

MON	TUES	WED	THURS	FRI	SAT	SUN
			1 YOGA CLASS 11.30am – 12.30pm ALSO AVAILABLE ONLINE	2 GOOD FRIDAY	3 EASTER SATURDAY	4 EASTER SUNDAY
5 EASTER MONDAY	6	7 THE SYDNEY ROYAL EASTER SHOW 11am -3pm	8 TOP RYDE SHOPPING CENTRE 11.30am-2.30pm	9 WATERSIDE BISTRO BOBBIN HEAD NATIONAL PARK 11.30am – 2.30pm	10 ST IVES VILLAGE SHOPPING CENTRE 11.30am – 2.30pm	11 THE SYDNEY ROYAL EASTER SHOW 11am – 3pm
12	13 SENIOR GALA CONCERT ZENITH THEATRE 11.30am – 2.30pm	14 PITTWATER RSL 11.30am – 2.30pm	15 THE GATEHOUSE TEA ROOMS 11.30am – 2.30pm	16 PICNIC AT MANLY DAM 11.30am – 2.30pm	17 ETTAMOGAH HOTEL 11.30am – 2.30pm	18 MUSEUMS DISCOVERY CENTRE CASTLE HILL 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
19	20 ONLINE ART FOR ADULTS 2pm – 3pm	21 THE REGIONAL HAZELHURST ART GALLERY 11.30am -2.30pm	22 YOGA CLASS 11.30am – 12.30pm ALSO AVAILABLE ONLINE	23	24 SYDNEY ZOO 11.30am – 2.30pm	25 ANZAC DAY
26	27 ONLINE COOKING WITH RON 10am – 11.30am	28 SYDNEY CONSERVATORIUM OF MUSIC 11.30am – 2.30pm	29 YOGA CLASS 11.30am – 12.30pm ALSO AVAILABLE ONLINE	30 PITTWATER RSL 6pm – 8.30pm		

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WELCOME TO THE DARTS PROGRAM!

Welcome to the DARTS April 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 April 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:	Thursday 1, 22 and 29 April
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 Transport Cost NDIS: As per NDIS price guide CHSP: \$15 Tuition: \$10 per session to be paid for whole term.
TIMES:	11.30am – 12.30pm



DATES:	Wednesday 7 and Sunday 11 April
EVENT:	THE SYDNEY ROYAL EASTER SHOW
DESCRIPTION:	The Sydney Royal Easter show has returned bigger & better than ever! Start planning your trip, browse showbags & check out the rides.! It comprises an agricultural show, an amusement park and a fair and combines the elements of each, showcasing the judging of livestock and produce. The Royal Agricultural Society of New South Wales is responsible for the event, with daily visitor numbers monitored to provide maximum comfort and safety.
COST:	NDIS: As per NDIS price guide CHSP: \$15 Tickets Pre-Purchased
TIMES:	11am – 3pm



DATES:	Thursday 8 April
EVENT:	TOP RYDE SHOPPING CENTRE
DESCRIPTION:	Why not join us for a day of shopping at Top Ryde. Stock up on Easter Eggs, browse the shops throughout the 3-level centre and maybe grab lunch in one of the many outside eateries.
COST:	NDIS: As per NDIS price guide CHSP: \$15 Meal Cost: Buy own from menu
TIMES:	11.30am – 2.30pm



DATES:	Friday 9 April
EVENT:	WATERSIDE BISTRO – BOBBIN HEAD NATIONAL PARK
DESCRIPTION:	Located within the impressive yet welcoming Empire Marina Bobbin Head in the pristine Ku-ring-gai Chase National Park, this location is second to none. We have booked a outside undercover table with beautiful views. After lunch there will be time to stroll down to Fig Tree Bay or take a walk to the southern end of the picnic area that meanders through the mangroves.
COST:	NDIS: As per NDIS price guide CHSP: \$15 Meal Cost: Buy own from menu
TIMES:	11.30am – 2.30pm



