

Programs of Support

Group activities – Weekly schedule

Semester 1, 2024

4 April to 11 September 2024

Ryde (NSW)

113 Kent Road
Marsfield NSW 2122

You have choice and control

We offer a range of fun and meaningful activities for you to choose from, located at our centre or around the community, every day of the week for 24 week-long semesters.

Each activity focuses on developing independent living skills, social & communication, and/or health & wellbeing.

To learn more about each activity, click on the link below:

aspect.org.au/how-can-we-help/we-understand-you/adult-community-services/ryde

Activity levies:

Daily activity levies apply to cover the Programs of Support's running costs, including facilitators and resources. Levies may be up to \$5.50 per day, subject to change depending on the program. Your Aspect ACS contact will confirm daily levy amounts prior to the start of a new semester.



Adult Community
Services



Programs of Support Ryde (NSW)

4 April to
11 September
2024



Adult Community
Services

- Health and Wellbeing
- Independent living
- Social and Communication

Daily activity levy \$2.00

Morning

Monday	Tuesday	Wednesday	Thursday	Friday
9 AM - 10AM Transition	9 AM - 10AM Transition	9 AM - 10AM Transition	9 AM - 10AM Transition	9 AM - 10AM Transition
10 AM - 11:30 AM Activity options:	10 AM - 11:30 AM Activity options:	10 AM - 11:30 AM Activity options:	10 AM - 11:30 AM Activity options:	10 AM - 11:30 AM Activity options:
Independent living ● Cost: Invoiced Location: 113 Kent Road, Marsfield	Healthy meal prep ● ● Cost: Invoiced Location: 113 Kent Road, Marsfield	Olympics ● Cost: Invoiced Location: 113 Kent Road, Marsfield	Healthy meal prep ● ● Cost: Invoiced Location: 113 Kent Road, Marsfield	Independent living ● Cost: Invoiced Location: 113 Kent Road, Marsfield
Shopping ● Cost: NIL Location: Various locations around the community	Swimming ● Cost: BYO \$10.00 Location: Ryde Aquatic Leisure Centre	Bowling League Cost: BYO \$20.00 Location: King Pin	Recycling ● Cost: NIL Location: Various locations around the community	Swimming ● Cost: BYO \$10.00 Location: Ryde Aquatic Leisure Centre
11:30 PM - 12:30 PM Preferred activity & Lunch				

**4 April to
 11 September
 2024**

- Health and Wellbeing
- Independent living
- Social and Communication

Daily activity levy \$2.00

Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Pen pals ● Cost: Invoiced Location: 113 Kent Road, Marsfield</p> <p>Outdoor exercise ● Cost: NIL Location: Various Locations Around The Community</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Indoor games ● Cost: Invoiced Location: 113 Kent Road, Marsfield</p> <p>Café and conversations ● Cost: BYO \$10.00 Location: Various Locations Around The Community</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Art ● Cost: Invoiced Location: 113 Kent Road, Marsfield</p> <p>Library ● ● Cost: NIL Location: Various Locations Around The Community</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Music ● Cost: Invoiced Location: 113 Kent Road, Marsfield</p> <p>Café and conversations ● Cost: BYO \$10.00 Location: Various Locations Around The Community</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Gardening ● ● Cost: Invoiced Location: 113 Kent Road, Marsfield</p> <p>Gym ● Cost: BYO \$10.00 Location: YMCA</p>
<p>2 PM - 3 PM</p> <p>Transition</p>	<p>2 PM - 3 PM</p> <p>Transition</p>	<p>2 PM - 3 PM</p> <p>Transition</p>	<p>2 PM - 3 PM</p> <p>Transition</p>	<p>2 PM - 3 PM</p> <p>Transition</p>