and 26 March
EVENT:	WAKEHURST GOLF CLUB
DESCRIPTION:	We have booked to dine on the balcony overlooking the eighteenth green, with spectacular views towards the bushland and Manly Dam. Watch the sun go down while you dine on the evening of Friday 5 th or if you prefer, we have also booked for lunch on the Friday 26 th .
COST:	NDIS: As per NDIS price guide Meal Cost: Buy own from menu
TIMES:	Friday 5 dinner: 6pm – 9pm Friday 26 lunch: 12pm – 3pm



DATES:	Sunday 7 and Wednesday 10 March
EVENT:	AUDLEY DANCE HALL AND CAFE
DESCRIPTION:	Set amidst Native Bushland within the Royal national Park and with views over the Hacking River. The Café offers an idyllic location to enjoy delicious food in a relaxed location.
COST:	NDIS: As per NDIS price guide CHSP: \$23 long distance trip fare Meal Cost: Buy own from menu
TIMES:	11.30am – 2.30pm



DATES:	Saturday 13 March
EVENT:	THIRROUL BEACH PAVILION
DESCRIPTION:	Enjoy a scenic South Coast Drive over the famous Sea Cliff Bridge to the seaside suburb of Thirroul. We have booked lunch at the recently refurbished Thirroul Beach Pavilion. Opened in 1940, the historic Pavilion offers a casual dining experience with panoramic beach views.
COST:	NDIS: as per NDIS price guide CHSP: \$23 long distance trip fare Meal Cost: Buy own from menu
TIMES:	12.45pm – 2.30pm



DATES:	Sunday 14, 28 March
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 lunch at the Sand Bar café before heading home. Cost is \$5 to sail.
COST:	NDIS: As per NDIS price guide CHSP: \$15 Meal Cost: Order own from menu
TIMES:	11.30am to 2.30pm



DATES:	Wednesday 17 and Saturday 27 March
EVENT:	THE BUTCHER AND THE FARMER
DESCRIPTION:	Located within the historic and beautifully restored Rozelle tram depot, The Butcher and Farmer has a relaxed dining style. Every dish is carefully crafted with thoughtful flavors, made to be moreish. Order a dish from the garden such as a perfectly cooked pumpkin wedge with a quinoa and spinach salad on the side, or a plate of blackened broccolini paired with sweet tahini, barley and almonds. Maybe a dish from the land or the sea is more to your liking such as a crispy skin salmon or lamb shoulder salad? There's something for everyone.
COST:	NDIS: As per NDIS price guide CHSP: \$15 Meal Cost: Buy own from menu
TIMES:	11.30am – 2.30pm



DATES:	Thursday 18 March
EVENT:	ONLINE 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: \$26.10
TIMES:	5.45pm – 7.30pm



DATES:	Saturday 20 and Wednesday 24 March
EVENT:	PENRITH REGIONAL GALLERY AND LEWERS CAFÉ
DESCRIPTION:	<p>Visit Penrith Regional Gallery, home of the Lewers Bequest – the original homestead of the artists Margot and Gerald Lewers. A volunteer guide will take us on a tour of the facility outlining the history of the gallery along with an overview of the featured exhibition from the Art Gallery of NSW. “Field Work: Landscapes West of Sydney” is a travelling exhibition featuring the gallery’s treasured collection of late 19th and early to mid-20th century paintings and works on paper. Lunch is booked at Lewers Café overlooking the Gallery Gardens. The Gardens are themselves a living work of art and are maintained by a heritage gardner, beautiful all year round. They supply fresh produce to boost the artisanal meals at the café.</p>
COST:	<p>NDIS: As per NDIS price guide CHSP: \$23 long distance trip fare Meal Cost: Buy own from menu Entry Cost: Optional coin donation at the gallery</p>
TIMES:	11.30am to 2.30pm



DATES:	Sunday 21 March
EVENT:	EDOGAWA COMMEMORATIVE GARDEN AND TOP POINT CAFÉ
DESCRIPTION:	The Edogawa Commemorative Garden is a beautiful peaceful space located within the Gosford Regional Gallery. Based on traditional 'Shuyu' strolling style garden it incorporates meandering pathways, a roofed Japanese pavilion, koi pond, raked stone garden and a traditional Japanese tea house. We have organized a tour of the Gallery and Gardens followed by lunch at the Top Point Café.
COST:	NDIS: As per NDIS price guide CHSP: \$23 long distance trip fare Meal Cost: Buy own from menu
TIMES:	12pm – 3pm



DATES:	Tuesday 23 March
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 experienced gallery speaker again. This session will cover highlights from ART Express 2021 which features a selection of outstanding student artworks developed for the art-making component of the HSC examination in Visual Arts in 2020.
COST:	NDIS: \$17.40
TIMES:	2pm – 3pm



DATES:	Wednesday 31 March
EVENT:	RHODES WATERSIDE SHOPPING AND MOVIE
DESCRIPTION:	Rhodes Waterside has over 100 specialty stores as well as IKEA, Coles, Target, ALDI, and Bing Lee so you are bound to find something you need or desire. Alternatively, maybe catch one of the latest movies showing at Reading Cinema.
COST:	<p>NDIS: As per NDIS price guide</p> <p>CHSP: \$15</p> <p>Movie and session time: To be advised closer to the day</p> <p>Movie Cost: \$13.50 concession \$27.50 adult</p> <p>Meal Cost: Buy own from menu</p>
TIMES:	11.30am – 2.30pm