



# 2024 Mt Ommaney Hub Activity Program 3 Catalogue

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Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the Mt 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.

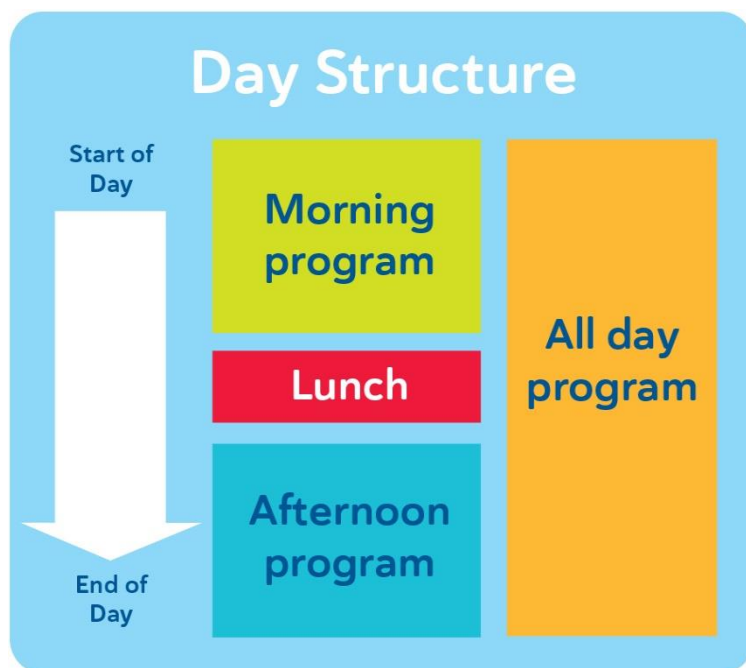
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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 (i.e. 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 07 3376 3299 or return it to Samone by 24 May 2024.
- Program allocation is based on first-come, first-served. Please make sure you get your selections in fast! If you need help to complete the form, please call us on 07 3376 3299.
- 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 on 07 3376 3299.
















# 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 three (3) core goals can be shown even though some activities may support you to achieve more than three (3) goals. Those identified are the core goals that the activity supports.

If you are unsure of what goal an icon relates to, please refer to the below list:

Icon	Goal
	Improve physical health and wellbeing
	Improve emotional health and wellbeing
	Develop social skills and understanding
	Build independence
	Improve fine motor skills
	Explore creative pursuits
	Sensory experience/exploration
	Adventure and recreation experience/exploration
	Improve communication skills
	Integrate/participate in the local community
	Develop skills to support future employment
	Develop advocacy skills and understanding
	Develop numeracy and literacy skills

# Monday activities

## Morning – Choose one (1)



Chosen  
activity



### Movie appreciation

Members will choose as a group each week a movie from our Netflix library and have a discussion around the movie, whether it's action, comedy or animated.

#### Goals to achieve:



Goal #1



Goal #2



Goal #3

No  
cost



### Drumming and musical instruments

The benefits of playing an instrument go far beyond simply learning notes, scales, and songs. It builds confidence while enhancing skills in communication and sensory processing. Grab your favourite instrument from the Hub and begin the week with a bash!

#### Goals to achieve:



Goal #1



Goal #2



Goal #3

No  
cost



AND

## Afternoon – Choose one (1)



Chosen  
activity



### Walking group – local park and surroundings

Members can enjoy the nice, relaxing walk near the golf course and around the park with the group for morning and come back to the Hub for lunch.

#### Goals to achieve:



Goal #1



Goal #2



Goal #3

No  
cost



### Arts and craft

Enable to assert individuality, helps to relive stress, develop understanding of cause and effect, increase confidence and much more. Join your friends and get creative. Paint, colour, cut, paste and more.

Let's get adventurous and create some masterpieces.

