

TERM THREE

5 July 2021 –
23 September 2021

Site: **Heatherton**

Contact: Nick Anassis: Mobile 0401642126

Email: AACS@autismspectrum.org.au or nanassis@autismspectrum.org.au

Communication & Expression

CLAY MODELLING

Venue: 202 Old Dandenong Rd,
Heatherton

Days: Thursday

Time: 1:00pm-2:30pm



Engage in your own artwork, or work as a team to create a big collective clay artwork that can be used as decorations for the site or home..

CAFÉ - BEVERAGE

Venue: 202 Old Dandenong Rd,
Heatherton

Days: Thursday

Time: 1:00pm – 2:30pm



Individuals to take part in weekly visit to a local cafés. Individuals to pick a drink of choice, using their own money and socializing within a group.

COMMUNITY SOCIAL OUTING

Venue: Various locations

Days: Friday

Time: 1:00pm-2:30pm



Individuals to join a small group that attends a local gaming and entertainment complex where participants can choose to buy lunch and engage in recreational activities whilst promoting social communication and expression.

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Communication & Expression

SCAVENGER HUNT

Venue: 202 Old Dandenong Rd,
Heatherton

Days: Thursday

Time: 1:00pm-2:30pm



A recreational based activity that engages the individual in a group activity. Searching for items within a particular program with a clear emphasis on team building, social expression and skill development.

PEN PALS

Venue: 202 Old Dandenong Rd,
Heatherton

Days: Thursday

Time: 10:30am – 12:00pm



Individuals focus on skills using computers and emails, to be supported in socializing with others via the use of email and other technological means, supporting communication and social skills.

MUSIC THERAPY

Venue: Various locations

Days: Thursday

Time: 10:30am – 12:00pm



Improve health and wellbeing and engaging in music and movement, taking part in a group social setting.

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Communication & Expression

SENSORY

Venue: 202 Old Dandenong Rd,
Heatherton

Days: Tuesday

Time: 1:00pm – 2:30pm



Participants will have access to a range of various sensory activities and projects. These activities will last over several weeks. The aim is to provide participants with activities that will stimulate the senses.

RESTAURANT

Venue: 202 Old Dandenong Rd,
Heatherton

Days: Wednesdays

Time: 10:30am – 12:00pm



Individuals will take part in a weekly restaurant program. The overall aim is to support participants to explore new restaurants within ones local community, choosing a meal/location and gaining independent living skills with money handling and budgeting.

DANCE

Venue: Various locations

Days: Friday

Time: 1:00pm – 2:30pm



Individuals to take part in health and fitness programs while participating in dance and song, focusing on improving a persons health and well being while interacting in a social and interest focused activity.

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Health & Well being

SWIMMING

Venue: Waves Leisure Centre
Days: Tuesdays & Thursdays
Time: 10:00am – 12:00pm



Improve your overall health and wellbeing by participating in a weekly swimming program. You will have the options from casual swimming to completing laps in the pool..

BIKE RIDING

Venue: 202 Old Dandenong Rd,
Heatherton
Days: Wednesdays
Time: 10:30am – 12:00pm



Improve your health and wellbeing through exercise, gently building on interests / skills over time. This program is for all abilities.

ONSITE EXERCISES

Venue: Various locations
Days: Wednesday
Time: 12:00pm – 2:30pm



Improve your health and wellbeing through exercise, and gently building on interests / skills over time. This program is for all abilities.

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Independent Living Skills

DOMESTICS

Venue: 202 Old Dandenong Rd

Days: Monday & Wednesday

Time: 10:30pm – 2:30pm



Participants to engage in domestics tasks that focus on improving skills for independent living. Over the 12 weeks participants will focus on step by step tasks to complete individual washing, folding own clothes and ensuring the persons core room is clean and hygienic.

GARDENING

Venue: 202 Old Dandenong Rd,
Heatherton

Days: Monday & Wednesdays

Time: 10:30am – 2:30pm



Our program aims to support participants to build and maintain own garden area, planting, feeding and picking vegetables to take home and use within cooking program.

COUCH TO 5KM

Venue: Various locations

Days: Monday, Tuesday & Friday

Time: 10:30pm – 2:30pm



Improve your overall health and wellbeing through low impact exercise, and gently building distance and speed over time.

This program is for people of all abilities, no previous running experience is needed.

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Independent Living Skills

SHOPPING

Venue: Cheltenham
Youth Centre

Days: Wednesdays

Time: 1:00pm – 2:30pm



Individuals to gain skills in purchasing food items for the centre and for upcoming cooking programs, focusing on own shopping lists and money handling.

PUBLIC TRANSPORT

Venue: 202 Old Dandenong Rd,
Heatherton

Days: Mondays & Wednesdays

Time: 10:30am – 12:00pm



For participants to gain skills in using public transport, focusing on owning their own myki card as well as exploring locations across their own local community.

COOKING

Venue: Various locations

Days: Monday, Wednesday & Friday

Time: 10:30pm – 1:00pm



Individuals will take part in various chef inspired meals. Participants will engage in a step by step guide to learn the skills required to prepare and cook their own meal. The program will aim at creating various dishes from multiple cuisines each and every week within the 12 week period.