

Programs of Support

Weekly schedule

Autumn / Winter 2026

March 24 to September 4, 2026

Heatherton

202-204 Old Dandenong Road
Heatherton VIC 3202

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 skills development areas and what to expect by clicking below:

[Download our activities handbook](#)



Adult Community
Services



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to
September 4, 2026



Adult Community
Services

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.

- Activity cost - Fee for service
- BYO (Bring your own) cost

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
<p>9:00 AM – 10:00 AM Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>Independent living skills Location: 202-204 Old Dandenong Rd, Heatherton</p> <p>Community dance Cost: \$10.00 ● Location: Danceability, Seaford</p> <p>Travel training Location: Various</p>	<p>9:00 AM – 10:00 AM Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>Healthy meal prep Cost: \$10.00 ● Location: 202-204 Old Dandenong Rd, Heatherton</p> <p>Swimming Cost: \$8.50 ● Location: Waves Aquatic Centre, Heatherton</p> <p>Cafe Cost: \$15.00 ● Location: Various</p> <p>Volunteering (Op shop round about) Location: Various</p>	<p>9:00 AM – 10:00 AM Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>The discovery crew ALL DAY ACTIVITY Cost: \$15.00 ● Location: Various</p> <p>Exploring senses Location: 202-204 Old Dandenong Rd, Heatherton</p> <p>Shopping Location: Various</p>	<p>9:00 AM – 10:00 AM Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>Journalism Location: 202-204 Old Dandenong Rd, Heatherton</p> <p>Outdoor gym Location: Various</p> <p>Cafe Cost: \$15.00 ● Location: Various</p>	<p>9:00 AM – 10:00 AM Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>Music/dance Location: 202-204 Old Dandenong Rd, Heatherton</p> <p>Swimming Cost: \$8.50 ● Location: Waves Aquatic Centre, Heatherton</p> <p>Bush to beach Location: Various</p>
		11:30 PM – 12:30 PM		
Preferred activity and lunch				

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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.

- Activity cost - Fee for service
- BYO (Bring your own) cost

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12:30 PM – 2:30 PM</p> <p>Activity options:</p> <p>Art therapy Cost: \$15.00 ● Location: 202-204 Old Dandenong Rd, Heatherton</p> <p>Tenpin bowling Cost: \$10.00 ● Location: Strike Moorabbin</p> <p>Shopping Location: Various</p>	<p>12:30 PM – 2:30 PM</p> <p>Activity options:</p> <p>Onsite social sports Location: 202-204 Old Dandenong Rd, Heatherton</p> <p>Bikes Cost: \$8.40 ● Location: GESAC, Bentley Eat</p> <p>Library Location: Kingston libraries network</p>	<p>12:30 PM – 2:30 PM</p> <p>Activity options:</p> <p>The discovery crew (continued) ALL DAY ACTIVITY</p> <p>Baking Cost: \$10.00 ● Location: 202-204 Old Dandenong Rd, Heatherton</p> <p>Twisted science Cost: \$6.00 ● Location: 36 Bulli St. Moorabbin</p>	<p>12:30 PM – 2:30 PM</p> <p>Activity options:</p> <p>Gardening and maintenance Location: 202-204 Old Dandenong Rd, Heatherton</p> <p>Yoga Cost: Aspect funded program Location: GESAC Bentley East</p> <p>Recycling/ community clean up Location: Various</p>	<p>12:30 PM – 2:30 PM</p> <p>Activity options:</p> <p>Independent living skills Location: 202-204 Old Dandenong Rd, Heatherton</p> <p>BBQ Cost: \$10.00 ● Location: Various</p> <p>Volunteering Location: Friends of Dandenong Valley Parklands</p>
<p>2.30 PM – 3 PM</p> <p>Transition</p>	<p>2.30 PM - 3 PM</p> <p>Transition</p>	<p>2.30 PM - 3 PM</p> <p>Transition</p>	<p>2.30 PM - 3 PM</p> <p>Transition</p>	<p>2.30 PM - 3 PM</p> <p>Transition</p>

Fees

Our aim is to keep fees simple, transparent, and easy to understand.

Important information about additional program and activity costs

Under NDIS rules, Programs of Support fees and activity costs **cannot** be funded through NDIS plans. These costs are paid directly by participants (or their family/support network) and are separate from NDIS funded support hours. If you have any questions about payment options, your ACS Team Leader is available to support you before the semester begins.

Daily program fee (Fees for service)

A small daily fee of **\$2.50** helps cover the shared costs of running our Programs of Support, including facilitators and group resources. You are only charged the daily fee only on the days you attend ACS.

The daily is confirmed and invoiced before the semester begins.

Aspect funded programs

Some programs, such as yoga and other facilitated programs, are fully funded by Aspect. There is no additional cost to participants. *If funding arrangements change in future semesters, participants will be notified in advance.*

● **Activity costs (Fees for service)**

Some programs include additional activity costs such as entry fees, program materials, facilitated program costs and grocery costs for cooking programs. These are invoiced before the start of a Program of Support semester. Activity costs are invoiced before the semester begins. The Activity Cost applies only to programs where additional resources are required.

Payment process

An invoice will be issued to the participant or the nominated support person prior to the semester. Payment is required before participation.

● **BYO (Bring your own) costs**

BYO costs apply to community-based activities that focus on social and independent living skills. Examples include café outings, events, swimming pools, and MYKI or travel top-ups. Participants bring their own spending money and staff support money-handling budgeting skills as part of the activity.