

## TERM 3

5 July 2021 –  
23 September 2021

Site:

Contact:

Email:

## Eastern Region - The Black Sheep

Christine Edwards

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

# Health and Wellbeing

## SWIMMING



*Venue:* Hawthorn YMCA

*Days:* Monday

*Time:* 10am – 12.00pm

Participants are to work on their health and well being by taking part in water based exercises with equipment to assist in relaxing the body and the mind while improving their fitness .

## INDOOR WORKOUT



*Venue:* The Black Sheep

*Days:* Monday and Thursday

*Time:* 10:00am – 12.00pm

If you like low impact exercises, then this is the program for you. We will use a range of exercise equipment such as steppers, light hand weights and resistance bands to work the upper and lower body. Your body and mind will be slightly challenged all while improving your fitness level.

## YOGA



*Venue:* The Black Sheep

*Days:* Wednesday

*Time:* 1.00pm – 3.00pm

Become aware of how your body can effect your physical and mental perspective. We will use a combination of simple yoga poses to encourage health and vitality.

Namaste!

## MEDITATION



*Venue:* The Black Sheep

*Days:* Monday and Thursday

*Time:* 1.00pm – 3.00pm

Engage your inner peace. This popular program assists in reducing any anxiety, stress and negativity. Come meditate with us!

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## Social Skills

### HEALTHY RELATIONSHIP

**Venue:** The Black Sheep**Days:** Thursday**Time:** 10.00am – 12:00pm

Working in collaboration with Family Planning Victoria this important and innovative program will provide a safe space for you to explore and unpack themes such as self care, body positivity, gender stereotypes, consent, personal boundaries, sexual health and respectful relationships.

### SOCIAL CONNECTIONS

**Venue:** The Black Sheep and  
Various Community Cafes**Days:** Friday**Time:** 1:00pm - 3.00pm

This program will give you the opportunity to get out into the community and enjoy some refreshments at the various cafes in the local and Melbourne area. This program is a great opportunity to meet new people and to develop friendships.

### BRAIN GAMES / TRIVIA

**Venue:** Black Sheep**Days:** Monday**Time:** 1.00pm – 3:30pm

This program is designed to stimulate your mind whilst you connect with your peers in a calm and relaxed environment. The group uses this time to engage with their peers in a light and fun manner whilst reflecting, listening and sharing if the like / feel comfortable.

### DIGITAL STORYTELLING

**Venue:** Alma Road, Community Centre**Days:** Tuesday**Time:** 1:00pm – 3.00pm

This program will see you involved in a storytelling project on an individual and group level. Participants will work together to make a comic-strip style digital story. We will also add various sound effects and dialogue to the story to bring it to life!

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## Sport and Recreation and Daily Living Skills

### COMMUNITY GARDENING

**Venue:** South Surrey Park, Surry Hills**Days:** Thursday**Time:** 1.00pm – 3.00pm

In this popular program, participants are supported by trained and knowledgeable volunteers and staff to work in the natural environment where we will learn about various flora and fauna in the area. This is a fantastic opportunity for you to engage with and contribute to the local community.

### LOCAL GARDENING

**Venue:** The Black Sheep**Days:** Wednesdays**Time:** 1:00pm – 3:00pm

This program is for people of all abilities to be supported to research, plant, fertilize and eventually eat the food they have chosen to grow in our own herb garden / vege patch. Gardening is a great way to relax and reduce stress, so grab your gardening gloves and lets go.

### SCAVENGER HUNT

**Venue:** Alma Road Community House**Days:** Tuesday**Time:** 1:00pm – 3.00pm

Who can hunt the fastest? Here we can work together in teams or work individually to search and find items in nature that are listed on the scavenger hunt list. Good luck and let the fun begin!

### DAILY LIVING SKILLS

**Venue:** Black Sheep**Days:** Wednesday**Time:** 10.00am – 12:00pm

This program provides you with the skills and knowledge to improve your daily life. From basic clothing repairs, to health and nutrition information, to various household chores through to common curtesy and social skills, each week we will focus on a new theme that is designed to help you in everyday life.

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## MASTERCHEF

*Venue:* Alma Road Community Centre

*Days:* Mondays

*Time:* 10:00am – 12.00pm



Lets take our taste buds out for a treat! In this program we will be making some delicious meals that are designed to delight and keep you coming back for more. Working on our everyday living skills we will work as a team to create some Masterchef worthy meals.

## OUTDOOR AND INDOOR GAMES

*Venue:* Hawthorn – Various

*Days:* Friday

*Time:* 1:00pm – 3.00pm



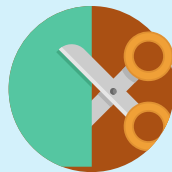
Lets play ball! In this program we will play many different ball games such as lawn bowels netball, football, soccer, cricket and Frisbee. All these will work towards building up our hand eye coordination and fitness goals

## GET CREATIVE

*Venue:* Black Sheep

*Days:* Tuesday

*Time:* 9.30am – 12.00pm



This program is designed to get your creative juices flowing, while increasing confidence and building upon those important social and team work skills.

## MOVIE APPRECIATION

*Venue:* Black Sheep

*Days:* Friday

*Time:* 10.00am – 12.00pm



If you love movies, this group is for you. Together we explore themes and stories contained in movies of your choice and those of your peers.