

# Programs of Support

## Weekly schedule

## Autumn / Winter 2025

March 24 to September 11, 2025

## Northcote (VIC)

30B Union Street  
Northcote VIC 3070

### 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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**Autumn - Winter**  
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 <b>Transition</b></p> <p>10:00 AM – 11:30 AM <b>Activity options:</b></p> <p><b>Swimming</b> Cost: \$8.90 ● Location: Northcote Leisure Centre</p> <p><b>Cafe</b> Cost: \$10 ● Location: Various locations</p> <p><b>Healthy meal prep</b> Cost: \$10 ● Location: 30B Union Street, Northcote</p>	<p>9:00 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 11:30 AM <b>Activity options:</b></p> <p><b>Photography</b> Location: Various locations</p> <p><b>Gym</b> Cost: \$10 ● Location: Victoria University, St Albans Campus Gym</p> <p><b>Art therapy</b> Cost: \$15 ● Location: 30B Union Street, Northcote</p>	<p>9:00 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 11:30 AM <b>Activity options:</b></p> <p><b>Bike ed</b> Cost: \$11.00 – \$15.70 ● Location: Brimbank Bike Education Centre</p> <p><b>Independent living skills</b> Location: 30B Union Street, Northcote</p> <p><b>Local pamphlet drop</b> Location: Local community</p>	<p>9:00 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 11:30 AM <b>Activity options:</b></p> <p><b>Cultural and community connections</b> Location: Various locations</p> <p><b>Gym</b> Cost: \$10 ● Location: Victorian University, St Albans Campus Gym</p> <p><b>Shopping</b> Location: 30B Union Street, Northcote</p>	<p>9:00 AM – 10:00 AM <b>Transition</b></p> <p>10:00 AM – 11:30 AM <b>Activity options:</b></p> <p><b>Swimming</b> Cost: \$8.90 ● Location: Northcote Leisure Centre</p> <p><b>Car wash</b> Location: 30B Union Street, Northcote</p> <p><b>Healthy meal prep</b> Cost: \$10 ● Location: 30B Union Street, Northcote</p>
		11:30 PM – 12:30 PM <b>Preferred activity and lunch</b>		

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## AFTERNOON

● May be funded by NDIS ● Fee for service only

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12:30 PM – 2:00 PM</p> <p><b>Activity options:</b></p> <p><b>Shopping</b> Location: 30B Union Street, Northcote</p> <p><b>Gardening</b> Location: St John's Riverside Community Garden</p> <p><b>Music and Dance</b> Location: 30B Union Street, Northcote</p>	<p>12:30 PM – 2:00 PM</p> <p><b>Activity options:</b></p> <p><b>Aerobics</b> Cost: \$9.30 - \$15.50 ● Location: Northcote Aquatic and Recreation Centre</p> <p><b>Maintenance</b> Location: 30B Union Street, Northcote</p> <p><b>Newsletter</b> Location: 30B Union Street, Northcote</p>	<p>12:30 PM – 2:00 PM</p> <p><b>Activity options:</b></p> <p><b>Yoga</b> Cost: \$11.05 - \$18.50 ● Location: Northcote Aquatic and Recreation Centre</p> <p><b>Onsite exercise</b> Location: 30B Union Street, Northcote</p> <p><b>Baking</b> Cost: \$10 ● Location: 30B Union Street, Northcote</p>	<p>12:30 PM – 2:00 PM</p> <p><b>Activity options:</b></p> <p><b>Library</b> Location: Local libraries</p> <p><b>Café</b> Cost: \$10 ● Location: Various locations</p> <p><b>Seasonal craft</b> Location: 30B Union Street, Northcote</p>	<p>12:30 PM – 2:00 PM</p> <p><b>Activity options:</b></p> <p><b>Travel training</b> Cost: BYO MYKI Location: Various locations</p> <p><b>Gardening</b> Location: St John's Riverside Community Garden</p> <p><b>Indoor games</b> Location: 30B Union Street, Northcote</p>
<p>2PM – 3 PM</p> <p><b>Transition</b></p>	<p>2 PM - 3 PM</p> <p><b>Transition</b></p>	<p>2 PM - 3 PM</p> <p><b>Transition</b></p>	<p>2 PM - 3 PM</p> <p><b>Transition</b></p>	<p>2 PM - 3 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.