

Programs of Support

Weekly schedule

Spring / Summer 2024-25

September 16, 2024 to March 21, 2025

Marrickville (NSW)

Hut 47 or 16, 142 Addison Rd
Marrickville NSW 2204

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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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>Transition</p>	<p>9:00 AM – 10:00 AM</p> <p>Transition</p>	<p>9:00 AM – 10:00 AM</p> <p>Transition</p>	<p>9:00 AM – 10:00 AM</p> <p>Transition</p>	<p>9:00 AM – 10:00 AM</p> <p>Transition</p>
<p>10:00 AM – 11:30 AM</p> <p>Activity options:</p>	<p>10:00 AM – 11:30 AM</p> <p>Activity options:</p>	<p>10:00 AM – 11:30 AM</p> <p>Activity options:</p>	<p>10:00 AM – 11:30 AM</p> <p>Activity options:</p>	<p>10:00 AM – 11:30 AM</p> <p>Activity options:</p>
<p>Onsite exercise</p> <p>Location: Hut 47, 142 Addison Rd, Marrickville</p>	<p>Swimming</p> <p>Cost: \$1.40 ●</p> <p>Location: Local swimming facility</p>	<p>Library</p> <p>Location: Local library</p>	<p>Gym</p> <p>Cost: \$7 ●</p> <p>Location: Various locations</p>	<p>Café</p> <p>Cost: \$10 ●</p> <p>Location: Various locations</p>
<p>Shopping</p> <p>Location: Various locations</p>	<p>Gardening</p> <p>Location: Hut 47, 142 Addison Rd, Marrickville</p>	<p>Healthy meal prep</p> <p>Location: Hut 47, 142 Addison Rd, Marrickville</p>	<p>Martial arts</p> <p>Cost: \$10 ●</p> <p>Location: 142 Addison Rd, Marrickville</p>	<p>Indoor games</p> <p>Location: Hut 47, 142 Addison Rd, Marrickville</p>
		<p>11:30 PM – 12:30 PM</p> <p>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>Competitive sport Location: Various locations</p> <p>Healthy meal prep Location: Hut 47, 142 Addison Rd, Marrickville</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Photography Location: Various locations</p> <p>Pen pals Location: Hut 47, 142 Addison Rd, Marrickville</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Bowling ● Cost: \$20 Location: Kingpin, Strathfield</p> <p>Independent living skills Location: Hut 47, 142 Addison Rd, Marrickville</p> <p>Swimming ● Cost: \$1.40 Location: Local swimming facility</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Music Location: Hut 47, 142 Addison Rd, Marrickville</p> <p>Yoga ● Cost: \$15 Location: U8, 33-37 College St, Gladesville</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Recycling Location: Various locations</p> <p>Swimming Location: Local swimming facility</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](#)