

MON	TUES	WED	THURS	FRI	SAT	SUN
			1 ONLINE YOGA CLASS 11.30AM – 12.30PM	2 ONLINE HIGH TEA AT HOME 3PM – 4PM	3	4
5	6 ONLINE ART FOR ADULTS THE NATIONALS 3PM – 4PM	7	8 ONLINE YOGA CLASS 11.30AM – 12.30PM	9 ONLINE NAME THAT TUNE 4PM – 5.30PM	10	11
12	13 GUESS WHO I AM: ONLINE WITH A SPECIAL GUEST 3PM – 4PM	14 THIS PLACE: ARTISIT SERIES 3PM – 4PM	15 ONLINE YOGA CLASS 11.30AM– 12.30PM	16 ONLINE FILM REVIEW 1PM – 2PM	17	18



FOR BOOKINGS

9:30am - 5:00pm

Call: (02) 8405 4422

Email: actcoord@yourside.org.au

MON	TUES	WED	THURS	FRI	SAT	SUN
19	ONLINE ART FOR ADULTS THE WYNNE AND SULMAN PRIZE 3PM – 4PM	21	ONLINE YOGA CLASS 11.30AM – 12.30PM	ONLINE BINGO 6PM – 7PM	24	25
26	ONLINE ART FOR ADULTS HILMA AF KLINT 3PM – 4PM	ONLINE OLYMPICS TRIVIA 2PM - 3.30PM	ONLINE YOGA CLASS 11.30AM – 2.30PM	ONLINE "PAST TIMES" 4.30PM – 5.30PM	31	



FOR BOOKINGS

9:30am - 5:00pm

Call: (02) 8405 4422

Email: actcoord@yourside.org.au

WELCOME TO THE REVISED DARTS PROGRAM!

Welcome to the DARTS July online Calendar, updated for the lockdown. We hope you enjoy the new activities.

Through the online meeting place, Zoom, we will be running various activities straight to your home,

The activities welcome casual participation at a nominal fee of:

NDIS: Online \$17.66 per hour or \$26.49 for 1.5 hours
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.

We will review what is happening with COVID-19 health restrictions and if needed, we shall send out further updates to the July calendar both online and for bus outings. Hope to see you online.

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.

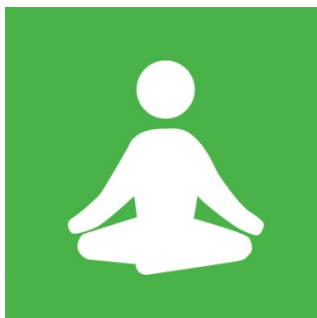
ZOOM:

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.

Please feel free to give Dita or Kay a call on 8405 4422 if you want to chat at any time. We would love to hear how you are getting on during lockdown.



DATES:	Thursdays 1, 8, 15, 22, 29 July
EVENT:	YOGA ONLINE
DESCRIPTION:	Join Karuna online 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.
COST:	NDIS: \$17.40 online Tuition: \$15 per class online.
TIMES:	11.30am – 2.30pm



DATES:	Saturday 3 July
EVENT:	HIGH TEA AT HOME
DESCRIPTION:	What better way to honour the timeless tradition of High Tea than through Zoom online at home! Even if you are not a tea drinker, why not grab your favourite cup, mug or Fine China filled with your favourite beverage and join us. Let's make this an occasion to celebrate DARTS friendships and dress in your finest High Tea outfit or simply come as you are. BYO afternoon tea from your pantry.
COST:	NDIS: As per NDIS price guide - \$17.40
TIMES:	3pm – 4pm



DATES:	Tuesday 6 July
EVENT:	ONLINE ART FOR ADULTS
DESCRIPTION:	We have been invited to join the Art Gallery of NSW Access Program online. “Online Art for Adults”. We are delighted to be able to join the galleries experienced speaker again presenting The National 2021 – New Australian Art . The National 2021 is a celebration of Contemporary Australian Art and showcases work being made across the country by artists of different generational and cultural backgrounds.
COST:	NDIS: \$17.40 online
TIMES:	3pm – 4pm



