

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



Programs of Support Northcote (VIC)

Autumn – Winter
March 24
to
September 11, 2025



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 Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>Swimming Cost: \$8.90 ● Location: Northcote Leisure Centre</p> <p>Cafe Cost: \$10 ● Location: Various locations</p> <p>Healthy meal prep Cost: \$10 ● Location: 30B Union Street, Northcote</p>	<p>9:00 AM – 10:00 AM Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>Photography Location: Various locations</p> <p>Gym Cost: \$10 ● Location: Victoria University, St Albans Campus Gym</p> <p>Art therapy Cost: \$15 ● Location: 30B Union Street, Northcote</p>	<p>9:00 AM – 10:00 AM Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>Bike ed Cost: \$11.00 – \$15.70 ● Location: Brimbank Bike Education Centre</p> <p>Independent living skills Location: 30B Union Street, Northcote</p> <p>Local pamphlet drop Location: Local community</p>	<p>9:00 AM – 10:00 AM Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>Cultural and community connections Location: Various locations</p> <p>Gym Cost: \$10 ● Location: Victorian University, St Albans Campus Gym</p> <p>Shopping Location: 30B Union Street, Northcote</p>	<p>9:00 AM – 10:00 AM Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>Swimming Cost: \$8.90 ● Location: Northcote Leisure Centre</p> <p>Car wash Location: 30B Union Street, Northcote</p> <p>Healthy meal prep Cost: \$10 ● Location: 30B Union Street, Northcote</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>Shopping Location: 30B Union Street, Northcote</p> <p>Gardening Location: St John's Riverside Community Garden</p> <p>Music and Dance Location: 30B Union Street, Northcote</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Aerobics Cost: \$9.30 – \$15.50 ● Location: Northcote Aquatic and Recreation Centre</p> <p>Maintenance Location: 30B Union Street, Northcote</p> <p>Newsletter Location: 30B Union Street, Northcote</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Yoga Cost: \$11.05 – \$18.50 ● Location: Northcote Aquatic and Recreation Centre</p> <p>Onsite exercise Location: 30B Union Street, Northcote</p> <p>Baking ● Cost: \$10 Location: 30B Union Street, Northcote</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Library Location: Local libraries</p> <p>Café Cost: \$10 ● Location: Various locations</p> <p>Seasonal craft Location: 30B Union Street, Northcote</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Travel training Cost: BYO MYKI Location: Various locations</p> <p>Gardening Location: St John's Riverside Community Garden</p> <p>Indoor games Location: 30B Union Street, Northcote</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.