Programs of Support

Weekly schedule

Spring-Summer 2026-27

8 September, 2026 to 9 March, 2027

Heatherton

202-204 Old Dandenong Road
Heatherton VIC 3202

aspect
Autism Spectrum Australia
Adult Community Services



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

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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 ACTVITY, it will run for both morning and afternoon.

Monday	Tuesday	Wednesday	Thursday	Friday
Program fee $2.50 per day	Program fee $2.50 per day	Program fee: $2.50 per day	Program fee: $2.50 per day	Program fee: $2.50 per day
9:00 AM – 10:00 AM **Transition**	9:00 AM – 10:00 AM **Transition**	9:00 AM – 10:00 AM **Transition**	9:00 AM – 10:00 AM **Transition**	9:00 AM – 10:00 AM **Transition**
10:00 AM – 11:30 AM **Activity options:**	10:00 AM – 11:30 AM **Activity options:**	10:00 AM – 11:30 AM **Activity options:**	10:00 AM – 11:30 AM **Activity options:**	10:00 AM – 11:30 AM **Activity options:**
Travel training Cost: BYO MYKI Locations: Various	**Swimming** Cost: $8.40 Location: Kingston Waves Aquatic Centre	**Cafe** Cost: $15.00 Locations: Various	**Baking** Cost: $10.00 Location: 202-204 Old Dandenong Road, Heatherton	**The discovery crew** ALL DAY ACTIVITY Cost: $15.00 Location: Various
Sports Cost: $0 Location: 202-204 Old Dandenong Road, Heatherton	**Independent living skills** Cost: $0 Location: 202-204 Old Dandenong Road, Heatherton	**Exploring senses** Cost: $0 Location: 202-204 Old Dandenong Road, Heatherton	**Outdoor Fitness** Cost: $0 Locations: Various	**Bush to beach** Cost: $0 Locations: Various **Healthy meal prep/BBQ** Cost: $10.00 Location: 202-204 Old Dandenong Road, Heatherton
11:30 PM – 12:30 PM **Preferred activity and lunch**	11:30 PM – 12:30 PM **Preferred activity and lunch**	11:30 PM – 12:30 PM **Preferred activity and lunch**	11:30 PM – 12:30 PM **Preferred activity and lunch**	11:30 PM – 12:30 PM **Preferred activity and lunch**

For more information, visit: Aspect Adult Community Services

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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 ACTVITY, it will run for both morning and afternoon.

Monday	Tuesday	Wednesday	Thursday	Friday
12:30 PM – 2:00 PM **Activity options:** **Art therapy** Cost: $15.00 Location: 202-204 Old Dandenong Road, Heatherton **Shopping** Cost: $0 Locations: Various	12:30 PM – 2:00 PM **Activity options:** **Library** Cost: $0 Location: Kingston libraries network **Bike Lab** Cost: $8.80 Location: GESAC, Bentley East **Cognitive games** Cost: $0 Location: 202-204 Old Dandenong Road, Heatherton	12:30 PM – 2:00 PM **Activity options:** **Recycling** Cost: $0 Locations: Various **Healthy meal prep** Cost: $10.00 Location: 202-204 Old Dandenong Road, Heatherton	12:30 PM – 2:00 PM **Activity options:** **Music** Cost: $0 Location: 202-204 Old Dandenong Road, Heatherton **Yoga** Cost: $8.40 Location: GESAC, Bentley East	12:30 PM – 2:00 PM **Activity options:** **The discovery crew** (continued) ALL DAY ACTIVITY **Swimming** Cost: $8.40 Location: Kingston Waves Aquatic Centre **Gardening** Cost: $0 Location: 202-204 Old Dandenong Road, Heatherton
2:00 PM – 3.00 PM **Transition**	2:00 PM – 3.00 PM **Transition**	2:00 PM – 3.00 PM **Transition**	2:00 PM – 3.00PM **Transition**	2:00 PM – 3.00 PM **Transition**

For more information, visit: Aspect Adult Community Services

Program fees

Why do we charge program fees?

Some activities and programs have costs that are not covered by NDIS funding. Program fees help cover costs such as entry fees, materials, groceries, and other resources needed to deliver quality programs and community experiences.

Paying your program fees

Program fees should be paid before the semester begins wherever possible to allow activities and resources to be organised and booked in advance.

Fees can be paid by:

- Invoice issued before the start of the semester; or
- Bringing your own money on the day for applicable activities.

Flexible payment options

Your Team Leader can discuss the available payment options with you before the semester begins. Agreed payment arrangements will be confirmed in your individual timetable.

If you are unable to pay by the due date, please speak with your Team Leader. Payment arrangements may be available to support your participation. Failure to make payment or agree on a payment arrangement may affect attendance at activities that require advance bookings or resources.

Important information

Program fees and activity costs are separate from NDIS-funded support hours and **cannot** be claimed through NDIS funding. If you have any questions, please speak with your Team Leader.