

MON	TUES	WED	THURS	FRI	SAT	SUN
					1 EDOGAWA JAPANESE GARDEN AND TOP POINT CAFÉ 11.30am – 2.30pm	2 ST IVES SHOPPING 11.30am – 2.30pm
3	4	5 PENRITH GALLERY AND LEWERS 11.30am – 2.30pm	6 YOGA CLASS 11.30am – 12.30pm ALSO AVAILABLE ONLINE	7 AUSTRALIAN MUSEUM 11.30am – 2.30pm	8 BARANGAROO FORESHORE RESERVE 11.30am – 2.30pm	9 TERRY HILLS TAVERN 12pm – 3pm
	11	12 BARANGAROO FORESHORE RESERVE 11.30am – 2.30pm	13 YOGA CLASS 11.30am – 12.30pm ALSO AVAILABLE ONLINE	14	15 BREAKERS COUNTRY CLUB 12pm – 3pm	16 NARRABEEN MARKETS 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
17	18 ONLINE ART FOR ADULTS 2pm – 3pm	19	20 YOGA CLASS 11.30am – 12.30pm ALSO AVAILABLE ONLINE	21	22 MACQUARIE CENTRE 11.30am – 2.30pm	23 GEORGES RIVER SAILING CLUB 12pm – 3pm
24	25	26 HARBORD DIGGERS 12pm- 2.30pm	27 YOGA CLASS 11.30am – 12.30pm ALSO AVAILABLE ONLINE	28 FLOWER POWER AT WARRIEWOOD 12pm – 2.30pm	29 PRISCILLA QUEEN OF THE DESERT THE MUSICAL 1pm – 4.30pm	30 SAILABILITY 11.30am – 2.30pm
31						

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WELCOME TO THE DARTS PROGRAM!

Welcome to the DARTS May 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 May 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:	Saturday 1 May
EVENT:	EDOGAWA JAPANESE GARDEN AND TOP POINT CAFE
DESCRIPTION:	The Edogawa Japanese Garden is a beautiful peaceful space located within the Gosford Regional Gallery. Based on traditional 'Shuyu' strolling style gardens 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 Gardens and 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 Tour of Garden: \$6
TIMES:	11.30am – 2.30pm



DATES:	Sunday 2 May
EVENT:	ST IVES 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 is 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 trip fare Meal Cost: Buy own from menu
TIMES:	11.30am – 2.30pm



DATES:	Wednesday 5 May
EVENT:	PENRITH REGIONAL ART GALLERY AND CAFÉ AT LEWERS
DESCRIPTION:	<p>Penrith Regional Gallery, home of the Lewers Bequest consists of 3 galleries – Lewers house in the original homestead of artists Margot and Gerald Lewers, Anchor House, the house built by modernist architecture icon Sydney Anchor and a purpose-built main gallery. 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 “Field Works”.</p> <p>Lunch is booked at Lewers Café overlooking the gallery gardens. The gardens themselves are a living work of art and are maintained by a heritage gardner, beautiful all year round, they support 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 – 2.30pm



DATES:	Thursday 6, 13, 20 and 27 May
EVENT:	YOGA AT FORESTVILLE OR ONLINE
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>
COST:	<p>NDIS: \$17.40 online CHSP: \$15 Tuition: \$10 per session to be paid for whole term.</p>
TIMES:	11.30am – 12.30pm



DATES:	Friday 7 May
EVENT:	AUSTRALIAN MUSEUM
DESCRIPTION:	From dinosaurs to rooftop dining, the newly transformed Australia Museum has something for everyone. Spark your curiosity and discover one of the extraordinary exhibitions on display through a Self Guided Tour. Highly recommended is the 2020 Australian Geographic Nature Photographer of the Year Exhibition. This exhibition takes us on a breathtaking journey through the natural world of our region with over 100 large format images showcasing animal behaviour, landscapes and the impact of humankind on the ecosystem.
COST:	NDIS: As per NDIS price guide CHSP: \$15 Meal Cost: Buy own from menu Admission: Free
TIMES:	11.30am – 2.30pm



DATES:	Saturday 8 and Wednesday 12 May
EVENT:	BARANGAROO FORESHORE RESERVE
DESCRIPTION:	Nestled between the natural wonder of Sydney Harbour and the bustling city streets, Barangaroo is a dynamic space with Australian Native Gardens, spectacular views, extensive walking trails and is a foodie's paradise. Enjoy lunch followed by a stroll in the beautiful autumn sunshine along the newly completed foreshore walk. Please note – the plantings are still being established so please ensure you have adequate sun protection.
COST:	NDIS: as per NDIS price guide CHSP: \$15 trip fare Meal Cost: Buy own from menu or BYO picnic
TIMES:	11.30am – 2.30pm



