

# Programs of Support

## Weekly schedule

### Autumn / Winter 2025

March 24 to September 11, 2025

## Hawthorn (VIC)

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

### You have choice and control

We offer a range of fun and meaningful activities for you to choose from, located at our centre or around the community, every day of the week for 24 week-long semesters.

Each activity focuses on developing independent living skills, social and communication, and/or health and wellbeing.

### 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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March 24  
to  
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Adult Community  
Services

## MORNING

● May be funded by NDIS ● Fee for service only

Monday	Tuesday	Wednesday	Thursday	Friday
Activity levy: \$2.00 per day	Activity levy: \$2.00 per day	Activity levy: \$2.00 per day	Activity levy: \$2.00 per day	Activity levy: \$2.00 per day
<p>9:00 AM – 10:00 AM</p> <p><b>Transition</b></p>	<p>9:00 AM – 10:00 AM</p> <p><b>Transition</b></p>	<p>9:00 AM – 10:00 AM</p> <p><b>Transition</b></p>	<p>9:00 AM – 10:00 AM</p> <p><b>Transition</b></p>	<p>9:00 AM – 10:00 AM</p> <p><b>Transition</b></p>
<p>10:00 AM – 11:30 AM</p> <p><b>Activity options:</b></p>	<p>10:00 AM – 11:30 AM</p> <p><b>Activity options:</b></p>	<p>10:00 AM – 11:30 AM</p> <p><b>Activity options:</b></p>	<p>10:00 AM – 11:30 AM</p> <p><b>Activity options:</b></p>	<p>10:00 AM – 11:30 AM</p> <p><b>Activity options:</b></p>
<p><b>Swimming</b></p> <p>Cost: \$6.55 ●</p> <p>Location: YMCA Hawthorn</p>	<p><b>Cooking</b></p> <p>Cost: \$10.00 ●</p> <p>Location: 546 Burwood Rd, Hawthorn VIC 3122</p>	<p><b>Baking</b></p> <p>Cost: \$10 ●</p> <p>Location: Uniting Church, Hawthorn</p>	<p><b>So dramatic!</b></p> <p>Location: 546 Burwood Rd, Hawthorn VIC 3122</p>	<p><b>Get creative</b></p> <p>Location: 546 Burwood Rd, Hawthorn VIC 3122</p>
<p><b>Backyard games</b></p> <p>Location: 546 Burwood Rd, Hawthorn VIC 3122</p>	<p><b>Vinnies</b></p> <p>Location: 546 Burwood Rd, Hawthorn VIC 3122</p>	<p><b>Stationeers</b></p> <p>Location: Hawthorn and Auburn stations</p>	<p><b>Cultural and community connections</b></p> <p>Location: Various locations</p>	<p><b>Indoor / outdoor games</b></p> <p>Location: Various locations</p>
		<p>11:30 PM – 12:30 PM</p> <p><b>Preferred activity and lunch</b></p>		

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## 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>Meditation</b> Location: 546 Burwood Rd, Hawthorn</p>	<p>1:00 PM – 3:00 PM</p> <p><b>Activity options:</b></p> <p><b>Seeing the suburbs</b> Location: 546 Burwood Rd, Hawthorn</p> <p><b>Podcasting</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 and Uniting Church</p> <p><b>Newsletter</b> Location: 546 Burwood Rd, Hawthorn</p>	<p>1:00 PM – 3:00 PM</p> <p><b>Activity options:</b></p> <p><b>Hospitality</b> Location: 546 Burwood Rd, Hawthorn, and Sonny Ray Café</p> <p><b>Community gardening</b> Location: South Surry Park</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>Social games</b> Location: 546 Burwood Rd, Hawthorn VIC 3122</p> <p><b>Social connections</b> Cost: \$10 ● Location: 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>

For more information, visit: [Aspect Adult Community Services](#)

# Fees

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## Daily activity levies

Aspect charges an activity levy of \$2.00 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.

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', and cover items such as grocery costs for the cooking programs, and café 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.