DATES:	Friday 9 July
EVENT:	NAME THAT TUNE
DESCRIPTION:	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 for you to enjoy. 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 some Friday evening nibbles? <i>Clients are welcome to dial in via landline or mobiles</i>
COST:	NDIS: \$26.10 online
TIMES:	4pm – 5.30pm



DATES:	Tuesday 13 July
EVENT:	GUESS WHO I AM?
DESCRIPTION:	We are delighted to say that we have a very special guest joining us online. We can play “Guess who” until he/she is discovered! He or she (trying my hardest to not let anything slip!) can then spend time to talk about all the adventures they have had, share many laughs and make the most of getting in contact without being in contact! Hope to see many of you as possible to say hello!
COST:	NDIS: \$17.66 online
TIMES:	3pm – 4pm



DATES:	Wednesday 14 July
EVENT:	THIS PLACE: ARTIST SERIES
DESCRIPTION:	Please join us to watch a series of Six Aboriginal and Torres Strait Islander artists from the National Gallery of Australia share their connection to country, how it inspires their art and identity, and take us to the places across Australia where their artmaking begins.
COST:	NDIS: Free
TIMES:	3pm – 4pm



DATES:	Friday 16 July
EVENT:	ONLINE FILM REVIEW
DESCRIPTION:	We all do different things during lockdown, but a common favourite is to sit and watch a film especially if its cold and windy outside!! Please join us to review your chosen film. We can discuss what you loved, the plot, scenery or just listen to the reviews of those who have watched it, to decide if you would consider it yourself!
COST:	NDIS: \$17.66 online
TIMES:	1pm – 2pm



DATES:	Tuesday 20 July
EVENT:	ONLINE ART FOR ADULTS
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 presenting the Wynne/Sulman Prize.
COST:	NDIS: \$17.66 online
TIMES:	3pm – 4pm



DATES:	Friday 23 July
EVENT:	ONLINE BINGO
DESCRIPTION:	Eyes Down and get ready for Online Bingo! Are we all set for Legs Eleven, Two Fat Ladies, Kelly’s Eye and Dirty Gertie? Playing cards will be sent and instructions on how to play will be emailed closer to the date. Hope you can join in the Friday Night Fun! No prizes, but lots of laughs guaranteed! And a big thank you for Sallyanne’s idea!
COST:	NDIS: \$17.66 online
TIMES:	6pm – 7pm



DATES:	Tuesday 27 July
EVENT:	ONLINE ART FOR ADULTS
DESCRIPTION:	We have been invited to join the Art Gallery of NSW Access Program online. "Online Art for Adults". We are delighted to be able to join the galleries experienced speaker again presenting "Hilma af Klint – The Secret Paintings (1906-1915)". Discover the visionary artist disrupting art history. Stored away and scarcely know for decades, the re-discovery of Swedish artist Hilma af Klint's 'secret paintings' has taken the international art world by storm.
COST:	NDIS: \$17.40 online
TIMES:	3pm – 4pm



DATES:	Wednesday 28 July
EVENT:	OLYMPICS TRIVIA
DESCRIPTION:	The Opening of the 2021 Tokyo Olympics will take place on Friday 23 July and will run for the course of 19 days of competition. With an expected 11,000 athletes to compete across 33 different sports and over 330 events these games will certainly be a highlight of the year. The games will be followed by the Paralympic Games from the 24 August to the 5 September. Join us to celebrate the 2021 Tokyo Olympics together during Lockdown. Bring along your best Olympic Games memories or share with us your favourite event. We will then host our own Olympic Games Trivia for some much-needed friendly competition. Game on! <i>Clients are welcome to dial in via landline or mobiles</i>
COST:	NDIS: \$26.10 online
TIMES:	2pm – 3.30pm



DATES:	Friday 29 July
EVENT:	ONLINE "PAST TIMES"
DESCRIPTION:	<p>We have all come a long way in our journey through life to end up where we are today. Why not share something special about your life - your former career, hobbies, best ever holiday, favourite pet or whatever.....</p> <p>We'd love to hear more about your PAST TIMES.</p> <p><i>Clients are welcome to dial in via landline or mobiles</i></p>
COST:	NDIS: \$17. 40 online
TIMES:	4.30 pm – 5.30pm