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WHATS ON! @ TOTAL REC



PROGRAMS 2021 JUL-DEC



JULY-DECEMBER

Welcome to the Total Recreation program handbook July to December 2021. Also known as the What's On! newsletter this is your six month guide to member programs and activities for the second half of 2021.

Become a member

Becoming a member is easy and only costs \$10 per year (concession). Speak to our staff in the office by phoning 8981 3686 or find the Membership Interest form on the website www.totalrecreation.org.au.

Initial Membership Process

- **Step 1** - Submit the Membership Interest form to Total Recreation.
- **Step 2** - Attend a face to face meeting with Total Recreation.

Programs are conducted at a 1:3 ratio. Specific support on programs will be discussed at the face to face meeting. Total Recreation does not provide 1:1 support on programs.

Booking into Programs

Total Recreation use an online member management and booking program called Operoo. Operoo contains member information required to conduct safe programs (allergies, dietaries, emergency contacts etc.) and allows for easy program booking and payments on your smart phone or computer (support with Operoo is available).

Whats New?

Total Recreation aims to be the service provider of choice for social and community access, active recreation, sports and supported travel. Guided by members and families our core program offerings will be familiar however we are always looking to make our services better.

Some of our new initiatives include:

- **Non-NDIS events** - independent fundraising allows us to provide NDIS free activities, these will be by invitation and a value add for specific programs.
- **Casual Arts** - we are opening the Rec Room to our artists, come in and work on your own project, competition piece or gift, in a supported environment.
- **2022 holiday Expressions of Interest** - with more members being vaccinated we are looking at interstate travel opportunities, risks will be continually assessed.
- **Program timing** - some programs will start earlier to get us all home earlier.
- **New programs** - Rec Room based, IT Gamers and Friday Rec Clubs.

ABOUT PROGRAMS

Program Outcomes

Total Recreation programs and activities provide members with opportunities to refine and develop skills towards achieving their goals, building independence and developing confidence to access their community.

Delivering programs across five key areas participation outcomes include:



- **SOCIAL:** making friends, building relationship networks, access to & participate in the community, transactions & money handling, developing independence, try new activities & experiences.
- **FITNESS:** healthy lifestyle, supported exercise, diet, movement fundamentals, get active, challenge yourself, develop capacity to exercise independently.
- **ARTS:** self expression, tell your story, art skills (photography, paint, crafts etc.).
- **TRAVEL:** new experiences, community access, budgeting & cash handling.
- **SPORTS:** team work, participation, community access, fitness, technical movement, sports skills, pathways and representation.

All Total Recreation programs are conducted in an inclusive, supportive and safe environment with an emphasis on enjoying social moments with friends.

Advertised Program Costs

Advertised programs will include a brief activity description, program dates and two figures (dollar amounts), NDIS price (purple) and a members contribution (green).

We have including two new notification logos, these are recommended spending money for meal & drinks (plate) and the other logo (shoes) indicates a level of fitness is required.

<ul style="list-style-type: none">• Friday 15th Jan• Friday 12th Feb• Friday 12th Mar	NDIS \$209 6 hours	Member \$65 1 sessions	 
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Some advertised program costs include more than one session.

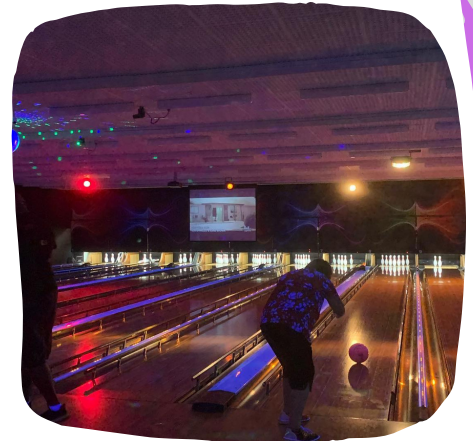
Meals

Total Recreation supports members to independently make their own healthy meal choice and assists with transaction if required at venues. Programs that requiring members to bring money for meals and drinks will be indicated with the orange plate and include a recommended amount, programs that include meals are indicated with a green plate.



