

Programs of Support

Weekly schedule

Autumn / Winter 2025

March 24 to September 11, 2025

Heatherton (VIC)

202-204 Old Dandenong Road
Heatherton VIC 3202

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



Programs of Support Heatherton (VIC)



Adult Community
Services

Autumn – Winter
March 24
to
September 11, 2025

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 Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>Healthy meal prep Cost: \$10 ● Location: 202–204 Old Dandenong Rd, Heatherton</p> <p>Travel training Location: Various locations</p> <p>Swimming Cost: \$8 ● Location: Waves Aquatic Centre, Heatherton</p>	<p>9:00 AM – 10:00 AM Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>Animal care Location: 202–204 Old Dandenong Rd, Heatherton</p> <p>Library Location: Local libraries</p> <p>Cafe Cost: \$10 ● Location: Various locations</p>	<p>9:00 AM – 10:00 AM Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>Baking Cost: \$10 ● Location: 202–204 Old Dandenong Rd, Heatherton</p> <p>Shopping Location: Various locations</p> <p>Cultural and community connections Location: Various locations</p>	<p>9:00 AM – 10:00 AM Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>Competitive sports Location: Various locations</p> <p>Music Location: 202–204 Old Dandenong Rd, Heatherton</p> <p>Cafe Cost: \$10 ● Location: Various locations</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 ● Location: 202–204 Old Dandenong Rd, Heatherton</p> <p>Shopping Location: Various locations</p> <p>Swimming Cost: \$8 ● Location: Waves Aquatic Centre, Heatherton</p>
<p>11:30 PM – 12:30 PM Preferred activity and lunch</p>				

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AFTERNOON

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Art therapy Cost: \$15 ● Location: 202–204 Old Dandenong Rd, Heatherton</p> <p>Maintenance Location: 202–204 Old Dandenong Rd, Heatherton</p> <p>Gym Cost: \$10 ● Location: Doherty's Gym, Dandenong</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Bikelab Cost: \$8.40 ● Location: GESAC, Bentley East</p> <p>Seasonal craft Location: 202–204 Old Dandenong Rd, Heatherton</p> <p>Circuit fitness Location: 202–204 Old Dandenong Rd, Heatherton</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>ZUMBA Location: 202–204 Old Dandenong Rd, Heatherton</p> <p>BBQ Cost: \$10 ● Location: Various locations</p> <p>Gardening Location: 202–204 Old Dandenong Rd, Heatherton</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Yoga Cost: \$8.40 ● Location: GESAC, Bentley East</p> <p>Independent living Location: 202–204 Old Dandenong Rd, Heatherton</p> <p>Onsite exercise Location: 202–204 Old Dandenong Rd, Heatherton</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Photography Location: Various locations</p> <p>Car wash Location: 202–204 Old Dandenong Rd, Heatherton</p> <p>Animal care Location: 202–204 Old Dandenong Rd, Heatherton</p>
<p>2PM – 3 PM</p> <p>Transition</p>	<p>2 PM - 3 PM</p> <p>Transition</p>	<p>2 PM - 3 PM</p> <p>Transition</p>	<p>2 PM - 3 PM</p> <p>Transition</p>	<p>2 PM - 3 PM</p> <p>Transition</p>

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

Fees

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.