DATES:	Saturday 10 April
EVENT:	ST IVES VILLAGE SHOPPING CENTRE
DESCRIPTION:	Handy shopping centre with a great range of shops including Woolworths and Coles. Other stores include one of the best delicatessens in Sydney and a well stocked independent bookshop. Plenty of banks, a post office, and wine shops. There are also easily accessible eateries to visit or take a stroll outside for a takeaway lunch on the village green.
COST:	NDIS: As per NDIS price guide CHSP: \$15 Meal Cost: Buy own from menu
TIMES:	11.30am – 2.30pm



DATES:	Tuesday 13 April
EVENT:	SENIOR GALA CONCERT
DESCRIPTION:	Hosted by Willoughby City Council as part of the Senior Week Celebrations, we will be enjoying entertainment provided by Notable Theatre Company, performing highlights from the productions of Les Miserables and Miss Saigon. A complementary lunch box will be provided, to be enjoyed to the melodious sounds of a string trio from of the Willoughby Symphony Orchestra.
COST:	NDIS: As per NDIS price guide CHSP: \$15 Ticket Cost: \$5.50 companions free with a companion card
TIMES:	11.30am – 2.30pm



DATES:	Wednesday 14 and Friday 30 April
EVENT:	PITTWATER RSL
DESCRIPTION:	Join us for lunch or dinner at the very popular Pittwater RSL. Enjoy five different styles of dining – Glasshouse Restaurant, Nonna's Italian Restaurant, Viola Caffè, Little Bok Choy and Potter's Café, plenty of choice to make a Friday evening out enjoyable or a break in the week for a delicious lunch. There's something for everyone!
COST:	Transport Cost NDIS: As per NDIS Service Agreement CHSP: \$15
TIMES:	Wednesday 14 lunch: 11.30am – 2.30pm Friday 30 dinner: 6pm – 8.30pm



DATES:	Thursday 15 April
EVENT:	THE GATEHOUSE TEA ROOMS – PARRAMATTA PARK
DESCRIPTION:	Located in the open fresh air of Parramatta Park, Gatehouse High Tea Rooms is the perfect place to get away from the hustle and bustle of busy city life and relax. Indulge in the finest quality high tea, or light snacks in one of the oldest high tea venues in Australia. This stunning building, built in 1887 is a significant part of the colonial history of Parramatta and in 2007 was granted World Heritage Listing by UNESCO. With over 80% of the dining areas located outdoors among the eucalyptus trees there is always a sunny spot to enjoy the freshly prepared meals or health giving premium loose-leaf teas.
COST:	NDIS: As per NDIS price guide CHSP: \$15 Meal Cost: from menu
TIMES:	11.30am – 2.30pm



DATES:	Friday 16 April
EVENT:	PICNIC AT MANLY DAM
DESCRIPTION:	We have booked the Shelter Shed at Manly Dam for our exclusive use. Manly Dam has a wonderful diversity of native flora and fauna and is a wonderful picnic spot. BYO picnic lunch. We are very pleased to advise that B'nai B'rith have kindly supported DARTS again this year. The booking for the BBQ table has been kindly covered by them.
COST:	NDIS: as per NDIS price guide CHSP: \$15 BBQ Table cost: kindly donated by B'nai B'rith Foundation
TIMES:	11.30am – 2.30pm



DATES:	Saturday 17 April
EVENT:	ETTAMOGAH HOTEL
DESCRIPTION:	The Ettamogah Hotel (the word Ettamogah is Aboriginal for a “place of good drink”) An iconic family-friendly venue located in the heart of Kellyville Ridge, and was suggested by our clients, when it was discovered on the return trip from Windsor. There is plenty of choice from the varied menu, from plates to share, burgers, salads, steaks, pizzas and of course pub favourites.
COST:	NDIS: As per NDIS price guide CHSP: \$15 Meal Cost: Order own from menu
TIMES:	11.30am to 2.30pm