FRIDAY SOCIALS

Our popular Fridays socials continue with dinner & movies, dancing and bowling. Join us and your friends for dinner and an enjoyable social outing in familiar setting. New! lunch and movie options Friday afternoons to get members home earlier on a Friday night.



1. Movies & Dinner 1 (evenings).

Dinner and the latest movie at various venues around Darwin. Specific movie, venues and times will be communicated closer to the date of the events.

- Friday 13th August
- Friday 8th October
- Friday 3rd December

NDIS
\$581
18 hours

Member
\$45
3 sessions



2. Movies & Lunch (afternoons).

Catch up Friday afternoon for lunch and see a movie. Friday afternoon movie will get us all home by around 7pm. Specific movie, venues and times will be communicated closer to the date of the events.

- Friday 16th July
- Friday 10th September
- Friday 12th November

NDIS
\$545
18 hours

Member
\$45
3 sessions



FRIDAY SOCIALS

Total Recreation socials aim to promote social independence through community experiences in a supportive environment with peers. Build social networks, make new friends and gain confidence in accessing your community.

'Reminder some programs are starting earlier and are now being run on Friday afternoons, this includes movie and bowling sessions'.

3. Bowling & Lunch (afternoons)

Bowling and lunch socials are back. Enjoy Friday afternoons in air-conditioned comfort as you challenge your friends to a game or two of ten pin bowling, incorporating lunch and time with friends.

- Friday 2nd July
- Friday 27th August
- Friday 26th November

NDIS
\$545
18 hours

Member
\$75
3 sessions



4. Dinner & Dancing (evenings)

Enjoy a meal, request your favorite song and dance the night away with the band at the local establishment. Don't dance? you can just sit back, enjoy live music and have a great meal out with you mates.

- Friday 30th July
- Friday 24th September
- Friday 29th October

NDIS
\$515
15 hours

Member
\$30
3 sessions



SPECIALISED SOCIALS

Specialised socials invite specific skill development, focus or interest enjoyed in a social environment. Activities include the workshop and Darwin Festival series, carnival days out for boys and girls and everyone favourite the end of the year Chrismazing series!



WORKSHOP SERIES

Learn new skills, the workshop series returns in 2021 with member favourites Cooking, Plant and Chocolate workshops. Make something with your own hands and display, eat or share your own creations.

5. Cooking Workshop

This one is for the master chefs! Learn how to cook a great meal with friends and after the cooking is done, sit down and enjoy the food you have prepared.

Saturday 7th August

NDIS

\$272

6 hours

Member

\$75

1 session



6. Plant Workshop

Plant your own piece of paradise! Members get to plan, plant and take home their own mini garden. Garden themes vary from the edible, ornamental to your own fairy garden.

Saturday 11th September

NDIS

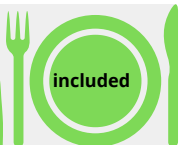
\$272

6 hours

Member

\$65

1 session



7. Chocolate Workshop

Using high quality gluten free chocolate, design and make your very own chocolate treat. Staff from Darwin's locally owned chocolate factory will guide your chocolate making adventure.

Saturday 2nd October

NDIS

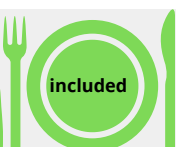
\$272

6 hours

Member

\$90

1 session



SPECIALISED SOCIALS

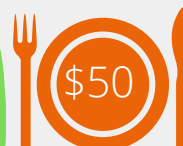
8. Day at the Races

A Day for the family, the Chief Minister's Cup is popular for all ages. Make the most of a family day trackside, for day two of the Great Northern Darwin Cup Carnival.

