

MON	TUES	WED	THURS	FRI	SAT	SUN
2	3 <b>ONLINE BINGO</b> 3PM – 4PM	4 <b>ONLINE TRIVIA</b> 2PM – 3PM	5 <b>ONLINE YOGA CLASS</b> 11.30AM – 12.30PM	6 <b>ONLINE FILM REVIEW</b> 1PM – 2PM	7	8
9	10 <b>ONLINE ART FOR ADULTS</b> 3PM – 4PM	11 <b>10 @ 10 QUIZ</b> 10AM – 11AM	12 <b>ONLINE YOGA CLASS</b> 11.30AM – 12.30PM	13 <b>ONLINE NAME THAT TUNE</b> 5PM – 6.30PM	14	15
16	17 <b>TARONGA ZOO'S VIRTUAL ANIMAL WORKSHOP</b> 1PM – 2PM	18	19 <b>ONLINE YOGA CLASS</b> 11.30AM – 12.30PM	20 <b>THE ENQUIRING LISTENER – FILM SCORES</b> 2PM – 3PM	21	22



### FOR BOOKINGS

9:30am - 5:00pm

Call: (02) 8405 4422

Email: [actcoord@yourside.org.au](mailto:actcoord@yourside.org.au)

MON	TUES	WED	THURS	FRI	SAT	SUN
23	24 <b>CHIT CHAT</b> 11AM – 12PM	25 <b>ONLINE VINTAGE ADS</b> 2PM – 3PM	26 <b>ONLINE YOGA CLASS</b> 11.30AM – 12.30PM	27 <b>ONLINE BINGO</b> 5PM – 6.30PM	28	29
30	31 <b>ONLINE COOKING WITH RON</b> 10AM - 11.30AM					



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## WELCOME TO THE ONLINE DARTS PROGRAM!

Welcome to the DARTS August 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**

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. 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.**



<b>DATES:</b>	<b>Tuesday 3 August and Friday 27th</b>
<b>EVENT:</b>	<b>ONLINE BINGO</b>
<b>DESCRIPTION:</b>	Back by popular request. 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 fun! No prizes, but lots of laughs guaranteed! And a big thank you for Sallyanne's idea
<b>COST:</b>	<b>NDIS:</b> As per NDIS price guide - \$17.66
<b>TIMES:</b>	<b>Tuesday:</b> 3pm – 4pm <b>Friday:</b> 5pm – 6.30pm



<b>DATES:</b>	<b>Wednesday 4 August</b>
<b>EVENT:</b>	<b>ONLINE TRIVIA</b>
<b>DESCRIPTION:</b>	Put on your "thinking cap" and have your finger on the buzzer for our online trivia quiz. Lots of topics to keep everyone's brain active while in lockdown!
<b>COST:</b>	<b>NDIS:</b> As per NDIS price guide - \$17.66
<b>TIMES:</b>	2pm – 3pm



<b>DATES:</b>	Thursdays 5, 12, 19, 26 August
<b>EVENT:</b>	<b>YOGA ONLINE</b>
<b>DESCRIPTION:</b>	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.
<b>COST:</b>	<b>NDIS:</b> As per NDIS price guide - \$17.66 <b>Tuition:</b> \$15 per class online
<b>TIMES:</b>	11.30am – 12.30pm



<b>DATES:</b>	Friday 6 August
<b>EVENT:</b>	<b>ONLINE FILM REVIEW</b>
<b>DESCRIPTION:</b>	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!
<b>COST:</b>	<b>NDIS:</b> As per NDIS price guide - \$17.66
<b>TIMES:</b>	1pm – 2pm



<b>DATES:</b>	<b>Tuesday 10 August</b>
<b>EVENT:</b>	<b>ONLINE ART FOR ADULTS – AGNSW Arts engagement discussion program</b>
<b>DESCRIPTION:</b>	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.
<b>COST:</b>	<b>NDIS:</b> As per NDIS Price Guide - \$17.66 online
<b>TIMES:</b>	3pm– 4pm



