

MON	TUES	WED	THURS	FRI	SAT	SUN
		<b>1</b> STEPTEMBER CHALLENGE OPENING CEREMONY DISCO FEVER WITH ABBY 11AM – 12 PM	<b>2</b> ONLINE YOGA CLASS 11.30AM – 12.30PM	<b>3</b> RATE MY PLATE 5PM – 6PM	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> WHEELCHAIR SPORTS PRESENTATION 1PM – 2PM	<b>8</b> STEPTEMBER WEEKLY CHALLENGE GENTLE EXERCISE WITH KIRRALIE 11AM – 12PM	<b>9</b> ONLINE YOGA CLASS 11.30AM – 12.30PM	<b>10</b> OPEN MIC COMEDY NIGHT 5PM – 6PM	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> ONLINE ART FOR ADULTS 3PM – 4PM	<b>15</b> STEPTEMBER WEEKLY CHALLENGE LATIN DANCE WITH SERGIO 11AM – 12PM	<b>16</b> ONLINE YOGA CLASS 11.30AM– 12.30PM	<b>17</b> AMAZING BEES 11AM- 12PM	<b>18</b>	<b>19</b>



### 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
20	21 <b>FLOWER ARRANGING WORKSHOP</b> 1.30PM – 2.30PM	22 <b>SEPTEMBER WEEKLY CHALLENGE</b> MOVING TO THE BEAT WITH JO 11AM – 12PM	23 <b>ONLINE YOGA CLASS</b> 11.30AM – 12.30PM	24 <b>EXPLORE NATURE AT SYDNEY OLYMPIC PARK LIVE</b> 2PM – 3PM	25	26
27	28 <b>CHIT CHAT SHARE YOUR HOBBIES</b> 10AM - 11AM	29 <b>SEPTEMBER WEEKLY CHALLENGE</b> NEW DANCE MOVES WITH PAULINE 11AM – 12PM	30 <b>ONLINE YOGA CLASS</b> 11.30AM – 12.30PM	1 OCTOBER  <b>SEPTEMBER CLOSING CEREMONY</b> 2PM – 3PM		



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## WELCOME TO THE ONLINE DARTS PROGRAM!

Welcome to the DARTS September online calendar, updated for the lockdown. Through the online meeting place, Zoom, we will be running various activities straight to your home. We hope you enjoy the new activities.

This month we have special weekly STEPtember challenges for our STEPtember participants which you can read more about below.

## STEPTEMBER CHALLENGE

For the month of September, a team of dedicated men and women from the DARTS and Social Support program will be participating in the STEPtember challenge where they will do their very best to achieve 30 minutes of physical activity a day to raise \$2500.

STEPtember is a fundraising event created to raise money for people with cerebral palsy. Through initiatives and programs developed by the Cerebral Palsy Alliance, thousands of Australians across the country have the opportunity to live a fruitful life.

With 36 people strong, full of grit, determination and a can-do attitude, please welcome **the Your Step Asiders!** To find out more and to help support the team, go to:

<https://www.steptember.org.au/fundraisers/YourSideAustralia>

If you haven't registered for this great cause that will also push you to your physical best, you still have time! Just call **8405 4422** and speak to Dita or Kay.

## 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.

## 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.

## COST:

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.



<b>DATES:</b>	Wednesday 1 September
<b>EVENT:</b>	<b>STEPTEMBER CHALLENGE OPENING CEREMONY DISCO LAUNCH WITH ABBY</b>
<b>DESCRIPTION:</b>	Grab your best disco outfit and get ready to <i>sparkle like a glazed disco ball</i> at our STEPTember challenge launch. Hosted by our very own Abby, you can get a jump on your step count as we boogie to a selection of disco favourites. There will be a prize for the best disco outfit so get ready to <i>Hustle, Shimmie, Mash Potato and Boogaloo</i> to impress the judges.
<b>COST:</b>	<b>NDIS:</b> As per NDIS price guide - \$17.66
<b>TIMES:</b>	11am – 12pm



