

**TERM 2**

12 April 2021 to  
2 July 2021

Site:

Contact:

Email:

## Ryde

Jesse Wu 0466 460 037

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

## Social & Communication skills

### ART

*Venue:* Aspect Ryde

*Days:* Tuesdays & Thursdays

*Time:* 2.00pm – 3.00pm



Participant will gain understanding of different tools, materials, and apply different skills to make their own art project or design and present their work. Through art, they will increase interaction with a group of people including peers and active support workers.

### DANCING

*Venue:* Aspect Ryde

*Days:* Tuesdays & Thursdays

*Time:* 1.00pm – 2.00pm



Our program has been designed for people of all abilities to participate in a fun and social activity. The activity is low impact and inclusive, allowing participants to actively participate in dance moves while utilizing various musical instruments.

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## Fitness & Wellbeing

### INDOOR & OUTDOOR WORKOUT

**Venue:** Aspect & ELS Hall Park

**Days:** Mondays, Wednesdays, &  
Thursdays

**Time:** 9.30am – 10.00am



Our program provides opportunity for people of all abilities to participate in low impact exercise movements or extension if they are ready for more challenges.

The workout starts with a group warm up with fun movements with funky names, followed by introducing various fitness equipment. The program aims to provide participants with different and varied bodily activities that enhance physical fitness and overall health and wellbeing.

### CHAIR YOGA

**Venue:** Aspect Ryde

**Days:** Tuesdays & Fridays

**Time:** 9.30am – 10.00am



Our program has been designed for people of all abilities participate to improve their overall health, mindfulness, and wellbeing in a fun and safe group environment.

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## Independent Living Skills

### BEVERAGE MAKING

*Venue:* Aspect Ryde

*Days:* Mondays to Friday

*Time:* 9.00am – 9.30am



The aim of our program is to support participants to learn the necessary skills to make a cup of drink of their liking such as coffee or tea.

Our program goes through various options on how to make a cold or hot drink with various options of toppings.

### COOKING

*Venue:* Aspect Ryde

*Days:* Mondays & Fridays

*Time:* 1.00pm – 2.00pm



The objective of our cooking program is to provide participants with the opportunity to have pleasurable experiences with food, cooking and eating. Learn to follow recipes and developing particular skills, to try new foods, to socialize and to participate in team work

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## Recreation & Hobbies

### GARDENING

*Venue:* Aspect Ryde

*Days:* Mondays & Wednesdays

*Time:* 2.00pm – 3.00pm



Our gardening program enables participants of all abilities to develop their gardening skills and eventually eat the food they grow.

Participants will also improve on their communication and social skills. They will work in the natural environment while acquiring valuable experiences as working as part of a team. Gardening is also a great way for participants to relax and reduce stress.

### TEN PIN BOWLING COMPETITION

*Venue:* North Strathfield

*Days:* Wednesdays

*Time:* 10.00am – 1.00pm



Our program has been designed for people of all abilities to participate in a fun and social activity.

Improve your hand eye coordination, gross motor skills and build friendships,

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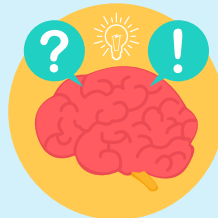
## Recreation & Hobbies

### BINGO

*Venue:* Aspect Ryde

*Days:* Fridays

*Time:* 2.00pm – 3.00pm



Our bingo program enables participants of all abilities to participate in a group game and have fun, taking turns to get in charge and learn about the rule of the game.

### SWIMMING

*Venue:* Aquatic Centres

*Days:* Mondays & Fridays

*Time:* 2.00pm – 3.00pm



Our water based program enables participants of all abilities to develop their confidence in the water and enjoy the recreational time while getting fit.

We will visit a local aquatic centre as a group. While the swimmer can enjoy swimming in the indoor or outdoor pool, the learners can enjoy various movement or relax with their support worker in the shallow water.

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## Recreation & Hobbies

### SHOPPING & BBQ

*Venue:* Various outdoor venues

*Days:* Tuesdays and Thursdays

*Time:* 10.00am – 1.00pm



Our program will encourage people with all abilities to actively participate in preparing for BBQ, starting from purchasing grocery to setting up and actual cooking the BBQ, sharing good food and fun outdoor time with their peer and supporting staff