



# Newsletter

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



# March

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.

# March

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1. <i>Comedy Trivia</i> 	2. <i>Bingo!</i>	3.	4. <i>Holi Mela</i> 
5.	6. <i>Pyjama Party</i> 	7.	8.	9. <i>Paper Planes</i> 	10. <i>Club Night</i>	11.
12.	13. <i>Irish Night</i> 	14. <i>Photography Workshop</i> 	15.	16.	17. <i>Jen's Farewell Party</i>	18.
19.	20. <i>Planning Night</i> 	21.	22.	23. <i>Ten Pin Bowling</i> 	24. <i>Sydney Royal Easter Show</i> 	25.
26.	27. <i>Beach Party Disco</i> 	28.	29.	30. <i>Good Friday</i>	31. <i>Easter Saturday</i>	

# Comedy Trivia ??? Night

Thursday 1st March, 2018

Join TNC tonight, as we head out to The Royal Cricketer's Arms Hotel in Prospect.

This evening, we will be participating in the Comedy Trivia event with our TNC friends.

Time: 5.30pm - 9.30pm

Cost: \$ 20

Bring: Money for dinner & drinks, (approx \$ 40.)

Meet: TNC at The Sargents Centre

Payment method: Invoice

Bookings: Required

# ???

# ???

## COMEDY TRIVIA

GREAT GIVEAWAYS AND PRIZES

**NEW  
CASH  
JACKPOT!**

ONE PERSON  
ONE QUESTION  
30 SECONDS

FROM 6.30PM

WIN UP TO  
\$500





**Friday 2nd March, 2018**

# BINGO!

**Head down to TNC for our fun filled bingo night with all of  
your TNC friends!**

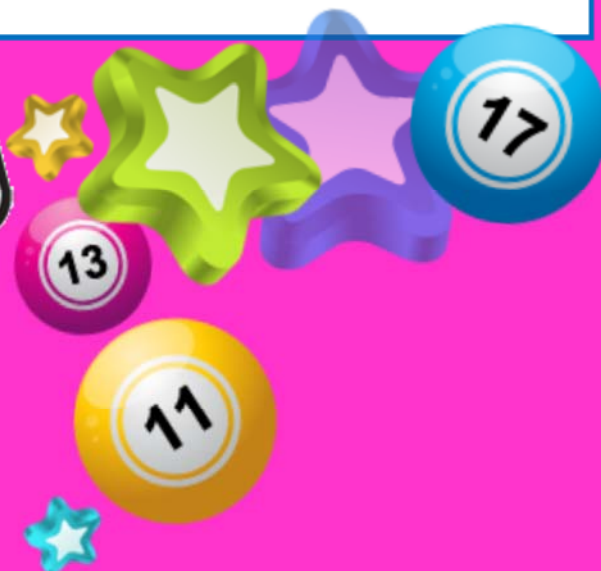
**This night is bound to be popular, so book today!**

**Bingo**

**Time: 5.30 - 8.30pm  
Cost: \$25, dinner included  
Bring: A drink if you wish  
Held: At TNC at the  
Sargents Cantre  
Bookings: Required**



**ARE YOU COMING OUT  
TO PLAY?**





**SUN 4<sup>TH</sup> MARCH 2018**

BLACKTOWN SHOWGROUNDS

Celebrate Holi with your TNC friends at Blacktown Holi Mela on Sunday 4th March 2018.

Non stop dance and music with Sydney's best DJs while you celebrate freedom, friendship and joy!

There will also be food & market stalls. All in one place!  
Get in early, book now!

**PLEASE NOTE:** If you wish to participate in the colour throw, you must wear old clothing, as the colours may stain.

**Time: 10am-2pm**

**Cost: \$20, includes entry**

**Bring: Money for lunch & market stalls**

**Meet: TNC at the Sargents Centre**

**Bookings: Required**



Tuesday 6th March, 2018

Pyjama  
party!

It's time for a TNC Pyjama Party!  
Come on down to TNC, dressed in  
your jimmy jams for a fun filled night  
with your friends!

Time: 5.30pm-8.30pm

Cost: \$25,  
dinner included  
Bring: A drink if  
you wish

Meet: TNC at the  
Sargents Centre  
Bookings: Required



Friday 9th March, 2018

# High Flyers Part 1 & Movie

This is a 2 part movie & plane craft activity.

For part 1, we will be enjoying a movie about planes  
& having 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



**Saturday 10th March,**

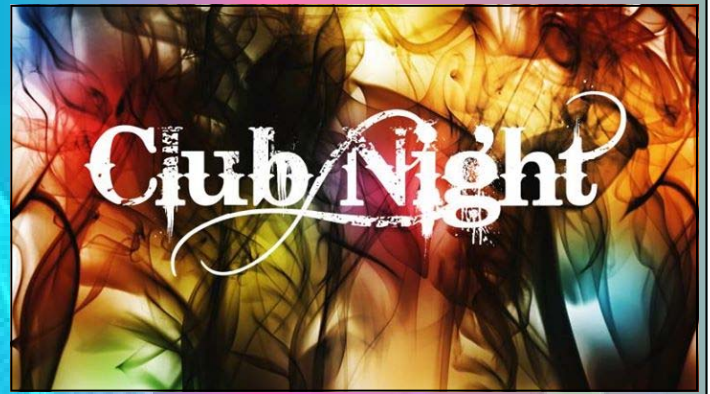
Tonight TNC will be heading out to the club to listen to some live music & have a dance.

