

MON	TUES	WED	THURS	FRI	SAT	SUN
				<p>1</p> <p>SEPTEMBER CLOSING CEREMONY CHALLENGE 11PM – 12PM</p>	2	3
<p>4</p> <p>LABOUR DAY PUBLIC HOLIDAY</p>	<p>5</p> <p>INSPIRATIONAL PEOPLE 2PM – 3PM</p>	<p>6</p> <p>LATIN DANCING WITH SERGIO 10AM – 11AM</p>	<p>7</p> <p>ONLINE YOGA CLASS 11.30AM – 12.30PM</p>	<p>8</p> <p>THE ENQUIRING LISTENER 2PM- 3PM</p>	9	10
<p>11</p> <p>10 @ 10 TRIVIA THE LOGO QUIZ 10AM – 11AM</p>	<p>12</p> <p>ONLINE COOKING WITH RON – <i>live cooking demonstration</i> 10AM – 12PM</p> <p>ONLINE ART FOR ADULTS 3PM – 4PM</p>	<p>13</p> <p>ONLINE STATE LIBRARY 2PM – 3PM</p>	<p>14</p> <p>ONLINE YOGA CLASS 11.30AM– 12.30PM</p>	<p>15</p> <p>ONLINE KARAOKE EVENING 5PM – 6PM</p>	16	17

MON	TUES	WED	THURS	FRI	SAT	SUN
18	19 ONLINE TRIVA 11AM – 12PM	20 ONLINE BINGO 11AM – 12PM	21 ONLINE YOGA CLASS 11.30AM – 12.30PM	22 ONLINE MAGIC SHOW 2PM – 3PM	23	24
25	26 ONLINE COOKING WITH RON – <i>live cooking demonstration</i> 10AM – 12PM	27 ABSOLUTE BALDERDASH 2PM – 3PM	28 ONLINE YOGA CLASS 11.30AM – 12.30PM	29 TUCKSHOP LADIES NAME THAT TUNE 5PM – 6.30PM	30	31



FOR BOOKINGS

9:30am - 5:00pm

Call: (02) 8405 4422

Email: actcoord@yourside.org.au

WELCOME TO THE ONLINE DARTS PROGRAM!

Welcome to the DARTS October 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.



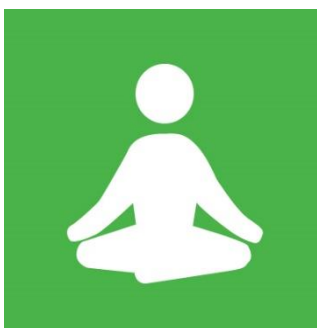
DATES:	Friday 1 October
EVENT:	STEPTEMBER CLOSING CEREMONY
DESCRIPTION:	All good things must come to an end – even STEPTember. Bring along some morning tea and join us in our closing ceremony as we celebrate our achievements over the month. We will announce how much money we have raised together for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



DATES:	Tuesday 5 October
EVENT:	INSPIRATIONAL PEOPLE
DESCRIPTION:	Have you got a “soulmate” or that person who is your “wing man” who knows you and has been an inspiration in your life. Why not share your story with us? This will be a very informal way of speaking about those who have made an impact in our lives.
COST:	NDIS: As per NDIS price guide - \$17.66
TIMES:	11.30am – 12.30pm



DATES:	Wednesday 6 October
EVENT:	LATIN DANCING WITH SERGIO
DESCRIPTION:	Back by popular demand! Right on the back of our STEPtember Challenge, we are pleased to advise that Sergio will take you on another samba adventure, as you dance and sway to the ever popular Brazilian music, as well as keeping fit!
COST:	NDIS: As per NDIS price guide - \$17.66
TIMES:	10am – 11am



DATES:	Thursdays 7, 12,21,28 October
EVENT:	ONLINE YOGA CLASS
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: As per NDIS price guide - \$17.66 Tuition: \$15 per class online
TIMES:	11.30am – 12.30pm



DATES:	Friday 8 October
EVENT:	THE ENQUIRING LISTENER – CLASSICAL MUSICALS
DESCRIPTION:	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 classical musicals.
COST:	NDIS: As per NDIS price guide - \$17.66
TIMES:	2pm – 3pm



DATES:	Monday 11 October
EVENT:	10 @ 10 QUIZ - THE LOGO QUIZ
DESCRIPTION:	Join us for another 10 @ 10 quiz but this time with a twist. Put your memory to the test by placing the logo with a theme or picture.
COST:	NDIS: As per NDIS price guide - \$17.66
TIMES:	10am – 11am



