



Registered
NDIS
Provider

A PLUS
DISABILITY SERVICES

Weekly Program Schedule

Aplus Hub

2/385 McClelland Drive, Langwarrin

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-11:30 am	Life Skills	Book Club	Personal Training	Personal Training (Every 2nd Week)	Work skills/ Cafe Program
11:30-12:30 pm	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
12:30-2:30 pm	Baking	Personal Training 12pm	Art	Foodology	
2:30-3:00 pm	Afternoon Tea Break	Afternoon Tea Break	Afternoon Tea Break	Afternoon Tea Break	Afternoon Tea Break
3:00-4:30 pm	Free Expression Art				Ladies Afternoon 4:30-6:00pm (Last Friday of the month)