#### Goals to achieve:



Goal #1











Goal #2






Goal #3

No  
cost

OR – choose one all day activity below:

All Day – Choose one (1)				✓	Chosen activity
	<b>Lunch club</b> Support 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.  <b>Goals to achieve:</b>	\$25 + transport			
	 Goal #1	 Goal #2	 Goal #3		
	<b>Fitness and sports in the park/lunch</b> Exploring fitness equipment located in an outdoor environment in the community, where staff will also set up sports equipment for all to enjoy. BYO lunch afterwards. <b>**Bring lunch**</b>  <b>Goals to achieve:</b>	Transport			
	 Goal #1	 Goal #2	 Goal #3		

# Tuesday activities

Morning – Choose one (1)			✓ Chosen activity
	<b>Music therapy</b> A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills.  <b>Goals to achieve:</b> <div> <div>Goal #1</div> <div>Goal #2</div> <div>Goal #3</div> </div>	As per the NDIS agreement	
	<b>Scrapbooking</b> Pick a theme each week and express your creativity in your own book to take home at the end of the quarter to share with your family and friends.  <b>Goals to achieve:</b> <div> <div>Goal #1</div> <div>Goal #2</div> <div>Goal #3</div> </div>	No cost	
	<b>Baking your morning tea</b> Grab your apron and learn the basics to master your skills in the kitchen with creative baking and food decorations. Opportunity for customers to make their own morning tea.  <b>Goals to achieve:</b> <div> <div>Goal #1</div> <div>Goal #2</div> <div>Goal #3</div> </div>	\$2.50 invoiced	

AND

## Afternoon – Choose one (1)



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:



Goal #1



Goal #2



Goal #3

As per the  
NDIS  
agreement



### Zumba

A great alternative to traditional fitness, Zumba is a fun and more enjoyable way to help you improve your fitness and health. Turning your attention to dance is a great way to relieve stress, reduce fatigue, improve alertness and concentration.

#### Goals to achieve:



Goal #1



Goal #2



Goal #3

No cost



### Baking your afternoon tea

Grab your apron and learn the basics to master your skills in the kitchen with creative baking and food decorations. Opportunity for customers to make their own afternoon tea.

#### Goals to achieve:



Goal #1



Goal #2







Goal #3













\$2.50  
invoiced



OR – choose one all day activity below:

All Day – Choose one (1)				✓ Chosen activity
	<b>Brigalow Country Music Club (week 1 and 3)</b> <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.</p> <p>(On even weeks we will choose another outing option to the park of choice and will need to bring lunch)</p>			\$8 + transport
	<b>Goals to achieve:</b>			
	 Goal #1	 Goal #2	 Goal #3	

# Wednesday activities

Morning – Choose one (1)				<div>✓</div> <div>Chosen activity</div>
	<div>ASDAN</div> <div>ASDAN is a booklet, certified 12-week recognised course for beginners in craft making. Modules involve health and safety, knit and snitch, arts and craft and woodcraft.</div> <div>The initial starting out book is \$15 (this is only paid once). The cost of the workbook for each module is \$10 and is a one-off payment over the course of 12 weeks.</div> <div>Goals to achieve:</div> <div><div>Goal #1</div><div>Goal #2</div><div>Goal #3</div></div>			<div>First time ASDAN user: Weekly cost app \$2</div> <div>Existing user weekly cost: Less than \$1 invoiced</div>
	<div>Morning tea at Café 63</div> <div>Visit the local café for morning tea. Members will experience local community, cash handling, choosing from a menu and ordering their own food.</div> <div>Goals to achieve:</div> <div><div>Goal #1</div><div>Goal #2</div><div>Goal #3</div></div>			<div>\$10 + transport</div>
	<div>Creative movement</div> <div>Each session will bring in yoga inspired stretches, freestyle dance and meditation – moving around getting the muscles moving as well as getting quite time as you like.</div> <div>Goals to achieve:</div> <div><div>Goal #1</div><div>Goal #2</div><div>Goal #3</div></div>			<div>No cost</div>

## AND

### Afternoon – Choose one (1)



Chosen  
activity



#### Walking group – local park and surroundings

Members can enjoy the nice relaxing walk near the golf course and around the park with the group after lunch to get in some exercise before going home.