Saturday 10th July

NDIS
\$246
6 hours

Member
\$25
1 session



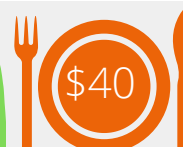
9. Greyhound Racing

A social evening watching Darwin's fastest dogs race. Enjoy dinner from air-conditioned comfort of the pavilion. Beginning in the 1960's the Darwin Greyhound Association Inc. (DGA) is the only registered greyhound race track in the Northern Territory, and regards itself as industry leader in the trainer, racing and welfare of greyhounds.

Sunday 18th July

NDIS
\$295
6 hours

Member
\$25
1 session



10. Day Out (Boys and Girls)

Spend a day doing boys and girls focused activities, get your nails done or play a round of golf? Relax after a day of pampering and sit down for lunch and enjoy the afternoon.

Saturday 18th September

NDIS
\$333
8 hours

Member
\$90
1 session



DARWIN FESTIVAL

11. SANTOS Opening Concert

Experience the traditional songs, dances and paintings that inspired Gurrumul's Djarimirri (Child of the Rainbow), in a live performance by Yolngu dancers, songmen and the Darwin Symphony Orchestra.

Thursday 5th August

NDIS

\$209

6 hours

Member

\$15

1 session



12. Legend of Queen Kong

The Legend Of Queen Kong is performed in English and Auslan with subtitles, bass vibrations and a rocking live soundtrack! This colossal rock odyssey tells the story of a mythological, immortal being – part rock, part ape who journeys through time, space and matter to discover what it means to be human.

Friday 13th August

NDIS

\$209

6 hours

Member

\$35

1 session



13. Circus - The Pulse

The Pulse is packed to the brim with visceral, poetic and heart-stopping feats of strength and agility matched with sublime vocal dexterity. The result is exhilarating.

Friday 20th August

NDIS

\$209

6 hours

Member

\$65

1 session



CHRISTMAZING



14. Carols by Candle light

Pack a rug, round up the troops and enjoy a night of music under the stars. Darwin's Amphitheatre will glow with candlelight as it fills with the festive sounds of the Christmas Candlelight Choir.

Sunday 5th December

NDIS

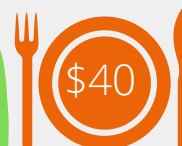
\$286

6 hours

Member

\$15

1 session



15. Lights Tour

See Darwin's best Christmas houses come to light, twinkle, flash and even snow! Weeks of work has gone into the celebration of Christmas.

Tuesday 14th December

NDIS

\$209

6 hours

Member

\$20

1 session



16. Members Christmas Party

Come and enjoy the spirit of Christmas with friends, family and the Total Rec crew. Dinner, games and a little reindeer fun! Venue TBC!

Friday 17th December

NDIS

\$30

6 hours

Member

\$65

1 session



TOTAL ARTS

17. Crafty Arts (Wednesdays)

Crafty Arts is a fun interactive art-based program focusing on developing participants creative skills across various art mediums. Each week participants will be encouraged to incorporate their own interests into the weekly art activity.

July 21st, 28th

Aug 4th, 11th, 18th, 25th

NDIS

\$934

24 hours

Member

\$180

6 sessions

18. Art Creative (Wednesdays)

Art Creatives is a new program focused on making beautiful products. Participants will put their creative skills together to design, create and produce several products ideal for gift ideas or just something special to keep inside their homes. This program is also aimed at being the team to design and develop the concept of products for the end of year Christmas Craft Fair.

Sept 8th, 15th, 22nd, 29th

Oct 6th, 13th

NDIS

\$934

24 hours

Member

\$195

6 sessions

19. Digital Media (Wednesdays)

In the digital media program, participants will put together their directive and acting talents to in creating a Short Film or Video Production. Participants will collaborate on the design, capture and production of the short film over the duration of the six-week program.

Oct 27th

Nov 3rd, 10th, 17th, 24th

Dec 1st

NDIS

\$934

24 hours

Member

\$120

6 sessions

'Art program participants will get priority on day trips'

20. Artsy Overnighter (Sat-Sun)

Overnight trip to Kakadu, activities includes a live painting workshop on location at Ubirr, Jabiru Art Gallery visit and an eco-printing workshop at Nourlangie. A creative weekend away inspired by nature!