DATES:	Sunday 9 May
EVENT:	TERRY HILLS TAVERN
DESCRIPTION:	Enjoy a cozy, fire side Autumn lunch with friends at Terry Hills Tavern. With its varied menu of poke bowls, grills, sharing plates, pasta and seafood you are sure to find something yummy for lunch. If time allows and you can be dragged away from the fire, we might even fit in a drive around Church Point on the way home.
COST:	NDIS: As per NDIS price guide CHSP: \$15 trip fare Meal Cost: Order own from menu
TIMES:	12pm – 3pm at venue



DATES:	Saturday 15 May
EVENT:	BREAKERS COUNTRY CLUB
DESCRIPTION:	Breakers Country Club is located at Terrigal/Wamberal on the scenic Central Coast. The Skillion Brasserie features a newly released menu for 2021 with some new lunch specials along with regular favorites including seafood, grills, parmi's, schnitzels and Asian dishes.
COST:	NDIS: As per NDIS price guide CHSP: \$23 long distance trip fare Meal Cost: Buy own from menu
TIMES:	12pm – 3pm



DATES:	Sunday 16 May
EVENT:	NARRABEEN MARKETS
DESCRIPTION:	Haven't we missed these wonderful outdoor markets at Berry Reserve. Set amongst the trees in a beautiful lakeside spot you can wander around the 80 different stalls offering arts, crafts, jewellery, collectables, homewares, designer fashions and food stalls to your hearts content.
COST:	NDIS: As per NDIS price guide CHSP: \$15 trip fare Lunch: BYO or buy own
TIMES:	11.30am – 2.30pm



DATES:	Tuesday 18 May
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:	Saturday 22 May
EVENT:	MACQUARIE CENTRE
DESCRIPTION:	Macquarie Centre at North Ryde is an iconic shopping destination boasting over 360 stores across dining and entertainment, fresh food, fashion and more. There is something for every shopaholic here with the huge range of international and Australian brands on offer.
COST:	NDIS: As per NDIS price guide CHSP: \$15 Meal Cost: Buy own from menu
TIMES:	11.30am – 2.30pm



DATES:	Sunday 23 May
EVENT:	GEORGES RIVER SAILING CLUB
DESCRIPTION:	Situated on beautiful sandy shores with picturesque views of Botany Bay towards Towra Point and Woollooware Bay, Georges River Sailing club offers a beautiful dining experience.
COST:	NDIS: As per NDIS price guide CHSP: \$15 Meal Cost: Buy own from menu
TIMES:	12pm – 3pm



DATES:	Wednesday 26 May
EVENT:	HARBORD DIGGERS
DESCRIPTION:	Set on top of its iconic headland location with commanding views of the Northern Beaches coastline, the Diggers has it all. We have booked an outdoor table at DD Collective – the Diggers café hotspot. Order from a selection of pub favourites such as schnitzels, beer battered fish and chips, nachos, caesar salads and grilled salmon.
COST:	NDIS: As per NDIS price guide CHSP: \$15 trip fare Meal Cost: Buy own from menu
TIMES:	12pm – 2.30pm



DATES:	Friday 28 May
EVENT:	FLOWERPOWER AT WARRIEWOOD
DESCRIPTION:	Enjoy a drive to Warriewood Garden Centre. Wander through the homewares section with its selection of indoor pots and nick knacks or pop outside into the nursery and stock up on seedlings and potted plants. Lunch is at the Garden Terrace. With a lovingly-prepared menu full of the freshest ingredients available, the Garden Terrace focuses on using Australian free-range and hormone-free foods where possible.
COST:	NDIS: As per NDIS price guide CHSP: \$15 trip fare Meal Cost: Buy own from menu
TIMES:	12pm – 3pm



DATES:	Saturday 29 May
EVENT:	PRISCILLA QUEEN OF THE DESERT – THE MUSICAL
DESCRIPTION:	Willoughby Theatre Company present the Australian musical based on the hit film, that has taken the world by storm. Featuring some of the biggest pop hits of all time including “It’s Raining Men”, “I Say a Little Prayer”, “I Will Survive”, “I Love the Nightlife” and “Shake Your Groove Thing”, you will travel West on a Journey in the outback with Tick, Bernadette and Felicia. Showing at the Concourse Chatswood.
COST:	NDIS: As per NDIS price guide CHSP: \$125 Trip fare Tickets: Allocated from previous expressions of interest - \$62.50.
TIMES:	1pm – 4.30pm



DATES:	Sunday 30 May
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