

# Aspect Adult Community Services Programs of Support Calendar

Aspect Adult Community Services offer meaningful social activities to support people with autism develop new skills. The focus is on individuals having choice and control over what programs of support they would like to access. These programs ensure that people increase their independence and are better connected within their communities.

**Term 4: 27 September to 22 December 2021**

**HEATHERTON**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Gardening Maintenance</b> <i>Time: am &amp; pm programs</i> <i>Cost: \$5.00</i> <i>Location:</i></p>	<p><b>Swimming</b> <i>Time: 9.30am – 12.00pm</i> <i>Cost: \$7.00</i> <i>Location: Waves Pool</i> <i>111 Chesterville Rd, Highett</i></p>	<p><b>Restaurant</b> <i>Time: 9.30am – 12.00pm</i> <i>Cost: BYO money</i> <i>Location:</i></p>	<p><b>Swimming</b> <i>Time: 9.30am – 12.00pm</i> <i>Cost: \$7.00</i> <i>Location: Waves Pool</i> <i>111 Chesterville Rd, Highett</i></p>	<p><b>BBQ Cooking</b> <i>Time: 9.30am – 12.00pm</i> <i>Cost: \$10.00</i> <i>Location: Aspect Heatherton</i></p>
<p><b>Shopping</b> <i>Time: am &amp; pm programs</i> <i>Cost: BYO money</i> <i>Location: various locations</i></p>	<p><b>Couch to 5km</b> <i>Time: 9.30am – 12.00pm</i> <i>Cost: \$0.00</i> <i>Location: various locations</i></p>	<p><b>Couch to 5km</b> <i>Time: 9.30am – 12.00pm</i> <i>Cost: \$0.00</i> <i>Location: various locations</i></p>	<p><b>Music Therapy</b> <i>Time: 9.30am – 12.00pm</i> <i>Cost: \$8.00</i> <i>Location: Aspect Heatherton</i></p>	<p><b>Couch to 5km</b> <i>Time: am &amp; pm programs</i> <i>Cost: \$0.00</i> <i>Location: various locations</i></p>
<p><b>Public Transport</b> <i>Time: 9.30am – 12.00pm</i> <i>Cost: BYO Myki</i> <i>Location: various locations</i></p>	<p><b>Onsite Exercise</b> <i>Time: 9.30am – 12.00pm</i> <i>Cost: \$0.00</i> <i>Location: Aspect Heatherton</i></p>	<p><b>Gardening Maintenance</b> <i>Time: am &amp; pm programs</i> <i>Cost: \$5.00</i> <i>Location: Aspect Heatherton</i></p>	<p><b>Pen Pals</b> <i>Time: 9.30am – 12.00pm</i> <i>Cost: \$0.00</i> <i>Location: Aspect Heatherton</i></p>	<p><b>Animal Care</b> <i>Time: 9.30am – 12.00pm</i> <i>Cost: \$5.00</i> <i>Location: Aspect Heatherton</i></p>

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<p><b>Couch to 5km</b> <i>Time: 1.00pm – 3.30pm</i> <i>Cost: \$0.00</i> <i>Location:</i></p>	<p><b>Bike Riding</b> <i>Time: 1.00pm – 3.30pm</i> <i>Cost: \$5.00</i> <i>Location:</i></p>	<p><b>Cooking</b> <i>Time: am &amp; pm programs</i> <i>Cost: \$10.00</i> <i>Location:</i></p>	<p><b>Scavenger Hunt</b> <i>Time: am &amp; pm programs</i> <i>Cost: \$0.00</i> <i>Location:</i></p>	<p><b>Community Social Outing</b> <i>Time: 1.00pm – 3.30pm</i> <i>Cost: BYO money</i> <i>Location:</i></p>
<p><b>Domestic Skills</b> <i>Time: am &amp; pm programs</i> <i>Cost: \$0.00</i> <i>Location:</i></p>	<p><b>Sensory Experiences</b> <i>Time: 1.00pm – 3.30pm</i> <i>Cost: \$5.00</i> <i>Location:</i></p>	<p><b>Domestic Skills</b> <i>Time: am &amp; pm programs</i> <i>Cost: \$0.00</i> <i>Location:</i></p>	<p><b>Cafe</b> <i>Time: 1.00pm – 3.30pm</i> <i>Cost: BYO money</i> <i>Location:</i></p>	<p><b>Bike Riding</b> <i>Time: 1.00pm – 3.30pm</i> <i>Cost: \$0.00</i> <i>Location:</i></p>
<p><b>Cooking</b> <i>Time: 1.00pm – 3.30pm</i> <i>Cost: \$10.00</i> <i>Location:</i></p>	<p><b>Couch to 5km</b> <i>Time: 1.00pm – 3.30pm</i> <i>Cost: \$0.00</i> <i>Location:</i></p>	<p><b>Shopping</b> <i>Time: 1.00pm – 3.30pm</i> <i>Cost: BYO money</i> <i>Location:</i></p>	<p><b>Clay Modelling</b> <i>Time: 1.00pm – 3.30pm</i> <i>Cost: \$5.00</i> <i>Location:</i></p>	<p><b>Dance</b> <i>Time: 1.00pm – 3.30pm</i> <i>Cost: \$0.00</i> <i>Location:</i></p>