Programs of Support

Weekly schedule

Spring-Summer 2026-27

8 September, 2026 to 9 March, 2027

Northcote

30B Union Street
Northcote VIC 3070

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:**
Swimming Cost: $6.50 Location: Ascot Vale Leisure Centre	**Cafe club** Cost: $10.00 Locations: Various	**Bike education** Cost: $14.00 Location: Brimbank Bike Education Centre	**Shopping** Cost: $0 Location: Various	**Swimming** Cost: $6.50 Location: Ascot Vale Leisure Centre
Bush 2 beach Cost: $0 Locations: Various	**Olympics** Cost: $0 Location: 30B Union Street, Northcote	**Baking** Cost: $10.00 Location: 30B Union Street, Northcote	**Gym** Cost: $12.80 Location: Victoria University, St Albans Campus Gym	**Outdoor gym** Cost: $0 Locations: Various
Seasonal crafts Cost: $5.00 Location: 30B Union Street, Northcote	**Art therapy** Cost: $15.00 Location: 30B Union Street, Northcote	**Independent living skills/maintenance** Cost: $0 Location: 30B Union Street, Northcote	**Newsletter** Cost: $0 Location: 30B Union Street, Northcote	**Healthy meal prep** Cost: $10.00 Location: 30B Union Street, Northcote
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 – 2:30 PM **Activity options:**	12:30 PM – 2:30 PM **Activity options:**	12:30 PM – 2:30 PM **Activity options:**	12:30 PM – 2:30 PM **Activity options:**	12:30 PM – 2:30 PM **Activity options:**
Linking loaves Cost: $0 Location: Jika Jika Community Centre	**Tenpin bowling** Cost: $10.00 Location: Wyn City	**BBQ** Cost: $5.00 Locations: Various	**Cafe club** Cost: $10.00 Locations: Various	**Gardening** Cost: $5.00 Location: St John's Riverside Community Garden
Photography/ scrapbooking Cost: $5.00 Locations: Various	**Aerobics** Cost: $10.00 Location: Northcote Aquatic and Recreation Centre	**Books and banter** Cost: $0 Location: 30B Union Street, Northcote	**Independent living skills/maintenance** Cost: $0 Location: 30B Union Street, Northcote	**Yoga/meditation** Cost: $0 Location: 30B Union Street, Northcote
Competitive sports Cost: $0 Location: 30B Union Street, Northcote	**Independent living skills/maintenance** Cost: $0 Location: 30B Union Street, Northcote			**Car wash** Cost: $0 Location: 30B Union Street, Northcote
2:30 PM – 3.00 PM **Transition**	2:30 PM – 3.00 PM **Transition**	2:30 PM – 3.00 PM **Transition**	2:30 PM – 3.00PM **Transition**	2:30 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.