DATES:	Sunday 18 April
EVENT:	MUSEUMS DISCOVERY CENTRE – CASTLE HILL
DESCRIPTION:	<p>The Museums Discovery Centre (MDC) is a collaboration between the Museum of Applied Arts and Sciences (MAAS), Australian Museum (AM) and Sydney Living Museums. The collection spans history, science, technology, design, industry, decorative arts, music, transport and space exploration. It is also home to the material heritage and stories of Australian culture, history and lifestyle.</p> <p>We have booked a guided tour to take us through this amazing space. We will be taking a pit stop at McDonalds on the way back for lunch as there are no cafés on site. Mask MUST be worn inside the museum.</p>
COST:	<p>NDIS: As per NDIS price guide CHSP: \$15 Entry Cost: Free of Charge – informal tour</p>
TIMES:	11.30am – 2.30pm



DATES:	Tuesday 20 April
EVENT:	ONLINE ART FOR ADULTS – ART GALLERY NSW
DESCRIPTION:	<p>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.</p> <p><i>The theme this month will be: Modern in Motion, which is a current exhibition on at the Art Gallery, highlighting a female artist ahead of her times.</i></p>
COST:	NDIS: \$17.40
TIMES:	2pm – 3pm



DATES:	Wednesday 21 April
EVENT:	HAZELHURST REGIONAL GALLERY AND ARTS CENTRE – GUIDED TOUR
DESCRIPTION:	We are taking a lovely trip to the beautiful Sutherland Shire of Gymea to visit the Wuliwulawala Exhibition. Wuliwulawala (women) celebrates the resilience and creativity of First Nations women in the Dharawal Nation of southern Sydney. Featuring historical content, interviews and contemporary art this exhibition focusses on the importance of sharing stories, knowledge and oral histories across generations, while recognising the perspectives of women connected to our local and national history. We have planned a guided tour and after, lunch in the Hazelhurst Café set in the superb gardens of the art centre.
COST:	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
TIMES:	11.30am to 2.30pm



DATES:	Saturday 24 April
EVENT:	SYDNEY ZOO
DESCRIPTION:	Sydney Zoo was founded in 2015 with an aim to create amazing experiences for the local and international community by introducing them to a range of animal species from all over the world, while also educating on animal welfare and conservation. The park is entirely wheelchair and scooter friendly with no stairs in the entire zoo.
COST:	NDIS: As per NDIS price guide CHSP: \$23 long distance trip fare Meal Cost: Buy own from menu Entry: Concession \$35, free with companion card
TIMES:	11.30am – 2.30pm



DATES:	Tuesday 27 April
EVENT:	ONLINE COOKING WITH RON
DESCRIPTION:	This series is aimed at the cook at heart to talk about recipes, cooking techniques and healthy eating options. Sessions are live cooking demonstrations where clients can join in their own kitchen or simply watch the fun and provide tips. Clients are welcome to cook these same recipes at their own time and share images with the group. Because if we can sit at the same table, we can still eat the same meal.
COST:	NDIS: \$17.40
TIMES:	10am – 11.30am



DATES:	Wednesday 28 April
EVENT:	THE BIG BAND – SYDNEY CONSERVATORIUM OF MUSIC
DESCRIPTION:	Take a break from the world and relax in the beautiful Verbrugghen Hall for a free 45-minute concert featuring a smorgasbord of music from Conservatorium students. The Jazz Studies program at the Sydney Conservatorium of Music is one of the oldest and most highly regarded jazz programs in Australia. Students work alongside some of Australia's best-known jazz musicians and composers and are trained in improvisation, ensemble playing and repertoire development. After we shall have lunch in the Music Café.
COST:	NDIS: As per NDIS price guide CHSP: \$15 Entry: Gold coin donation welcome Meal Cost: Buy own from menu
TIMES:	11.30am – 2.30pm