



2024 Mt Ommaney Hub
Activity Program 1
Catalogue

2024 Mount Ommaney Hub Activity Program 1 Catalogue

Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the Mount Ommaney Hub, and we hope you enjoy what we have in store.

Our 12-week Hub programs are designed to offer you structure and consistency, with a focus on outcomes. When making your activity selections, you will be signing up and committing to a complete 12-week program for each day you attend the Hub.

This allows you to fully develop your skills, more opportunity to see progress and reach your goals, and have a sense of completion at the end of the 12-week program. It also helps you develop stronger connections with other customers, and gain more substantial outcomes than one-off activities.

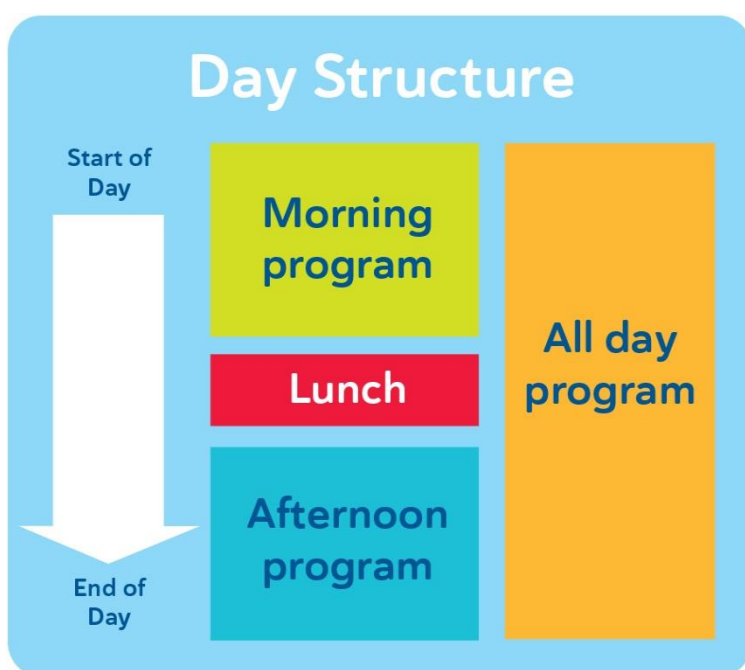
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

How it works

- For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available.

As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), please make sure the activities you choose are ones that align well with your NDIS goals, or are activities you are passionate about.

- Tick the program you wish to be registered into as outlined below and either phone through your choices to Samone or return it to Samone by 15/11/23
- Program allocation is based on first-come, first-served; so, make sure you get your selections in fast! If you need help to complete the form, please call us on 0733763299
- A confirmation letter will be sent to you with the activities you are participating in.
- If your chosen activity is at capacity, we will phone you and see if you would like to be placed in an alternative activity or increase your level of support to be able to participate. We are unable to permit changes to your activity program once confirmed due to group-based scheduling. If you do not wish to participate in an activity you have selected, please contact Samone Ward on 0733763299




Hub Activity Program Goal Reference Guide














To support you in being able to identify activities in the Program Catalogue that will support you to achieve your individual goals we have added an icon/s to each activity so you can easily identify what core goals the activity is designed to support you to achieve.

A maximum of 3 core goals can be shown even though some activities may support you to achieve more than 3 goals. Those identified are the core goals that the activity supports.










If you are unsure of what goal an icon relates to then please refer to the below list which will allow you to identify the related goal and icon.

Icon	Goal
	Improve physical health & wellbeing
	Improve emotional health & wellbeing
	Develop social skills & understanding
	Build independence
	Improve fine motor skills
	Explore creative pursuits
	Sensory Experience/Exploration
	Adventure & Recreation Experience/Exploration
	Improve communication skills
	Integrate/Participate in the local community
	Develop skills to support future employment
	Develop advocacy skills & understanding
	Develop numeracy and literacy skills










Monday Activities

Morning – Choose One			 chosen activity
	<p>COCA – Creative Movement</p> <p>Each session will bring in yoga inspired stretches, freestyle dance with fan veils and pom poms and working each week on different cultured movements from around the world.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	<p>No Cost</p>	
	<p>Baking</p> <p>Grab your Apron to Learn the basics to Master the skills in kitchen with creative Baking and food decorations. Opportunity for customers to enjoy themselves and take home to share with family and friends.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	<p>\$2 Invoiced</p>	
	<p>Garden / Outdoor Ornaments</p> <p>Be creative and make something to put in the garden or outdoor setup. Make something for sensory garden, Bird bath, Feeder etc</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	<p>No cost</p>	











AND

Afternoon – Choose One		 chosen activity	
	Green Thumb Gardeners Join your friends and develop a healthy Vegetable Garden in our beautiful Hub grounds. Starting fresh let's create a garden full of vibrant colours, fresh vegetables and healthy choices.		No Cost
	Goals to achieve:		
 Goal #1		 Goal #2	
 Goal #3			
	Movie Appreciation Members will choose as a group each week a movie from our Netflix Library and have a discussion around the movie.		No Cost
	Goals to achieve:		
 Goal #1		 Goal #2	
 Goal #3			














OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<p>RSPCA</p> <p>Visit local RSPCA with the group. Enjoy the time watching and interacting with pets while educating ourselves regarding about responsibilities of pet ownership and how to look after the birds and animals around us. **Pack Lunch**</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	transport cost	
	<p>Water Park</p> <p>A fun filled day with a goal towards fitness and community integration. Customers get to choose various Water parks in the local area. Enjoy the water play and lunch in the park. **Bring lunch and Spare clothes**</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	Transport cost	





Tuesday activities

Morning – Choose One			 chosen activity
	Music Therapy A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills. Goals to achieve:	As per the NDIS Agreement	
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		
	Photography Scrapbook A form of art therapy. Grab your camera and start taking your favourite pictures to make a scrapbook. The act of focussing your attention on a tactile activity can help improve your emotional wellbeing. Walk around the centre or the park nearby to capture your favourite clicks and make them memories. Goals to achieve:	\$2.00 Invoiced	
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		
	Shopping Shopping for what you need every day. Go to the local shop with the list you need and experience the full form of shopping with the group. The participants will learn the cash handling and organising which leads improve their independent living skills. “Bring Money and shopping list.” Goals to achieve:	No cost	
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		














AND

Afternoon – Choose One		 chosen activity	
	Music Therapy A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills. Goals to achieve:	As per the NDIS Agreement	
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		
	Outdoor Sports Get Outdoor and choose a sport or activity that enhances the healthy mind and body. Be fit and active, join the group to enjoy a nice afternoon playing sports with your peers.	No Cost	
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		
	Zumba A great alternative to traditional fitness. Its Fun and more enjoyable help you improve your fitness and health while having fun. Turning your attention to dance is a great way to relieve stress, reduce fatigue, improve alertness and concentration. Goals to achieve:	No Cost	
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		














OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<p>Brigalow Country Music Club (week 1 & 3)</p> <p>Sing, dance and Listen to some live music at our local Brigalows Country Music Club. Join others from the greater Multicap regions and dance your day away. Food and Drinks will be provided, as well as some great live artists. (On Even weeks we will choose another outing Option to the park of choice and need to bring lunch)</p> <p>Goals to achieve:</p>		<p>\$8, Transport</p>
	 Goal #1	 Goal #2	





Wednesday activities

Morning – Choose One			 chosen activity
	<p>Paint & Colors</p> <p>Coloring is a powerful tool it can calm your mind, relax your body, elevate depression and distract you from pain. This blissful state promotes healing, creativity and overall, wellbeing. Customers can choose what needs to be colored or painted it could be either on the body like nail or hair or find an object to paint at the hub or on a paper.</p> <p>Goals to achieve:</p>	No Cost	
 Goal #1	 Goal #2	 Goal #3	
	<p>Woodwork</p> <p>With the support from staff, lets create some masterpieces for the Mount Ommaney Hub site. Build, Paint, create and develop fine motor skills. Do sanding, cutting, shaping and painting follow step by step to create a treasure. And improve your skills to work towards future employment.</p> <p>Goals to achieve:</p>	No Cost	
 Goal #1	 Goal #2	 Goal #3	
	<p>Water games</p> <p>Bring your spare clothes and enjoy the water play at the Centre with water guns, balloons, tub etc. Have a sensory experience and beat the heat.</p> <p>Goals to achieve:</p>	No Cost	
 Goal #1	 Goal #2	 Goal #3	

AND










Afternoon – Choose One		 chosen activity	
	Flexible activities in Hub Customers get to choose the activity for the afternoon, which may include games, learning, music etc. Each customer will have their turn every week.		No Cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	Walk in the park. Join the group for a walk to the park next door and breath in some fresh air. Watch the birds and different plants and trees. Working towards an active lifestyle and enjoy nature.		No Cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	Numeracy and Literacy Learn while having fun in our Numeracy and Literacy based program. Explore letters and numbers by playing online games, participating in fun activities, and incorporating letters and numbers for real life situations.		No Cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	










OR – choose one All Day activity below


















All Day – Choose One			 chosen activity
	<p>Indoor swimming + Lunch in the Park</p> <p>Bring your bathers and enjoy some leisure swimming. With suitability for all needs, swimming in an Indoor Pool will help relieve aches and pains, burn some energy and have some fun with friends. Start your day with a leisurely swim and visit the local park to have lunch with the group. Please provide Swimming aids</p> <p>**Bring lunch**</p>		<p>\$4 Invoiced, transport</p>
	<p>Goals to achieve:</p>		
	 Goal #1	 Goal #2	






Thursday activities

Morning – Choose One			 chosen activity
	Tools & Mechanics An activity towards independence and future employment. Learn and practice the use of everyday tools which lead to actively learn, improve risk assessing skills, responsibility, independence and improve motor skills.		No cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	Art & Craft Enable to assert individuality, helps to relive stress, develop understanding of cause and effect, increase confidence and many more. Join your friends and get creative. Paint, colour, cut, paste and more. Let's get adventurous and create some masterpieces.		No cost
	Goals to achieve		
 Goal #1	 Goal #2	 Goal #3	

