



# Newsletter

**A Recreation and Leisure service for Adults  
with Intellectual Disabilities.**



Sargents Centre, 9-13 First Ave Blacktown  
PO Box 394 Blacktown NSW 2148  
Phone: 9671 7217 Email: [manager@tnc.net.au](mailto:manager@tnc.net.au)  
Web: [www.tnc.net.au](http://www.tnc.net.au)  
Facebook: [www.facebook.com/tncblacktown](http://www.facebook.com/tncblacktown)  
Office hours: 9am—4pm Mon—Friday.

# INFORMATION

## TNC MOBILE NUMBERS

Please add to your phone directory.

For the TNC Office contact: **9671 7217**, during business hours between 9am-5pm, Monday to Friday.

The TNC mobile number can be used after 5pm during activities: **0473 330 028**.

TNC activity officers can be contacted if someone is running late, if there is an issue or problem, or a late cancellation. Carer's can call if there is an emergency or if it is necessary.

- Manager's phone contact, can be called after business hours, (after 5pm), & week-ends, **IF** there is an emergency or issue only please: **0473 330 027**.



TNC staff have noticed that some members, carers & their families, have been a bit confused with activity times & pick-up points. Please be sure that you read the newsletter thoroughly to avoid any confusion.



# !Important!

\* When you have your NDIS plan renewal, please give copies of your new plan to TNC so that we can claim for your activity hours. This is very important.

\* Please contact TNC with any new phone numbers or change of address.

# April

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
30.						1.  <i>Easter Sundas</i>
2.  <i>Easter Monday</i>	3.  <i>Karaoke</i> 	4.	5.	6.  <i>Make your own burger</i> 	7.	8.
9.	10.  <i>Mocktail Party</i> 	11.  <i>Workshop In The Shed</i> 	12.	13.	14.  <i>Gelato Tour</i> 	15.
16.	17.  <i>Italian Night</i> 	18.	19.	20.  <i>Paper Planes 2</i> 	21.	22.
23.	24  <i>Jungle Disco.</i> 	25.  <i>Anzac Day</i>	26.	27.  <i>Club Night</i> 	28.  <i>BBQ in the Sensory Garden</i> 	29.  <i>Craftsnoon</i> 

**Tuesday 3rd April, 2018**

# KARAOKE



Come down to TNC tonight  
for an evening of karaoke  
with your friends! We will  
have lots of fun tonight, so  
don't miss out.  
Dinner is included!



**Time: 5.30pm - 8.30pm**

**Cost: \$ 25**

**Bring: A drink if you wish**

**Meet: TNC at The Sargents  
Centre**

**Payment method: Invoice**

**Bookings: Required**

**Friday 6th April, 2018**

**MAKE  
YOUR  
OWN**



**Build Your Own**

**1. Bun    2. Meat    3. Cheese    4. Stuff**



**Time: 5.30 - 8.30pm**

**Cost: \$25**

**Bring: An apron**

**Held: TNC**

**Payment method: Invoice**

**Bookings: Required**

**Tonight at TNC,  
members will be  
making their own  
burgers! Build 'em up in  
the Sargents  
Centre kitchen with  
your friends. Add what-  
ever toppings you like!  
Book now!**





**Tuesday 10th April, 2018**

# Mocktail Party

Tonight is Mocktail Party Night!  
It's going to be a lot of fun here this evening at TNC. There will be finger food & mocktails to try, while we dance to our favourite party tunes on the TNC Stadium Party Maker!  
We'll have the party lights on, so you can dance the night away with your friends!  
Don't miss out!  
(For those of you that don't know, a mocktail is just like a cocktail, but it contains no alcohol.)



**Time: 5.30-8.30pm**  
**Cost: \$30**  
**Meet: At TNC at The Sargents Centre**  
**Bookings: Required**  
**Food & drinks included!**



*Mocktails*



**Wednesday, 11th April, 2018**

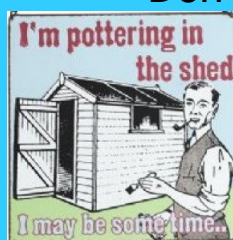


# In The Shed

This evening at TNC, we will be learning some basic handyman/handywoman skills. Simple tasks will be given by for you to learn from staff member Fin, who is a skilled carpenter.

