

# Programs of Support

Group activities – Weekly schedule

**Semester 1, 2024**

4 April to 11 September 2024

## Aspect Hawthorn (VIC)

"The Black Sheep" centre  
546 Burwood Rd  
Hawthorn VIC 3122

### 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/hawthorn](https://aspect.org.au/how-can-we-help/we-understand-you/adult-community-services/hawthorn)

### 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 Hawthorn (VIC)

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
9.30 AM - 10AM <b>Transition</b>	9.30 AM - 10AM <b>Transition</b>	9.30 AM - 10AM <b>Transition</b>	9.30 AM - 10AM <b>Transition</b>	9.30 AM - 10AM <b>Transition</b>
10 AM - 12:00 PM <b>Activity options:</b>	10 AM - 12:00 PM <b>Activity options:</b>	10 AM - 12:00 PM <b>Activity options:</b>	10 AM - 12:00 PM <b>Activity options:</b>	10 AM - 12:00 PM <b>Activity options:</b>
<b>Swimming</b> <span style="color: green;">●</span> Cost: BYO \$2.40 Location: YMCA Hawthorn	<b>Cooking</b> <span style="color: blue;">●</span> Cost: - BYO \$10.00 Location: 546 Burwood Rd, Hawthorn VIC 3122	<b>Baking</b> <span style="color: blue;">●</span> Cost: Invoiced Location: Uniting Church, Hawthorn	<b>So Dramatic!</b> <span style="color: green;">●</span> Cost: Invoiced Location: 546 Burwood Rd, Hawthorn VIC 3122	<b>Get creative</b> <span style="color: green;">●</span> Cost: Nil Location: 546 Burwood Rd, Hawthorn VIC 3122
<b>Workout</b> <span style="color: green;">●</span> Cost: -Nil Location: 546 Burwood Rd, Hawthorn VIC 3122	<b>Vinnies</b> <span style="color: blue;">●</span> Cost: -Nil Location: 546 Burwood Rd, Hawthorn VIC 3122	<b>Stationeers</b> <span style="color: purple;">●</span> Cost: Nil Location: Hawthorn and Alburn stations	<b>Vinnies</b> <span style="color: blue;">●</span> Cost: Nil Location: 546 Burwood Rd, Hawthorn VIC 3122	<b>Indoor / outdoor games</b> <span style="color: green;">●</span> Cost: Nil Location: Various locations
12:00 PM - 1:00 PM <b>Preferred activity &amp; Lunch</b>				

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## Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1:00 PM – 3:00 PM</p> <p><b>Activity options:</b></p> <p><b>Trivia</b> <span style="color: #800080;">●</span>                      Cost: -Nil                      Location: 546 Burwood Rd, Hawthorn</p> <p><b>Meditation</b> <span style="color: #008080;">●</span>                      Cost: -Nil                      Location: 546 Burwood Rd, Hawthorn</p>	<p>1:00 PM – 3:00 PM</p> <p><b>Activity options:</b></p> <p><b>Recycling</b> <span style="color: #000080;">●</span>                      Cost: Nil                      Location: 546 Burwood Rd, Hawthorn</p> <p><b>Podcasting</b> <span style="color: #000080;">●</span>                      Cost: Nil                      Location: 546 Burwood Rd, Hawthorn</p>	<p>1:00 PM – 3:00 PM</p> <p><b>Activity options:</b></p> <p><b>Local gardening</b> <span style="color: #800080;">●</span> <span style="color: #008080;">●</span>                      Cost: Nil                      Location: 546 Burwood Rd, Hawthorn and Uniting Church</p> <p><b>Newsletter</b> <span style="color: #800080;">●</span>                      Cost: Nil                      Location: 546 Burwood Rd, Hawthorn</p>	<p>1:00 PM – 3:00 PM</p> <p><b>Activity options:</b></p> <p><b>How to hospo</b> <span style="color: #008080;">●</span>                      Cost: Invoiced                      Location: 546 Burwood Rd, Hawthorn, and Sonny Ray Café</p> <p><b>Community gardening</b> <span style="color: #800080;">●</span>                      Cost: Nil                      Location: South Surry Park</p> <p><b>Yoga and meditation</b> <span style="color: #008080;">●</span>                      Cost: Nil                      Location: 546 Burwood Rd, Hawthorn</p>	<p>1.00 PM – 3.00 PM</p> <p><b>Activity options:</b></p> <p><b>Social games</b> <span style="color: #800080;">●</span>                      Cost: Nil                      Location: 546 Burwood Rd, Hawthorn VIC 3122</p> <p><b>Social connections</b> <span style="color: #800080;">●</span>                      Cost: BYO \$10                      Location: Various cafes</p>
<p>3 PM – 3.30 PM</p> <p><b>Transition</b></p>	<p>3 PM – 3.30 PM</p> <p><b>Transition</b></p>	<p>3 PM – 3.30 PM</p> <p><b>Transition</b></p>	<p>3 PM – 3.30 PM</p> <p><b>Transition</b></p>	<p>3 PM – 3.30 PM</p> <p><b>Transition</b></p>