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.





**Tuesday 13th March, 2018**

This evening, we will be celebrating St Patrick's Day at TNC. We will be enjoying a home cooked traditional Irish meal There will also be dessert served, & we will have themed music to dance to.  
You are welcome to wear green, or dress in a costume if you wish.



**Time:** 5.30-8.30pm

**Cost:** \$25

**Bring:** A drink if you wish

**Meet:** At TNC at the  
Sargents Centre

**Payment method:**

Invoice

**Bookings:** Required

**Wednesday 14th March, 2018**

# Photography With Kim



This evening, we will be learning some basic photography skills. Simple tips & tricks will be taught by staff member Kim, who has had previous photography training.

You will learn about framing, posing & lighting techniques.

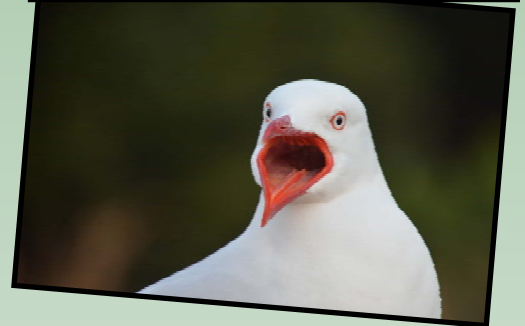
**Time: 5.30pm - 8.30pm**

**Cost: \$30, includes lesson & dinner**

**Bring: Your own camera**

**Held: At TNC at the Sargents Centre**

**Bookings: Required**



**Saturday 17th March, 2018**

# Jen's Farewell Party

Today, we are saying farewell to TNC's manager, Jen. Please come to her farewell party to say goodbye, & to thank her for all of her support & great work during her time with us.

**Time: 12.00pm—4.00pm**

**Cost: \$20, lunch included**

**Bring: A drink if you wish**

**Held: At TNC at the Sargents Centre**

**Payment method: Invoice**

**Bookings: Required**



**PARENTS & CARERS WELCOME, BUT  
BOOKINGS ARE REQUIRED**



# Planning Night

Tuesday 20th March, 2018

TNC invites you to attend Planning Night this evening.  
Planning Night is important because it provides you with a formal opportunity to bring your ideas forward, & voice your opinions about TNC.  
Your input and contributions are a valuable source of feedback for TNC.

Meet and pick up: TNC @ Sargents  
Centre Time: 5:30pm-8:30pm.  
Cost: \$25 (includes dinner).  
Bring: A can of drink if you wish.  
Bookings: Required.

ACTIVITIES  
IDEAS  
PLANNING  
GOALS  
HOLIDAYS



Friday 23rd, March, 2018

## Bowling & Dinner

Join your TNC friends for a night of tenpin bowling.  
A small meal is included in this activity.  
If you require a larger meal or any extras to eat, this can be purchased by you on the night.



Meet: TNC at  
The Sargents Centre  
Time: 5.30pm till 8.30pm  
Bring: Money for any extras that you wish to purchase  
Cost: \$45 will be invoiced  
Bookings: Required

Please advise TNC staff if you will be meeting at AMF Blacktown, or at The Sargents Centre.



**Saturday 24th March, 2018**

Time: 9.00am - 5.00pm

Cost: \$55

Bring: Opal card, spending money, sun/rain protection

Meet: TNC at The Sargents Centre

Payment method: Invoice

Bookings: Required



**It's Easter time, & the Sydney Royal Easter Show is here!**

**There will be rides, showbags, & lots of fun!**

**Today, we will be travelling by train to the showground with our TNC friends. Don't forget to wear sensible shoes because we will be doing a lot of walking.**

**Lunch is included with the cost, but please bring money for lunch, drinks, showbags, rides, or anything that you wish to purchase on the day.**

**NOTE: The Easter show can become crowded & quite noisy. Please do not book for this activity if you are unable to cope with noise & crowds, or if you are unable to walk/stand for long periods.**





Tuesday 27th March, 2018



# Beach Party Disco

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

This month, the disco will be a Hawaiian 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.



Meet:: Blacktown Inn, 80 Blacktown Rd, Blacktown

Time: 6:00-9.00pm

Cost:: \$20

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

Booking: NOT REQUIRED

Pick up: Blacktown Inn

**DJ JOE**





# Don't Forget!

## Daylight Savings ends



REMEMBER!!!!

Daylight Savings ends on  
**Sunday 1st April 2018.**

Clocks go  
BACK 1 hour.



# From everyone at TNC!



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