DATES:	Tuesday 12 and 26 October
EVENT:	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't sit at the same table, we can still eat the same meal!
COST:	NDIS: As per NDIS price guide - \$35.32
TIMES:	10am – 12pm



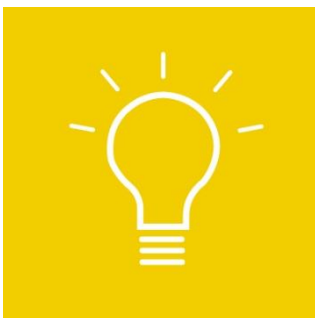
DATES:	Tuesday 12 October
EVENT:	ONLINE ART FOR ADULTS
DESCRIPTION:	We have been invited to join the Art Gallery of NSW Access Program online. “Online Art for Adults” is one of the online initiatives being held, and we are delighted to be able to join the galleries experienced speaker again.
COST:	NDIS: As per NDIS price guide - \$17.66 online
TIMES:	3pm– 4pm



DATES:	Wednesday 13 October
EVENT:	ONLINE STATE LIBRARY – DISCOVER DIGITAL COLLECTIONS AT THE STATE LIBRARY OF NSW
DESCRIPTION:	Join in for an exploration of the library’s huge collection of photographs, inspiring stories, podcasts and fun activities. The librarian will show you around the website and share tips on how to uncover some of the library’s interesting collections.
COST:	NDIS: As per NDIS price guide - \$17.66 online
TIMES:	2pm – 3pm



DATES:	Friday 15 October
EVENT:	KARAOKE EVENING
DESCRIPTION:	Be there or be square! We are holding our very own Online Karaoke Night, for all those budding singing stars out there, or for anyone who just wants to have a fun night and sit back and listen. So please email your list of favourite songs to sing along to. And if you have anyone at home who wants to be your “backup band” tell them they are welcome to join in too. The more the merrier.
COST:	NDIS: As per NDIS price guide - \$17.66
TIMES:	5pm – 6pm



DATES:	Tuesday 19 October
EVENT:	ONLINE TRIVIA
DESCRIPTION:	Put on your “thinking cap” and have your finger on the buzzer for our online trivia. Lots of topics to keep everyone’s brain active while in lockdown!
COST:	NDIS: As per NDIS price guide - \$17.66
TIMES:	11am – 12pm



DATES:	Wednesday 20 October
EVENT:	ONLINE BINGO
DESCRIPTION:	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, prizes, and lots of laughs guaranteed!
COST:	NDIS: As per NDIS price guide - \$17.66
TIMES:	11am – 12pm



DATES:	Friday 22 October
EVENT:	LIAM POWER'S MAGIC SHOW
DESCRIPTION:	Liam Power has taken his show, Reality or Magic, and recreated it for Zoom. You will be blown away as Liam Performs sleight of hand and reads minds through Zoom. This is not a passive experience - Liam interacts with the audience and ensures they are part of the show. Interactive and mind-blowing magic from the comfort of your own home.
COST:	NDIS: As per NDIS price guide - \$17.66
TIMES:	2pm – 3pm



DATES:	Wednesday 27 October
EVENT:	ABSOLUTE BALDERDASH
DESCRIPTION:	Join us for an afternoon of “Absolute Balderdash”. Absolute Balderdash is not a test of your knowledge, in fact players are not expected to know the real answers to any of the questions in the game! The main objective is to make up answers that will bluff other players. Points are awarded for fooling other players, as well as for choosing the real and often unbelievable answer.
COST:	NDIS: As per NDIS price guide - \$17.66
TIMES:	3pm – 4pm



DATES:	Friday 29 October
EVENT:	“NAME THAT TUNE”- WITH A LIVE PERFORMANCE FROM THE TUCKSHOP LADIES
DESCRIPTION:	We are having some special guests do a half an hour live performance during our much-loved music quiz - Name that Tune. The Tuckshop Ladies will be coming along to sing some hilarious songs. The triceps aren't what they used to be but the funny bone has only gotten sharper. Strapping on a pair of ukuleles, Rosie and Sam pull back the curtain to share an intimate selection of the often ridiculous, but always harmonious songs.
COST:	NDIS: As per NDIS price guide - \$26.49 online
TIMES:	5pm – 6.30pm