

Programs of Support

Weekly schedule

Spring / Summer 2024-25

September 16, 2024 to March 7, 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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Adult Community
Services

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September 16, 2024
to March 7, 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</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>Swimming Cost: \$8.90 ● Location: Northcote Leisure Centre</p> <p>Independent living skills Location: 30B Union Street, Northcote</p> <p>Shopping Location: Various locations</p>	<p>10:00 AM – 11:30 AM</p> <p>Activity options:</p> <p>Art therapy Cost: \$15 ● Location: 30B Union Street, Northcote</p> <p>Gym Cost: \$10 ● Location: Victoria University, St Albans Campus Gym</p> <p>Healthy meal prep Location: 30B Union Street, Northcote</p>	<p>10:00 AM – 11:30 AM</p> <p>Activity options:</p> <p>Travel training Location: Various locations</p> <p>Yoga Location: 30B Union Street, Northcote</p> <p>Cultural and community connections Cost: \$10 ● Location: Various locations</p>	<p>10:00 AM – 11:30 AM</p> <p>Activity options:</p> <p>Healthy meal prep Location: 30B Union Street, Northcote</p> <p>Gym Cost: \$10 ● Location: Victorian University, St Albans Campus Gym</p> <p>Library Location: Various locations</p>	<p>10:00 AM – 11:30 AM</p> <p>Activity options:</p> <p>Indoor games Location: 30B Union Street, Northcote</p> <p>Swimming Cost: \$8.90 ● Location: Northcote Leisure Centre</p> <p>Recycling Location: Various locations</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>Café Cost: \$10 ● Location: Various locations</p> <p>Photography Location: Various locations</p> <p>Pen pals Location: 30B Union Street, Northcote</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Library Location: Various locations</p> <p>DIY board games Location: 30B Union Street, Northcote</p> <p>Competitive sport Location: Various locations</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Amazing race Location: Various locations</p> <p>BBQ Location: Various locations</p> <p>Circuit fitness Location: 30B Union Street, Northcote</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Photography Location: Various locations</p> <p>Independent living skills Location: 30B Union Street, Northcote</p> <p>Café Cost: \$10 ● Location: Various locations</p>	<p>12:30 PM – 2:00 PM</p> <p>Activity options:</p> <p>Gardening Location: Various locations</p> <p>Brain games Location: 30B Union Street, Northcote</p> <p>Car wash 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.