September 4th & 5th

NDIS

\$829

20 hours

Member

\$260

1 night

included

21. Arts Creative Day trip

A Darwin based day trip exploring Darwin's flamboyant Parap Markets. Enjoying some of Darwin's local creative talent on display and visit some beautiful creative stores to give inspiration into creative product making. After we will enjoy a relaxing lunch before venturing to The Rec Room to get creative!

Saturday 9th Oct

NDIS

\$333

8 hours

Member

\$65

1 session

included

22. Digi Day trip

A Darwin based day trip with everything film. Participants will be treated to a day of short film fun before enjoy a relaxing lunch before venturing to The Rec Room to get creative with a mini production just in time for Christmas!

Saturday 4th Dec

NDIS

\$333

8 hours

Member

\$55

1 session

included

TOTAL TRAVEL

Total Recreation offers a variety of travel opportunities from day trips, weekend getaways to interstate* tours and holidays. The popular Territory Weekender, held each month and will provide a more significant travel opportunity (interstate etc) every three months.

**'Ensuring member safety interstate travel will be continually assessed in relation to covid travel lockdowns'.*

23. Katherine (Fri-Sun).



Travel with us to the Never Never region, Katherine. While its star attraction is undoubtedly the famous Nitmiluk (Katherine Gorge), Katherine and its surrounds include great hidden natural wonders and a rich indigenous and pioneering history.

July 23rd - 25th

NDIS

\$1809

40 hours

Member

\$980

3 nights



24. Kimberly Experience

Explore the Kimberley driving from Darwin to Kununurrara and enjoy the dream time experience, wildlife spotting, cruise and Lake Argyle. Cruise on ancient waterways, see magnificent waterholes, discover the great Victoria River and rich Ord River Valley.



August 23rd - 30th

NDIS

\$3748

80 hours

Member

\$1900

7 nights



25. City Stay (Sat-Sun)

Stay overnight in one of Darwin's city hotels and enjoy various activities or events around town. Relax by a pool, dine at one of Darwin restaurants and enjoy a staycation away from home.

September 25th - 26th

NDIS

\$956

20 hours

Member

\$240

1 night



26. Tumbling Waters (Sat-Sun)

An unforgettable tropical holiday experience and the perfect base to relax, unwind & explore the beautiful Top End! Set on 100 acres, nestled among lush tropical gardens, palm trees and manicured lawns, this idyllic tropical oasis is located just 30 minutes from Darwin near Berry Springs and the Northern Gateway to the spectacular waterfalls of Litchfield National Park.

October 30th - 31st

NDIS

\$956

20 hours

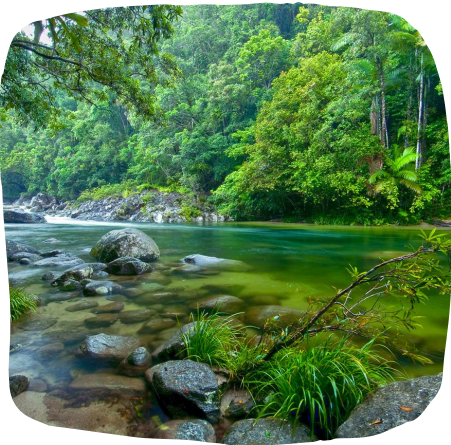
Member

\$249

1 night



27. Cairns



Cairns is one of Australia's premier holiday destinations for both international and domestic tourists. With its close proximity to the Great Barrier Reef and Daintree Rainforest is a Mecca for scuba divers, snorkelers', reef cruises, all types of fishing, rainforest walks, outback "bush" adventures, native bird and wildlife watching and tours of all shapes and sizes. *(Travel subject to covid-19 restrictions).*

December 6th - 13th

NDIS

\$2344

80 hours

Member

\$1480

7 nights



28. Club Tropical (Sat-Sun)

Enjoy a relaxing weekend getaway at Club Tropical, set in the Northern suburbs of Darwin just 200m from the stunning Lee Point Beach, Club Tropical Resort Darwin features 2 salt water pools, BBQ areas, Al-fresco dining area and an on-site restaurant.

