Programs of Support

Group activities - Weekly schedule

Semester 1, 2024

4 April to 11 September 2024

Heatherton (VIC)

202-204 Old Dandenong Road, Heatherton

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:

https://www.aspect.org.au/how-can-we-help/we-understand-you/adult-community-services/heatherton

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.





Programs of Support Heatherton (VIC)

4 April to 2024



Daily activity levy \$2.00

11 September

Health and Wellbeing

Independent living

Social and Communication

Morning Monday 9 AM - 10AM **Transition**

10 AM - 11:30 AM

Cost: Invoiced

Cost: BYO \$10

centre

Location:

Activity options:

Money handling

Road, Heatherton

202-204 Old Dandenong

Location: Waves leisure

9 AM - 10AM

Tuesday

Transition

10 AM - 11:30 AM

Activity options:



Cost: Invoiced Location: 202-204 Old Dandenona Road, Heatherton



Cost: Invoiced Location: Various locations around the community

Competitive sports Shopping

Cost: Invoiced Location: Various locations around the community

Wednesday

9 AM - 10AM

Transition

10 AM - 11:30 AM

Activity options:

Onsite exercise

Cost: Invoiced Location: 202-204 Old Dandenong

Money handling

Road, Heatherton

Cost: Invoiced Location: 202-204 Old Dandenona Road, Heatherton

Travel Training

Cost: NII Location: Various locations around the community

Thursday

9 AM - 10AM **Transition**

10 AM - 11:30 AM

Activity options:

Scavenger hunt Cost: Invoiced

Location: 202-204 Old Dandenong Road, Heatherton

Gym

Cost: BYO \$10 Location: Various locations around the community

Shopping

Cost: NIL Location: Various locations around the community

Friday

9 AM - 10AM

Transition

10 AM - 11:30 AM

Activity options:

Independent living

Cost: Invoiced Location: 202-204 Old Dandenona

Road, Heatherton

Café and conversations

Cost: BYO \$10 Location: Various locations around the community

Swimming

Cost: BYO \$10 Location: Waves leisure

centre

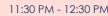


Preferred activity & Lunch

Cost: NIL

Location: Various locations around the community





Programs of Support Heatherton (VIC)

4 April to



11 September 2024

Health and Wellbeing Independent living Social and Communication

Afternoon		Social and Communication		Daily activity levy \$2.00	
Monday	Tuesday	Wednesday	Thursday	Friday	
12:30 PM – 2:00 PM	12:30 PM – 2:00 PM	12:30 PM – 2:00 PM	12:30 PM – 2:00 PM	12:30 PM – 2:00 PM	
Activity options:	Activity options:	Activity options:	Activity options:	Activity options:	
Healthy meal prep Cost: Invoiced Location: 202-204 Old Dandenong Road, Heatherton	Maintenance Cost: Invoiced Location: 202-204 Old Dandenong Road, Heatherton	Healthy meal prep Cost: Invoiced Location: 202-204 Old Dandenong Road, Heatherton	DIY Board games Cost: Invoiced Location: 202-204 Old Dandenong Road, Heatherton	Healthy meal prep Cost: Invoiced Location: 202-204 Old Dandenong Road, Heatherton	
Art Therapy Cost: Invoiced Location: 202-204 Old Dandenong Road, Heatherton	Independent Living Cost: Invoiced Location: 202-204 Old Dandenong Road, Heatherton	Library Cost: NIL Location: Various locations around the community	Job skills Cost: Invoiced Location: 202-204 Old Dandenong Road, Heatherton	Brain Games Cost: Invoiced Location: 202-204 Old Dandenong Road, Heatherton	
Gym Cost: BYO \$10 Location: Various locations around the community	Café and conversations Cost: - BYO \$10 Location: Various locations around the community	Bikes Cost: Invoiced Location: Various locations around the community	Work Experience Cost: Nil Location: Various locations around the community	BBQ Cost: Invoiced Location: Various Locations Around The Community	
2 PM - 3 PM Transition	2 PM - 3 PM Transition	2 PM - 3 PM Transition	2 PM - 3 PM Transition	2 PM - 3 PM Transition	