##### Goals to achieve:



Goal #1

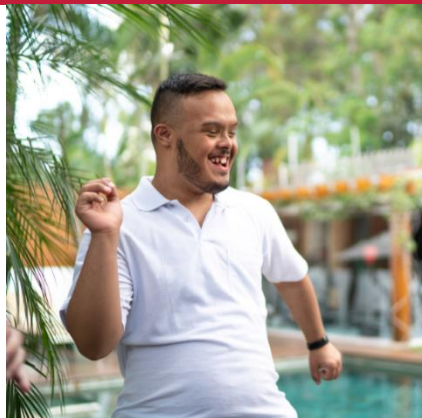


Goal #2



Goal #3

No  
cost



#### Music and dance

A therapeutical form of exercise and a great way to foster communication and teamwork. Enjoy the morning with the group with some free movements that enhances the mind and body.

##### Goals to achieve:



Goal #1



Goal #2



Goal #3

No  
cost



#### Gardening around the grounds

Working together in a group or with your individual staff to weed, trim, water and grow, bask in the sun while learning about plants, flowers or insects.

##### Goals to achieve:



Goal #1











Goal #2



Goal #3




No  
cost

OR – choose one all day activity below:

All Day – Choose one (1)			✓	Chosen activity
	<p><b>Library and park visit</b></p> <p>A fun filled day with a goal towards learning and community integration. Visit the local library with your friends, find your favourite book or magazine to share with your peers. Have lunch in the park afterwards.</p> <p><b>**Bring lunch**</b></p> <p><b>Goals to achieve:</b></p> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> <div>  <p>Goal #3</p> </div> </div>	Transport		
	<p><b>Garden visits and lunch</b></p> <p>Research and explore Gardens, discuss with your peers the different array of flowers that you can find, smell the different array of smells, relax afterwards while enjoying your lunch in the tranquil surroundings.</p> <p><b>**Bring lunch**</b></p> <p><b>Goals to achieve:</b></p> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> <div>  <p>Goal #3</p> </div> </div>	Transport		



# Thursday activities

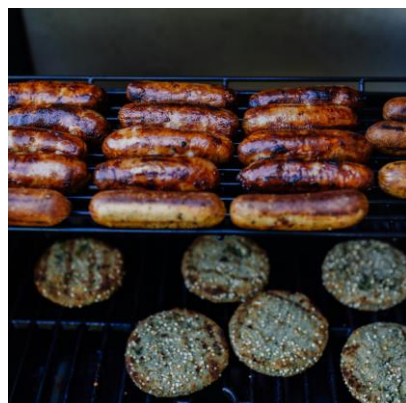
Morning – Choose one (1)			✓ Chosen activity
	<b>Drumming and musical instruments</b> <p>The benefits of playing an instrument go far beyond simply learning notes, scales, and songs. It builds confidence while enhancing skills in communication and sensory processing. Grab your favourite instrument from the Hub and begin the week with a bash!</p>	No cost	
	<b>Goals to achieve:</b> <div> <div>Goal #1</div> <div>Goal #2</div> <div>Goal #3</div> </div>		
	<b>Scrapbooking</b> <p>Pick a theme each week and express your creativity in your own book to take home at the end of the quarter to share with your family and friends.</p>	No cost	
	<b>Goals to achieve:</b> <div> <div>Goal #1</div> <div>Goal #2</div> <div>Goal #3</div> </div>		
	<b>Arts and craft</b> <p>Enable to assert individuality, helps to relive stress, develop understanding of cause and effect, increase confidence and much more. Join your friends and get creative. Paint, colour, cut, paste and more. Let's get adventurous and create some masterpieces.</p>	No cost	
	<b>Goals to achieve:</b> <div> <div>Goal #1</div> <div>Goal #2</div> <div>Goal #3</div> </div>		

AND

## Afternoon – Choose one (1)



Chosen  
activity



### Sausage sizzle

Customers will participate in general cooking skills as well as health and hygiene while they prepare their own lunch in the center with staff assistance (two (2) sausages and bread with sauce).