December 11th - 12th

NDIS

\$956

20 hours

Member

\$240

1 night



2022 TRAVEL (EXPRESSION OF INTEREST)

Total Recreation is planning travel options for 2022 and we are calling for expressions of interest from members. All interstate travel will be continually assessed due to Covid and advice taken from medical authorities in relation to travel and safety.

29. Tamworth

Country music calling, Total Recreation would like to gauge interest in a trip to the Tamworth Country Music Festival in January 2022. See Australia's best country music acts old and new, buskers to superstars of bush music. (Travel subject to covid-19 restrictions).



January 16th-23rd 2022

NDIS

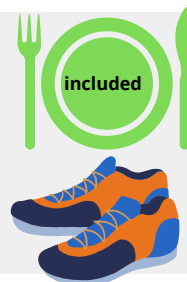
\$2507

80 hours

Member

\$4250

7 nights



30. WomADELAIDE

Spend seven nights in amazing Adelaide for the world famous WOMADelaide music festival. Celebrating creative and cultural diversity through the universal languages of music, arts and dance. Explore world music, the city and surrounding Adelaide. (Travel subject to covid-19 restrictions).



March 8th-15th 2022

NDIS

\$2507

80 hours

Member

\$4250

7 nights



Proudly supported by JACANA Energy Total Recreation's popular FREDI fitness program provides two weekly fitness sessions with various active recreation and gym sessions. The FREDI fitness programs aim to provide regular active fitness opportunities in an enjoyable and fun environment.

31. Strength & Balance (Tuesdays)

With a focus on strength and balance, The Rec Room based circuit program provides variety in a guided multi-exercise workout session.

July 20th, 27th
Aug 3rd, 10th, 17th, 24th

NDIS
\$959
12 hours

Member
\$120
6 sessions



32. Walking (Thursdays)

Walk with your friends and enjoy various fresh air walks around the Darwin and the Palmerston region. Walking provides a great starting point working towards a healthier you.

July 22nd, 29th
Aug 5th, 12th, 19th, 26th

NDIS
\$959
12 hours

Member
\$30
6 sessions



33. Kayaking (Thursdays)

Kayaking is back! Cool down with some aqua fun and paddle board or kayak your way at Lake Alexander.

Sept 9th, 16th, 23rd, 30th
Oct 7th, 14th

NDIS
\$959
12 hours

Member
\$250
6 sessions



34. Walking (Tuesdays)

Walking provides regular exercise, join Total Recreation for various walks around the Darwin and the Palmerston region.



Sept 7th, 14th, 21st, 28th
Oct 5th, 12th

NDIS
\$959
12 hours

Member
\$30
6 sessions



35. Seated Yoga (Tuesdays)

Try seated yoga, a combination of stretching and core strength. Ease into it or work hard to feel your core get stronger .



Oct 26th
Nov 2nd, 9th, 16th, 23rd,
30th

NDIS
\$959
12 hours

Member
\$120
6 sessions



36. FREDI Circuit (Thursdays)

Circuit training offers a variety of fun mini activities in the one session. Get active and stay healthy in this all inclusive circuit workout.



Oct 28th
Nov 4th, 11th, 18th, 25th
Dec 2nd

NDIS
\$959
12 hours

Member
\$120
6 sessions



SPORTS

The Rising Stars basketball competition is back in terms three and four. Join the Hot Steppers and the Total Stars compete and enjoy basketball in a fun inclusive program. Rising Stars basketball includes skill development sessions and games. (competition date may vary).

37. Basketball (Fridays term 3)

Jul 30th,
Aug 6th, 13th, 20th, 27th
Sept 3rd, 10th, 17th

NDIS
\$801
24 hours

Member
\$100
8 sessions



38. Basketball (Fridays term 4)

Oct 22, 29th,
Nov 5th, 12th, 19th, 26th
Dec 3rd, 10th

NDIS
\$801
24 hours

Member
\$100
8 sessions



'Monday Sport continues with Table Tennis, Lawn Bowls and Indoor Sport programs, table top games, 8-ball, tenpin bowling and more. Sports conducted in a social atmosphere'.

