



# Social Connections Day Program

# Weekly Activity Schedule

**Centre Name:** Aspendale Social Connections

**Location:** Corner Nepean Hwy & Station St Aspendale

**Week Commencing:** 12/1/2026

---

## Monday

### All day (9am – 3:30pm)

- Bowling

### Morning (9am – 12:30pm)

- Relax & Refresh Swimming Program
- Physiotherapy with a qualified physiotherapist
- Creative Art & Craft

### Afternoon (12:30 – 3:30pm)

- Fun Fitness
- Plant, Grow Harvest

## Tuesday

### All day (9am – 3:30pm)

- Shopping & Baking
- Relax & Refresh Swimming Program
- Bowling

### Morning (9am – 12:30pm)

### Afternoon (12:30 – 3:30pm)

## Wednesday

### All day (9am – 3:30pm)

- Community based Disco
- Community adventure

## Thursday

### All day (9am – 3:30pm)

- Ballon Football / Hockey

### Morning (9am – 12:30pm)

- Around the world cooking
- Plant, Grow & Harvest

### Afternoon (12:30 – 3:30pm)

- Let's get loud- Music & Karaoke
- Physiotherapy with a qualified physiotherapist

## Friday

### All day (9am - 3pm)

- Travel Training & Lunch Out
- Movement, Exercise & Relaxation
- All Abilities Music- community based

### Morning (9am – 12:30pm)

### Afternoon (12:30 – 3:30pm)

---

## Notes

## Special Events

---

## Contact us



1300 472 673



[scopeaust.org.au](http://scopeaust.org.au)

