

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.



Adult Community
Services



Programs of Support Heatherton (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 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: Money handling ● Cost: Invoiced Location: 202-204 Old Dandenong Road, Heatherton	10 AM - 11:30 AM Activity options: Pen pals ● Cost: Invoiced Location: 202-204 Old Dandenong Road, Heatherton	10 AM - 11:30 AM Activity options: Onsite exercise ● ● Cost: Invoiced Location: 202-204 Old Dandenong Road, Heatherton	10 AM - 11:30 AM Activity options: Scavenger hunt ● Cost: Invoiced Location: 202-204 Old Dandenong Road, Heatherton	10 AM - 11:30 AM Activity options: Independent living ● Cost: Invoiced Location: 202-204 Old Dandenong Road, Heatherton
Swimming ● Cost: BYO \$10 Location: Waves leisure centre	Save the date ● Cost: Invoiced Location: Various locations around the community	Money handling ● 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
Shopping ● ● Cost: NIL Location: Various locations around the community	Competitive sports ● Cost: Invoiced Location: Various locations around the community	Travel Training ● ● Cost: NIL Location: Various locations around the community	Shopping ● ● Cost: NIL Location: Various locations around the community	Swimming ● Cost: BYO \$10 Location: Waves leisure centre
11:30 PM - 12:30 PM Preferred activity & Lunch				

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Afternoon

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