<b>DATES:</b>	Thursdays 2, 9, 16, 23 & 30 September
<b>EVENT:</b>	<b>ONLINE YOGA CLASS</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>	11.30 am – 12.30pm



<b>DATES:</b>	Friday 3 September
<b>EVENT:</b>	<b>RATE MY PLATE</b>
<b>DESCRIPTION:</b>	Back on the menu is our popular RATE MY PLATE. Join us and share a favorite dish you have prepared or a photo of something you have made in the past. If you don't have the time to make something you can share with us a special dining experience.
<b>COST:</b>	<b>NDIS:</b> As per NDIS price guide - \$17.66 online
<b>TIMES:</b>	5pm – 6.30pm



<b>DATES:</b>	Tuesday 7 September
<b>EVENT:</b>	<b>WHEELCHAIR SPORTS PRESENTATION</b>
<b>DESCRIPTION:</b>	Wheelchair Sports NSW/ACT has a clear mission: “To change the lives of people living with a disability through participation in sport”. Drawing on their combined knowledge as athletes, carers, coaches and team players, presenters Larissa and Jemma will give an overview of the types of programs and opportunities Wheelchair Sports can provide so everyone can be involved in sport.
<b>COST:</b>	<b>NDIS:</b> As per NDIS price guide - \$17.66
<b>TIMES:</b>	1pm – 2pm



<b>DATES:</b>	Tuesday 8 September
<b>EVENT:</b>	<b>STEPTMEBER WEEKLY CHALLENGE - GENTLE EXERCISE WITH KIRRALIE</b>
<b>DESCRIPTION:</b>	Join yoga instructor Kirralie as she takes you through a gentle exercise session to boost your energy levels and help make your muscles stronger. In this workout we will use simple things that can be found around the home like cans from your kitchen pantry as weights. Everyone can go at their own pace and as always, we will have some fun. Did you know that laughing is good exercise for strengthening up your abdominals? It's true!
<b>COST:</b>	<b>NDIS:</b> As per NDIS price guide - \$17.66
<b>TIMES:</b>	11am – 12pm



<b>DATES:</b>	Friday 10 September
<b>EVENT:</b>	<b>OPEN MIC COMEDY NIGHT</b>
<b>DESCRIPTION:</b>	Are you a barrel of laughs? Bring along your best joke to share on our Open Mic Comedy Night. We hope to be joined by some familiar friends from our regular DARTS circle including our much-valued volunteers and drivers.
<b>COST:</b>	<b>NDIS:</b> As per NDIS price guide - \$17.66
<b>TIMES:</b>	5pm – 6pm



<b>DATES:</b>	Tuesday 14 September
<b>EVENT:</b>	<b>ONLINE ART FOR ADULTS</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>	Wednesday 15 September
<b>EVENT:</b>	<b>SEPTEMBER WEEKLY CHALLENGE – LATIN DANCE WITH SERGIO</b>
<b>DESCRIPTION:</b>	Move to the rhythm of the samba with Sergio who will take you on a journey as though you too are on a carnival float in Brazil.
<b>COST:</b>	<b>NDIS:</b> As per NDIS price guide - \$17.66 online
<b>TIMES:</b>	11am – 12pm



<b>DATES:</b>	Friday 17 September
<b>EVENT:</b>	<b>AMAZING BEES</b>
<b>DESCRIPTION:</b>	Brilliant, Beautiful, Buzzing Bees. Presented by the resident beekeeper at the Coastal Environment Centre on the Northern Beaches, learn why we depend on bees to keep us alive. Hint – its not just the delicious honey that they produce that matters.
<b>COST:</b>	<b>NDIS:</b> As per NDIS price guide - \$17.66
<b>TIMES:</b>	11am – 12pm

