

Programs of Support

Group activities – Weekly schedule

Semester 1, 2024

4 April to 11 September 2024

St Albans (VIC)

Building 2 – Victoria University
University Boulevard
St Albans VIC 3021

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/westernmelbourne

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 St Albans (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:	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:
Photography ● Cost: Invoiced Location: Various locations within the community	Gym ● Cost: Invoiced Location: Victoria University	Gardening ● Cost: Invoiced Location: Westvale Community Centre	Gym ● Cost: Invoiced Location: Victoria University	Library ● ● Cost: NIL Location: Various locations within the community
Healthy meal prep ● ● Cost: Invoiced Location: Building 2 Victoria Uni, University Boulevard, St Albans	Brain Games ● Cost: Invoiced Location: Building 2 Victoria Uni, University Boulevard, St Albans	Competitive sports ● Cost: Invoiced Location: Building 2 Victoria Uni, University Boulevard, St Albans	Yoga ● Cost: Invoiced Location: Building 2 Victoria Uni, University Boulevard, St Albans VIC 3021	Healthy meal prep ● ● Cost: Invoiced Location: Building 2 Victoria Uni, University Boulevard, St Albans
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>Outdoor exercise ● Cost: NIL Location: Various locations within the community</p> <p>Pen pals ● Cost: Invoiced Location: Building 2 Victoria Uni, University Boulevard, St Albans</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>The Amazing Race ● Cost: Invoiced Location: Various locations within the community</p> <p>Independent living ● Cost: Invoiced Location: Building 2 Victoria Uni, University Boulevard, St Albans</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Swimming ● Cost: BYO \$10.00 Location: Ascot Vale Leisure Centre</p> <p>Job skills ● ● Cost: Invoiced Location: Building 2 Victoria Uni, University Boulevard, St Albans</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Recycling ● Cost: Invoiced Location: Various locations within the community</p> <p>Independent living ● Cost: Invoiced Location: Building 2 Victoria Uni, University Boulevard, St Albans</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Save the date ● Cost: Invoiced Location: Various locations within the community</p> <p>Art therapy ● Cost: Invoiced Location: Building 2 Victoria Uni, University Boulevard, St Albans</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>