\$2.50  
invoiced

#### Goals to achieve:



Goal #1



Goal #2



Goal #3



### 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.

No cost

#### Goals to achieve:



Goal #1



Goal #2



Goal #3



### Arts and craft

Enable to assert individuality, helps to relive stress, develop understanding of cause and effect, increase confidence and much 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

OR – choose one all day activity below:

All Day – Choose one (1)				✓	Chosen activity
	<b>Lunch club</b> Support 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.  <b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> </div>			\$25 + transport	
	<b>Fitness and sports in the park/lunch</b> Exploring fitness equipment located in an outdoor environment in the community, where staff will also set up sports equipment for all to enjoy. BYO lunch afterwards. <b>**Bring lunch**</b>  <b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> </div>			Transport	

# Friday activities

Morning – Choose one (1)			✓	Chosen activity
	<b>Music therapy</b> A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills.  <b>Goals to achieve:</b>	As per the NDIS agreement		
	<div>  Goal #1           </div> <div>  Goal #2           </div> <div>  Goal #3           </div>			
	<b>COCA – Painting (for beginners)</b> Our COCA painting program provides customers with the opportunity to explore the artistic medium of painting, this involves the use of a variety of mediums and imagery.  <b>Goals to achieve:</b>	\$5 per quarter, invoiced		
	<div>  Goal #1           </div> <div>  Goal #2           </div> <div>  Goal #3           </div>			
	<b>Creative movement</b> Each session will bring in yoga inspired stretches, freestyle dance, meditation. moving around getting the muscles moving as well as getting quite time as you like.  <b>Goals to achieve:</b>	No cost		
	<div>  Goal #1           </div> <div>  Goal #2           </div> <div>  Goal #3           </div>			



AND

## Afternoon – Choose one (1)



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:



Goal #1



Goal #2



Goal #3

As per the  
NDIS  
agreement



### Movie appreciation

Members will choose as a group each week a movie from our Netflix library and have a discussion around the movie, whether it's action, comedy or animated.

#### Goals to achieve:



Goal #1



Goal #2



Goal #3

No cost



### Gardening around the grounds

Working together in a group or with your individual staff to weed, trim, water and grow, bask in the sun while learning about plants, flowers or insects.

#### Goals to achieve:



Goal #1



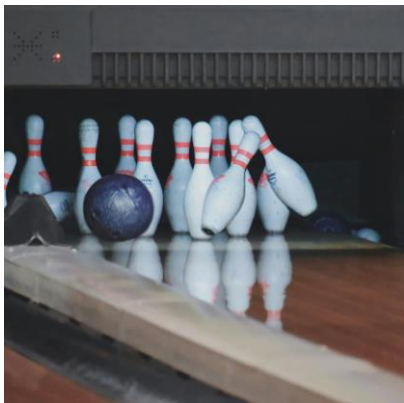







Goal #2



Goal #3

No cost

OR – choose one all day activity below:

All Day – Choose one (1)				✓	Chosen activity
	<b>Ten pin bowling – AMF Bowling</b> 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. <b>**Bring lunch**</b>			\$7 invoiced + transport	
	Goals to achieve:				
	 Goal #1	 Goal #2	 Goal #3		
	<b>Pies in the park</b> Explore your local takeaway shops and enjoy lunch in the park with peers. Experience money handling and counting. Together we will choose venues and spend the day socialising in a community setting.			\$10 + transport	
	Goals to achieve:				
	 Goal #1	 Goal #2	 Goal #3		

# 2024 Mt Ommaney Hub program dates

Hub closed on public holidays.

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 September	Friday 13 December
Hub Closed	King's Birthday, Monday 7 October	

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