<b>DATES:</b>	<b>Wednesday 11 August</b>
<b>EVENT:</b>	<b>10 @ 10 QUIZ</b>
<b>DESCRIPTION:</b>	Please join us to test your knowledge on what has been happening in the world this week in a quick 10 question quiz at 10am! From politics to pop stars, rack your brains to see if you have been paying attention!
<b>COST:</b>	<b>NDIS:</b> As per NDIS Price Guide - \$17.66 online
<b>TIMES:</b>	10am – 11am



<b>DATES:</b>	Friday 13 August
<b>EVENT:</b>	<b>ONLINE NAME THAT TUNE</b>
<b>DESCRIPTION:</b>	<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 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?</p> <p><i>Clients are welcome to dial in via landline or mobiles</i></p>
<b>COST:</b>	<b>NDIS:</b> As per NDIS Price Guide - \$17.66 online
<b>TIMES:</b>	5pm – 6.30pm



<b>DATES:</b>	Tuesday 17 August
<b>EVENT:</b>	<b>TARONGA ZOO'S VIRTUAL ANIMAL WORKSHOP</b>
<b>DESCRIPTION:</b>	<p>Back again in 2021 - Join us online via video link direct to Taranga Zoo. We are very excited to be able to enjoy the digital version of the Zoomobile program. We will be able to view the habitat classrooms at the Zoo. It is extra special as we will be able to see up close animals within their habitats, their patterns, textures, and behaviours. Also included are animals that are not normally part of the Zoomobile such as a Bush Stone Curlew, Echidna, Blue Tongue Lizard, bugs, frogs and more!</p>
<b>COST:</b>	<p><b>NDIS:</b> As per NDIS price guide - \$17.66</p> <p><b>Workshop Cost:</b> Your Side will cover this cost for participants</p>
<b>TIMES:</b>	1pm – 2pm



<b>DATES:</b>	Friday 20 August
<b>EVENT:</b>	<b>THE ENQUIRING LISTENER</b>
<b>DESCRIPTION:</b>	Have you ever heard a piece of music and been captured by it, but not been able to say why? We are very lucky to be involved in an online session presented by the Conservatorium of Music Tutor Cathy Kerr who aims to bring the joy of music making to all her students. Cathy will introduce us to some wonderful recordings of film scores from popular films such as Dr. Zhivago, Star Wars, the Lion King, and many others.
<b>COST:</b>	<b>NDIS:</b> As per NDIS price guide - \$17.66 <b>Workshop Cost:</b> Your Side will cover this cost for participants
<b>TIMES:</b>	2pm – 3pm



<b>DATES:</b>	Tuesday 24 August
<b>EVENT:</b>	<b>CHIT CHAT</b>
<b>DESCRIPTION:</b>	Please join us for a very informal chit chat to say “hello” and to meet online to hear about what everyone’s been up to. We would love to hear your creative ways on staying busy during the lock down period, and share some tips on what’s been working for you.
<b>COST:</b>	<b>NDIS:</b> As per NDIS price guide - \$17.66
<b>TIMES:</b>	11am – 12pm





<b>DATES:</b>	<b>Wednesday 25 August</b>
<b>EVENT:</b>	<b>ONLINE VINTAGE ADS</b>
<b>DESCRIPTION:</b>	The National Film and Sound Archive Australia (NFSA) are hosting a session especially for us. We will be introduced to the collection of film and sound material with a focus on vintage ads like aeroplane jelly and vegemite. This session should be lots of fun and although it's not a requirement, if you can't resist the urge to sing then you'll need to bring your singing voice.
<b>COST:</b>	<b>NDIS:</b> As per NDIS price guide - \$17.66 <b>Workshop Cost:</b> Your Side will cover this cost for participants
<b>TIMES:</b>	2pm – 3pm



<b>DATES:</b>	<b>Tuesday 31 August</b>
<b>EVENT:</b>	<b>ONLINE COOKING WITH RON</b>
<b>DESCRIPTION:</b>	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. Participants are welcome to cook these same recipes at their own time and share images with the group. Because, if we can't sit at the same table, we can still eat the same meal! Details of the recipes will be emailed to those interested prior to the event.
<b>COST:</b>	<b>NDIS:</b> As per NDIS price guide - \$17.66, ingredient purchased at own cost <b>Workshop Cost:</b> Your Side will cover this cost for participants
<b>TIMES:</b>	10am – 11:30am