

# Programs of Support

## Weekly schedule

## Spring-Summer 2025-26

15 September 2025 to 6 March 2026

## Hawthorn

"The Black Sheep" centre  
546 Burwood Rd  
Hawthorn VIC 3122

### You have choice and control

We offer a range of fun and meaningful activities to choose from. Activities are located at our centre or in the community. Each activity focuses on developing independent living, social and communication and/or health and wellbeing skills.

The activities are created based on your goals and the skills you want to achieve. We run programs in a 24-week semester, giving you time to explore and grow your skills.

On the days you attend, you can choose one morning activity and one afternoon activity, or you can choose an all-day activity, if offered.

### Activity overviews

Learn more about all the activities on offer, including skill development areas and what to expect by clicking below:

[Download our activities handbook](#)



Adult Community  
Services



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## MORNING

For each day of attendance at Aspect, choose one morning program and one afternoon program. If you select ALL DAY ACTIVITY, it will run for both morning and afternoon.

● May be funded by NDIS

● Fee for service only

Monday	Tuesday	Wednesday	Thursday	Friday
Activity levy: \$2.50 per day	Activity levy: \$2.50 per day	Activity levy: \$2.50 per day	Activity levy: \$2.50 per day	Activity levy: \$2.50 per day
<p>9:30 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 12:00 PM <b>Activity options:</b></p> <p><b>Swimming</b> Cost: \$3.00 ● Location: YMCA Hawthorn</p> <p><b>Backyard games</b> Location: 546 Burwood Rd, Hawthorn</p>	<p>9:30 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 12:00 PM <b>Activity options:</b></p> <p><b>Cooking</b> ● Cost: \$10.00 Location: 546 Burwood Rd, Hawthorn</p> <p><b>Vinnies</b> Location: 546 Burwood Rd, Hawthorn</p>	<p>9:30 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 12:00 PM <b>Activity options:</b></p> <p><b>Baking</b> ● Cost: \$10.00 Location: 546 Burwood Rd, Hawthorn</p> <p><b>Sensory science</b> ● Cost: \$3.00 Location: 546 Burwood Rd, Hawthorn</p>	<p>9:30 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 12:00 PM <b>Activity options:</b></p> <p><b>The Discovery Crew</b> ALL DAY ACTIVITY Cost: \$10.00 ● Various locations</p> <p><b>Martial arts/gym</b> ● Cost: \$10.00 Location: YMCA Hawthorn</p> <p><b>So dramatic!</b> ● Cost: \$10.00 Location: 546 Burwood Rd, Hawthorn</p>	<p>9:30 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 12:00 PM <b>Activity options:</b></p> <p><b>Fun lab day</b> ALL DAY ACTIVITY Cost: \$10.00 (+train travel) ● Various locations</p> <p><b>Get creative</b> Location: 546 Burwood Rd, Hawthorn</p> <p><b>Lawn bowls</b> Location: Hawthorn Bowls Club</p>
12:00 PM – 1:00 PM <b>Preferred activity and lunch</b>				

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## AFTERNOON

For each day of attendance at Aspect, choose one morning program and one afternoon program. If you select ALL DAY ACTIVITY, it will run for both morning and afternoon.

● May be funded by NDIS

● Fee for service only

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1:00 PM – 3:00 PM</p> <p><b>Activity options:</b></p> <p><b>Trivia</b> Location: 546 Burwood Rd, Hawthorn</p> <p><b>Yoga and meditation</b> Location: 546 Burwood Rd, Hawthorn</p>	<p>1:00 PM – 3:00 PM</p> <p><b>Activity options:</b></p> <p><b>Seasonal crafts</b> Location: 546 Burwood Rd, Hawthorn</p> <p><b>Seeing the suburbs</b> Location: 546 Burwood Rd, Hawthorn</p>	<p>1:00 PM – 3:00 PM</p> <p><b>Activity options:</b></p> <p><b>Local gardening</b> Location: 546 Burwood Rd, Hawthorn</p> <p><b>Gym</b> Cost: \$8.90 ● Location: YMCA Hawthorn</p>	<p>1:00 PM – 3:00 PM</p> <p><b>Activity options:</b></p> <p><b>The Discovery Crew</b> (continued) ALL DAY ACTIVITY</p> <p><b>Hospitality</b> Location: 546 Burwood Rd, Hawthorn</p> <p><b>Community gardening</b> Location: South Surry Park</p>	<p>1:00 PM – 3:00 PM</p> <p><b>Activity options:</b></p> <p><b>Fun lab day</b> (continued) ALL DAY ACTIVITY</p> <p><b>Yoga and meditation</b> Location: 546 Burwood Rd, Hawthorn</p> <p><b>Social connections</b> Cost: \$10.00 ● Various cafes</p>
<p>3:00 PM – 3:30 PM</p> <p><b>Transition</b></p>	<p>3:00 PM – 3:30 PM</p> <p><b>Transition</b></p>	<p>3:00 PM – 3:30 PM</p> <p><b>Transition</b></p>	<p>3:00 PM – 3:30 PM</p> <p><b>Transition</b></p>	<p>3:00 PM – 3:30 PM</p> <p><b>Transition</b></p>

# Fees

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## Daily activity levies

Aspect charges an activity levy of \$2.50 per day to cover the Programs of Support's running costs, including facilitators and resources. You are only charged the activity levy fee on the days you attend ACS. These fees are not covered in your NDIS plan.

The daily activity levy may be subject to change. If this happens, an ACS team member will contact you to confirm the new amounts prior to the start of a new semester.

## Additional fees: NDIS and 'fees for service'

In addition to the daily activity levies, some activities have an additional cost outlined on the weekly schedule.

- Some activities may be funded through your NDIS Plan.  
These costs include entrance to aquatics centres, gyms or bowling centres, as well as access to facilitator-run programs, such as art therapy and music therapy.  
If these items are included in your NDIS plan, you have the choice to pay these through NDIS, or you may wish to pay for them yourself.
- Some activities are not eligible to be charged to your NDIS plan.  
These are called 'fees for service'. They cover items such as grocery costs for the cooking programs or cafe and restaurant costs. These are invoiced before the start of a Program of Support.

If you have any questions regarding the fees, please contact Aspect ACS Team Leader.