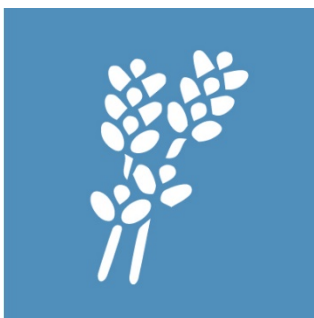


<b>DATES:</b>	Tuesday 21 September
<b>EVENT:</b>	<b>FLOWER ARRANGING WORKSHOP</b>
<b>DESCRIPTION:</b>	Jade went into floristry after years working in aged care facilities that didn't have the budget to 'dress up' the facilities. She wanted to create arrangements that would fit in with the facilities and make them more beautiful. Join Jade as she takes us through some techniques and tips you can use to create your own beautiful arrangements at home.
<b>COST:</b>	<b>NDIS:</b> As per NDIS price guide - \$17.66
<b>TIMES:</b>	1.30pm – 2.30pm





<b>DATES:</b>	<b>Wednesday 22 September</b>
<b>EVENT:</b>	<b>STEPTEMBER WEEKLY CHALLENGE- MOVING TO THE BEAT WITH JO</b>
<b>DESCRIPTION:</b>	Join us for a fun session of gentle exercises to improve your health and fitness. Benefits include improvements to balance, flexibility, strength and endurance. Exercises will be modified to your own fitness levels and will be done to the upbeat music of the 60's and 70's.
<b>COST:</b>	<b>NDIS:</b> As per NDIS price guide - \$17.66 online
<b>TIMES:</b>	11am – 12pm



<b>DATES:</b>	<b>Friday 24 September</b>
<b>EVENT:</b>	<b>EXPLORE NATURE AT SYDNEY OLYMPIC PARK</b>
<b>DESCRIPTION:</b>	Located on the Parramatta River, Sydney Olympic Park is a treasure of biodiversity in the middle of urban Sydney. The estuarine and freshwater wetlands are home to over 400 native plant species and 250 native animal and bird species. Join us as we explore “ParkLive” with an introduction to the resident pair of white bellied sea eagles, live footage of the newly hatched sea eagle babies and a virtual guided tour of the park with Ranger Tom who makes the most beautiful videos of the local wildlife.
<b>COST:</b>	<b>NDIS:</b> As per NDIS Price Guide - \$17.66 online
<b>TIMES:</b>	2pm – 3pm



<b>DATES:</b>	<b>Tuesday 28 September</b>
<b>EVENT:</b>	<b>CHIT CHAT – SHARE YOUR HOBBIES</b>
<b>DESCRIPTION:</b>	We all have a passion for something that we do to fill in our spare hours in lockdown. Join us and share one of your favourite hobbies – you never know you might inspire someone else to take it up.
<b>COST:</b>	<b>NDIS:</b> As per NDIS price guide - \$17.66 online
<b>TIMES:</b>	10am – 11am



<b>DATES:</b>	<b>Wednesday 29 September</b>
<b>EVENT:</b>	<b>SEPTEMBER WEEKLY CHALLENGE – NEW DANCE MOVES WITH PAULINE</b>
<b>DESCRIPTION:</b>	Join in the fun with Pauline as she guides you through gentle dance movements to increase your fitness and lift your spirits.
<b>COST:</b>	<b>NDIS:</b> As per NDIS price guide - \$17.66
<b>TIMES:</b>	11am – 12pm



<b>DATES:</b>	<b>Friday 1 October</b>
<b>EVENT:</b>	<b>STEPTEMBER CLOSING CEREMONY</b>
<b>DESCRIPTION:</b>	All good things must come to an end – even STEPTember. Bring along some morning tea and join us in our closing ceremony as we celebrate our achievements over the month. We will announce how much money we have raised together for people living with cerebral palsy and award trophies for outstanding achievements along the way.
<b>COST:</b>	<b>NDIS:</b> As per NDIS price guide - \$17.66
<b>TIMES:</b>	11am – 12pm