

Programs of Support

Weekly schedule

Spring / Summer 2024-25

September 16, 2024 to March 7, 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)

Spring – Summer

September 16, 2024
to March 7, 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>Healthy meal prep Location: 202-204 Old Dandenong Rd, Heatherton</p> <p>On-site exercise 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>Gym Cost: \$10 ● Location: 202-204 Old Dandenong Rd, Heatherton</p> <p>Maintenance Location: 202-204 Old Dandenong Rd, Heatherton</p> <p>Shopping Location: Various locations</p>	<p>9:00 AM – 10:00 AM Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>Swimming Cost: \$8 ● Location: Waves Aquatic Centre, Heatherton</p> <p>DIY board games Location: 202-204 Old Dandenong Rd, Heatherton</p> <p>Photography Location: 202-204 Old Dandenong Rd, Heatherton</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>Independent living skills Location: Various locations</p> <p>Brain games Location: 202-204 Old Dandenong Rd, Heatherton</p>	<p>9:00 AM – 10:00 AM Transition</p> <p>10:00 AM – 11:30 AM Activity options:</p> <p>On-site competitive sport Location: Various locations</p> <p>Swimming Cost: \$8 ● Location: Waves Aquatic Centre, Heatherton</p> <p>Shopping Location: Various locations</p>
		11:30 PM – 12:30 PM Preferred activity and lunch		

Programs of Support Heatherton (VIC)



Adult Community
Services

Spring - Summer

September 16, 2024
to March 7, 2025

AFTERNOON

● May be funded by NDIS ● Fee for service only

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Bikes Cost: \$8 ● Location: Various locations</p> <p>Art therapy Location: 202-204 Old Dandenong Rd, Heatherton</p> <p>Travel training Location: Various locations</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Pen pals Location: 202-204 Old Dandenong Rd, Heatherton</p> <p>Competitive sport Location: Various locations</p> <p>BBQ Location: Various locations</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Healthy meal prep Location: 202-204 Old Dandenong Rd, Heatherton</p> <p>Library Location: Local libraries</p> <p>Job skills Location: 202-204 Old Dandenong Rd, Heatherton</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Movement Yoga Cost: \$8 ● Location: GESAC, Heatherton</p> <p>Gardening Location: Local community garden</p> <p>Music Location: 202-204 Old Dandenong Rd, Heatherton</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Recycling Location: Various locations</p> <p>Healthy meal prep Location: 202-204 Old Dandenong Rd, Heatherton</p> <p>Café Cost: \$10 ● Location: Various locations</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>

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.