Afternoon – Choose One			 chosen activity
	Woodwork With the support from staff, lets create some masterpieces for the Mount Ommaney Hub site. Build, Paint, create and develop fine motor skills. Do sanding, cutting, shaping and painting follow step by step to create a treasure. And improve your skills to work towards future employment.		No Cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	Movie Appreciation Members will choose as a group each week a movie from our Netflix Library and have a discussion around the movie.		No Cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	

All Day – Choose One			 chosen activity
	Train/City cat & Lunch in the Park Catch the train from local train station to your choice of destination and enjoy lunch in the park with peers. Members will learn how to read a timetable. We will learn how to use a Go Card and how to put money onto the go card. You will enjoy the pleasure of a train ride and enjoy lunch in the park. **Bring lunch and Go card ** Goals to achieve:	Go card/ concession card, transport	
	<table border="1" style="width: 100%; text-align: center;"> <tr> <td> Goal #1</td> <td> Goal #2</td> <td> Goal #3</td> </tr> </table>		 Goal #1
 Goal #1	 Goal #2	 Goal #3	
	Lunch club Support your local business by attending Lunch and entertainment with your peers. Together we will choose venues close to Mt Ommaney and spend the day socialising in a community setting. Goals to achieve:	\$20, Transport	
	<table border="1" style="width: 100%; text-align: center;"> <tr> <td> Goal #1</td> <td> Goal #2</td> <td> Goal #3</td> </tr> </table>		 Goal #1
 Goal #1	 Goal #2	 Goal #3	










Friday activities

Morning – Choose One			 chosen activity
	<p>Music Therapy</p> <p>A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills.</p>	<p>As per the NDIS Agreement</p>	
	<p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		
	<p>Paint & Colors</p> <p>Coloring is a powerful tool it can calm your mind, relax your body, elevate depression and distract you from pain. This blissful state promotes healing, creativity and overall, wellbeing. Customers can choose what needs to be colored or painted it could be either on the body like nail or hair or find an object to paint at the hub or on a paper.</p>	<p>No Cost</p>	
	<p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		
	<p>Upcycling</p> <p>Make some valuable treasures from trash. Let's create new opportunities for self-development and rethink our waste management.</p>	<p>No Cost</p>	
	<p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		

AND

Afternoon – Choose One		 chosen activity
	<p>Music Therapy</p> <p>A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Goal #1 </div> <div style="text-align: center;"> Goal #2 </div> <div style="text-align: center;"> Goal #3 </div> </div>	<p>As per the NDIS Agreement</p>
	<p>Art & Craft</p> <p>Enable to assert individuality, helps to relive stress, develop understanding of cause and effect, increase confidence and many more. Join your friends and get creative. Paint, colour, cut, paste and more. Let's get adventurous and create some masterpieces.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Goal #1 </div> <div style="text-align: center;"> Goal #2 </div> <div style="text-align: center;"> Goal #3 </div> </div>	<p>No Cost</p>
	<p>COCA – Creative Movement</p> <p>Each session will bring in yoga inspired stretches, freestyle dance with fan veils and pom poms and working each week on different cultured movements from around the world.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Goal #1 </div> <div style="text-align: center;"> Goal #2 </div> <div style="text-align: center;"> Goal #3 </div> </div>	<p>No Cost</p>

OR – choose one All Day activity below

All Day – Choose One		 chosen activity	
	<p>Ten Pin Bowling- AMF Bowling</p> <p>Join your friends and experience all the fun that Ten Pin Bowling has to offer. Bright lights, music and fun with friends. Play your morning away and enjoy some lunch in your local community. After bowling customers get to choose a park to have lunch and games in the afternoon.</p> <p>**Bring lunch**</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	<p>\$6.50, invoiced, transport</p>	
	<p>Cinemas</p> <p>Visit Local Cinema and watch your Favorite movie of the week. Each customer gets to choose their Favorite movie as their turn.</p> <p>**Bring lunch **</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	<p>\$15 Plus Transport cost</p>	

2024 [Mt Ommaney] Hub Program Dates

Office Opens 2 January 2023

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Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Tuesday 2 January	Friday 22 March
Hub Closed	New Year Holiday, Monday 1 January; Australia Day, Friday 26 January	

Program 2		
	Start Date	End Date
Activity Program	Monday 25 March	Friday 14 June
Hub Closed	Good Friday 7 April Easter Monday 10 April Anzac Day Holiday 25 April Labour Day 6 th May	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 17 June	Friday 21 June

Program 3		
	Start Date	End Date
Activity Program	Monday 24 June	Friday 13 September
Hub Closed	EKKA Show Day, Wednesday 14 August	

Program 4		
	Start Date	End Date
Activity Program	Monday 16 th September	Friday 13 th December
Hub Closed	King's Birthday, Monday 7 th October	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 16 December	Friday 20 December
Hub Closed	Monday 23 December 2024 – Monday 6 th January 2025	