Other staff will be there to assist you. We will be learning how to use screwdrivers, hammers, & basic tools to assist you around your home.

Don't delay, book today!



**Time: 5.30pm-8.30pm**  
**Cost: \$40** (includes materials + dinner)  
**Bring:** An apron  
**Held:** TNC at The Sargents Centre  
**Payment method:** Invoice  
**Bookings:** Required





Saturday 14th April, 2018



Everyone will be meeting at TNC & then we'll make our way to Newtown to taste some of Sydney's finest & most delicious gelato. The first gelato is included in the cost, (up to \$10 value), but you will need to pay for any more gelato if you wish to try it. There will be lots of walking, so please wear suitable footwear.



# GELATO

**Meet and pick up:**

**TNC @ Sargents Centre, 9-13 First Ave, Blacktown.**

**Time:** 9.00am-4.00pm

**Cost:** \$25.00 (includes first gelato, up to \$10 value).

**Bring:** Opal card, I.D, money for gelato & drinks.

**Payment method:** Invoice.

**Bookings:** Required.



**Tuesday 17th April, 2018**

# Italian Night

At TNC, our members have been trying different foods from around the world. Tonight, we have another themed food night & we will be enjoying some Italian cuisine with our TNC friends.

Get dressed up in themed clothing for some extra fun if you wish!



**Time: 5.30 - 8.30pm**

**Cost: \$25**

**Bring: A drink if you wish**

**Held: At TNC**

**Payment method:**

**Invoice**

**Bookings: Required**

Friday 20th April, 2018

# High Flyers

## Part 2

This is a 2 part movie & plane craft activity.  
For part 1, we enjoyed a movie about planes  
& had a meal together.

Part 2 of the activity is making and designing our own  
paper planes as a craft based evening.

There will be a paper plane throwing  
competition at the end of the activity.

Book your spot!



Time: 5.30pm - 8.30pm

Cost: \$ 25

Bring: A drink if you wish

Meet: at TNC at The Sargents  
Centre

Payment method: Invoice

Bookings: Required





Tuesday 24th April, 2018

# Jungle Disco



One of our favourite events, the TNC Disco - is now themed every month!

This month, the disco will be a Jungle theme.

There will be fun props, music to dance the night away, and a prize for Best Dressed. Come along and join in on all the fun!

Please note: There is limited TNC staff supervision at the disco.

Please be careful when dropping off and collecting people as there is a high influx of traffic.



**DJ JOE**

Meet:: Blacktown Inn, 80 Blacktown Rd, Blacktown

Time: 6:00-9.00pm

Cost:: \$20 ; to be paid on the night

Bring: ID, Money for dinner and drinks if required.

Booking: NOT REQUIRED

Pick up: Blacktown Inn

**Saturday 27th April, 2018**

Tonight TNC will be heading out to the club to listen to some live music & have a dance.

Join your friends for dinner beforehand at the club's restaurant.

Enjoy listening to all your favourite tunes & dance the night away!

This activity is sure to fill up fast.

**Book your spot!**



Meet: TNC at the Sargents Centre

Time: 6:00pm-12:00pm.

Cost: \$20

Payment method: Invoice.

Bring: ID, Pension card, money for dinner and drinks (approx \$50)

Bookings: Required.





# BBQ in the Garden

**Saturday 28th April, 2018**



**Come on down to TNC on Saturday for a BBQ lunch in our Sensory Garden!**

**This is a great opportunity to spend the day catching up with your TNC friends in a relaxed garden setting.**

**Book today!**

**Don't miss out on the fun!**



**Meet: at TNC**

**Time: 10.00am -2.00pm.**

**Cost: \$25 (includes BBQ lunch)**

**Bookings: Required**

**Payment: Invoice**

**Sunday 29th April, 2018**

**Join in on the crafty fun with your friends!**  
This activity is sure to fill up fast,  
book your spot.

Please wear clothing suitable for art & craft, it can get messy! Or you can bring an old shirt, apron or smock to wear over your clothes.

**Meal NOT included in this activity.**



**Held: at TNC**

**Time: 2:00pm-5:00pm.**

**Cost: \$25 (includes all art materials)**

**Bring: A drink, & an old shirt, smock or apron.**

**Bookings: Required**

**Payment: Invoice**



**Is proud to have gained  
verification against the NSW  
Disability Service Standards.**