

# Programs of Support

## Weekly schedule

## Spring-Summer 2025-26

15 September 2025 to 6 March 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 skill development areas and what to expect by clicking below:

[Download our activities handbook](#)



Adult Community  
Services



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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.

● 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>9:00 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><b>Independent living skills</b> Location: 202-204 Old Dandenong Rd, Heatherton</p> <p><b>Travel training</b> Various locations</p> <p><b>Shopping</b> Various locations</p>	<p>10:00 AM – 11:30 AM</p> <p><b>Activity options:</b></p> <p><b>Healthy meal prep</b> Cost: \$10.00 ● Location: 202-204 Old Dandenong Rd, Heatherton</p> <p><b>Swimming</b> Cost: \$8.30 ● Location: Waves Aquatic Centre, Heatherton</p> <p><b>Cafe</b> Cost: \$10.00 ● Various locations</p>	<p>10:00 AM – 11:30 AM</p> <p><b>Activity options:</b></p> <p><b>Music and dance</b> Location: 202-204 Old Dandenong Rd, Heatherton</p> <p><b>Shopping</b> Various locations</p> <p><b>Gym</b> Location: Doherty's Gym, Dandenong</p>	<p>10:00 AM – 11:30 AM</p> <p><b>Activity options:</b></p> <p><b>Seasonal crafts</b> Location: 202-204 Old Dandenong Rd, Heatherton</p> <p><b>Cafe</b> Cost: \$10.00 ● Various locations</p> <p><b>Photography</b> Various locations</p>	<p>10:00 AM – 11:30 AM</p> <p><b>Activity options:</b></p> <p><b>The Discovery Crew</b> ALL DAY ACTIVITY Cost: \$10.00 ● Various locations</p> <p><b>Swimming</b> Cost: \$8.30 ● Location: Waves Aquatic Centre, Heatherton</p> <p><b>Circuit fitness</b> Location: 202-204 Old Dandenong Rd, Heatherton</p>
<p>11:30 PM – 12:30 PM</p> <p><b>Preferred activity and lunch</b></p>				

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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>12:30 PM – 2:30 PM</p> <p><b>Activity options:</b></p> <p><b>Art therapy</b> Cost: \$15.00 ● Location: 202-204 Old Dandenong Rd, Heatherton</p> <p><b>Tenpin bowling</b> Cost: \$10.00 ● Location: Strike, Moorabbin</p> <p><b>Social sports</b> Various locations</p>	<p>12:30 PM – 2:30 PM</p> <p><b>Activity options:</b></p> <p><b>On-site exercise</b> Location: 202-204 Old Dandenong Rd, Heatherton</p> <p><b>Bikes</b> Cost: \$8.40 ● Location: GESAC, Bentley East</p> <p><b>Library</b> Location: Kingston Library Network</p>	<p>12:30 PM – 2:30 PM</p> <p><b>Activity options:</b></p> <p><b>Gardening and maintenance</b> Location: 202-204 Old Dandenong Rd, Heatherton</p> <p><b>Baking</b> Cost: \$10.00 ● Location: 202-204 Old Dandenong Rd, Heatherton</p> <p><b>BBQ</b> Cost: \$10.00 ● Various locations</p>	<p>12:30 PM – 2:30 PM</p> <p><b>Activity options:</b></p> <p><b>Healthy meal prep</b> Cost: \$10.00 ● Location: 202-204 Old Dandenong Rd, Heatherton</p> <p><b>Yoga</b> Cost: \$8.40 ● Location: GESAC, Bentley East</p> <p><b>Recycling</b> Various locations</p>	<p>12:30 PM – 2:30 PM</p> <p><b>Activity options:</b></p> <p><b>The Discovery Crew</b> (continued) ALL DAY ACTIVITY</p> <p><b>Twisted science</b> Cost: \$6.00 per week ● Various locations</p> <p><b>Independent living skills</b> Location: 202-204 Old Dandenong Rd, Heatherton</p>
<p>2:30 PM – 3:00 PM</p> <p><b>Transition</b></p>	<p>2:30 PM – 3:00 PM</p> <p><b>Transition</b></p>	<p>2:30 PM – 3:00 PM</p> <p><b>Transition</b></p>	<p>2:30 PM – 3:00 PM</p> <p><b>Transition</b></p>	<p>2:30 PM – 3:00 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.