39. Lawn bowls (Mondays)

Four week lawn bowls program. Monday afternoon lawn bowls, hit the rink and roll a few balls at jack in a relaxed social environment.

Jul 5th, 12th, 19th, 30th

NDIS
\$441
12 hours

Member
\$60
4 sessions



SPORTS

40. Table Tennis

From beginners to experts come and play Table Tennis in the air-conditioned Rec Room. Learn skills and have fun, or train hard for the end of program championship play offs!

Oct 25th
Nov 1st, 8th, 15th

NDIS
\$441
12 hours

Member
\$60
4 sessions

41. Indoor Games

A variety of indoor based games will be held over four weeks e.g. Table tennis, 8-ball, bowling and other activities conducted indoors.

Nov 22nd, 29th
Dec 6th, 13th

NDIS
\$441
12 hours

Member
\$60
4 sessions

'Total Recreation supports a number of sport opportunities for members. These programs are often run by clubs or sports'.

Athletics



Athletics program is conducted on Mondays at the Marrara Athletics stadium, (this program is run by the Darwin Athletics Club) contact us and find out how to get involved.

Swimming



Swimming program is conducted at Palmerston Pool, (this program is run by the Palmerston Sharks swimming club) contact us and find out how to get involved.



DANCING WITH THE CELEBRITIES

42. Dancing with the Celebrities (Mondays)

Are you the next DWTC (Dancing with the Celebrities) grand champion? Get your groove on and join Total Recreations dance class and learn the moves that will take you to the top. Member cost covers DWTC ball ticket.

Aug 16th, 23rd, 30th
Sept 6th, 13th, 20th, 27th
Oct 4th, 11th, 18th

NDIS

\$1029

25 hours

Member

\$250

10 sessions



NEW REC CLUB

Welcome to new Rec Club! Many members will already have attended a Total Recreation program at The Rec Room, with new big screen projector and multiple activity options. Total Recreation is looking to provide more access for members and open up The Rec Room both structured programs and casual use opportunities for Total Recreation artists.

'Rec Club programs are opening up the use of The Rec Room'

43. My Own Arts

An open arts program for participants to use the The Rec Room to work independently on their own projects. Participants will have all the arts facilities available to them and be mentored, supported, and guided to develop, design and create their own arts project. We want participants to develop ideas and start their artworks for entries into competitions, develop artworks for exhibition opportunities available to them around the NT. Price based on 20 hours, contact us to find out more.

Time and Dates TBC

NDIS

\$680

20 hours

Member

\$75

20 hours

44. Total Gamers (Wednesdays)

In the new era of e-sports and online gaming Total Recreation will for the first time offer the Total Gamers program aimed at members who enjoy using computers. The program will have an element of playing games but will also include learning about computers, networking and computer programming. (Note: program starts 10am on Wednesdays).

Nov 3rd, 10th, 17th 24th

NDIS

\$861

20 hours

Member

\$90

4 sessions

FRIDAY REC CLUB

Friday Rec Club is an opportunity to hang out with your friends on Friday afternoons. Just finished a game of basketball come and hang out in the air-conditioned, watch a movie, or hit the water park. It's your Friday afternoons with the Rec Club.

45. Friday Rec Club 1

Hang out in the Rec Room and participate in a variety of activities on Friday afternoons watch a movie, play games, go to the water park. program will follow on from basketball.

Aug 20th, Sept 3rd, 17th

NDIS
\$861
20 hours

Member
\$90
4 sessions



46. Friday Rec Club 2

Following the first round of Friday Rec Club, Friday Rec Club 2 offers another four Friday afternoons of fun with your friends.

Nov 5th, 19th, Dec 10th

NDIS
\$861
20 hours

Member
\$90
4 sessions



CONTACT US



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