

TERM TWO  
12 April 2021 to  
2 July 2021

Site:  
Contact:  
Email:

Marrickville

Cynamon Toner

[AACS@autismspectrum.org.au](mailto:AACS@autismspectrum.org.au) or [ctoner@autismspectrum.org.au](mailto:ctoner@autismspectrum.org.au)

## Independent Living Skills

### BEVERAGE MAKING

*Venue:* Marrickville

*Days:* Wednesdays, Thursdays &  
Fridays

*Time:* 9.00am – 10.00am



Learn to make different beverages of your choice. Coffee, Smoothies, milkshakes, Tea and more. Build your confidence in the kitchen and increase your independence.  
Call to action

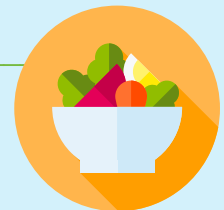
### MASTERCHEF

*Venue:* Various venues

Including Marrickville

*Days:* Thursday,

*Time:* 10.00am – 1.00pm



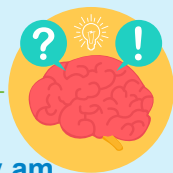
Increase your independence and your culinary skills. Learn to make various courses from lunch dishes, to deserts Call to action

### BRAIN GAMES

*Venue:* Marrickville

*Days:* Monday pm & Thursday am

*Time:* 9.00am & 1pm



Working with external services/therapists, we support you to implement strategies to assist in developing communication strategies.

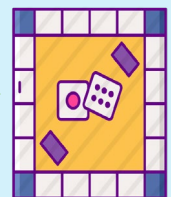
Call to action

### BOARD GAMES

*Venue:* Marrickville

*Days:* Tuesdays

*Time:* 9.00am – 10.00am



Board Games will assist you to think analytically, increase your problem solving skills and critical thinking.

Call to action

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## Social & Communication skills

### TEN PIN BOWLING COMPETITION

*Venue:* North Strathfield  
*Days:* Wednesdays  
*Time:* 10.00am –12.00pm



Join in the ACS NSW Ten pin Bowling Competition. Increase your hand eye coordination, gross motor skills, friendships,

Call to action

### BRAIN GAMES

*Venue:* Various  
– meet at venue  
*Days:* Mondays 9am & Fridays  
*Time:* 12.00pm – 2.00pm



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Call to action

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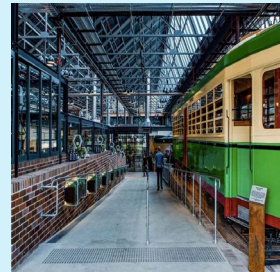
## Social & Communication skills

### EXPLORING SYDNEY

*Venue:* Various

*Days:* Tuesday

*Time:* 10.00am – 2.00pm



Come and explore our beautiful city with us and see Sydney through a different lens. Each week we will explore different sites: Tram sheds, Coast walks, Botanic Gardens and many more. You will work on social skills meeting locals, increase your confidence and independence using public transport where possible.

Call to action



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## Health and Wellbeing



### YOGA

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*Venue:* **Marrickville**

*Days:* **Thursdays**

*Time:* **10.00am – 11.00am**

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Facilitated by external Yoga Teacher, we support you to lower stress levels, Improve flexibility and mobility.

Call to action



### LUNCH & WALK AT BICENTENNIAL PARK

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*Venue:* **Bicentennial Park**

*Days:* **Wednesdays**

*Time:* **12.00pm – 2.00pm**

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Enjoy lunch with friends and a walk at Bicentennial Park. Increase your fitness and wellbeing by enjoying a walk while able to socialise with friends.

Call to action

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## Health and Wellbeing



### OUTDOOR RECREATION

*Venue: various locations across Sydney*

*Days: Fridays*

*Time: 10.00am – 2.00pm*

Improve health and wellbeing with activities such as bushwalks, swimming, outdoor gym, soccer, lawn bowls.

Call to action



### BASKETBALL & LUNCH AT THE PUB

*Venue: The Vic Marrickville*

*Days: Wednesdays*

*Time: 12.00pm – 2.00pm*

Enjoy lunch with friends at the Pub and enjoy a leisurely game of basketball. Increase your fitness and wellbeing by while able to socialise with friends.

Call to action

