



2025 MOH Hub
Activity Program 1
Catalogue

2025 MOH Hub Activity Program 1 Catalogue

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.

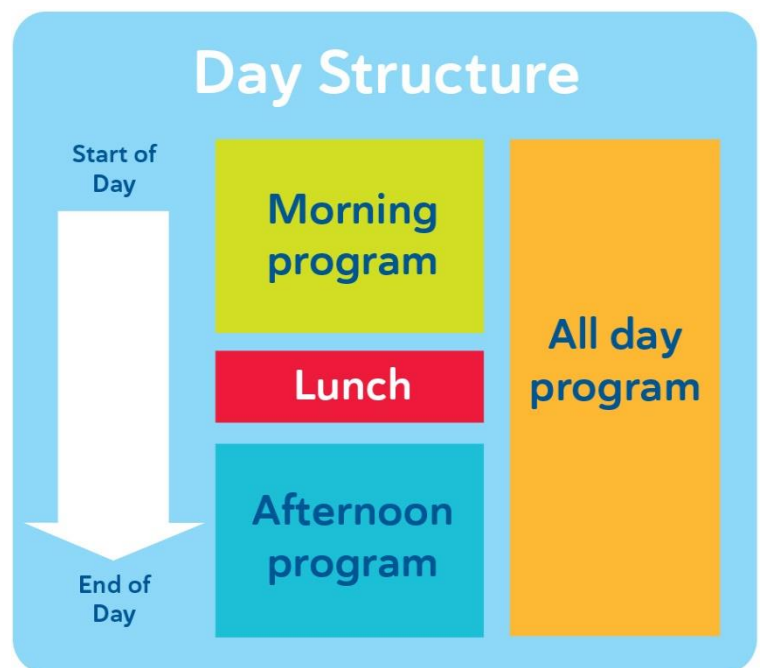
How it works

- 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 (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 Ward or return it to Samone by 11th November 2024
- 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 07 33763299
- 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.






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>Gardening around the grounds</p> <p>Working together in a group or with your individual staff to weed, trim, water and grow, bask up the sun in the morning while learning about plants/flowers or insects.</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 – Ceramics (for beginners)</p> <p>Our COCA ceramic program will be altered to match customers capabilities with staff assistance.</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>\$10.00 quarter, invoiced</p>	

Afternoon – Choose One

✓
chosen activity



Interactive Learning

Interactive learning is a technique that engages customers in the learning process through technology and active participation. Each week we will pick a subject to learn on the projector with staff assistance.

No cost

Goals to achieve:



Goal #1



Goal #2



Goal #3



ASDAN- Craft making

ASDAN is a booklet, certificated 12-week recognized course for beginners in craft making. Modules which will involve- Health and safety, Knit and snitch, arts and craft and woodcraft, 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.

First time ASDAN user-weekly cost app \$2 existing user weekly cost-less than \$1 Invoiced

Goals to achieve:



Goal #1












Goal #2



Goal #3

OR – choose one All Day activity below

All Day – Choose One		 chosen activity	
	<p>Fishing</p> <p>Experience the joy of fishing with staff supporting you to hook, line and sink a fish hopefully 😊 off a jetty.</p> <p>“Bring a packed 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>Transport cost & \$1.00 for bait Invoiced</p>	
	<p>Archerfield Wetlands District Park with Lunch</p> <p>A great new park that is 150 hectares with, gardens, birdwatching, bushwalking, 450 m walking track, picnic spots, large adventure play space with water paly features and a basketball court, this park has something for everybody.</p> <p>“Bring a packed 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>Transport</p>	

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

As per the NDIS Agreement

Goals to achieve:



Goal #1



Goal #2



Goal #3



Board Games and Puzzles

Board games are more than just a way to pass the time, they can benefit your brain, your social skills and your wellbeing. Try a puzzle to expand your mind.

No cost

Goals to achieve:



Goal #1



Goal #2



Goal #3



ASDAN- Multisensory Baking

ASDAN is a booklet, certificated 12-week recognized course for beginners in multi-sensory experiences and Baking Modules which will involve- Using your senses to create the perfect textures, flavors and aromas **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.**

First time ASDAN user- weekly cost app \$2 existing user weekly cost- less than \$1 Invoiced

Goals to achieve:



Goal #1



Goal #2



Goal #3

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

As per the NDIS Agreement

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 many more. Join your friends and get creative. Paint, colour, cut, paste and more. Let's get adventurous and create some masterpiece. Week by week schedule.

No cost

Goals to achieve:







Goal #1



Goal #2












Goal #3

	<h3>Cook your Lunch onsite</h3> <p>Week 1 bring your lunch, where we will write out a 10-week menu as a group which will be sent home (we will make anything from toasties, quiches, sausage rolls, sausage sizzle, spaghetti bolognaise, pizza etc)</p> <p>Goals to achieve:</p>			<p>\$4.00 to \$5.00 depending on customers, Invoiced</p>	
	 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>		

OR – choose one All Day activity below

<h3>All Day – Choose One</h3>			 chosen activity		
	<h3>Brigalow Country Music Club (week 1 & 3)</h3> <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.</p> <p>Food and Drinks will be provided, as well as some great live artists.</p> <p>(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>\$8.00, Transport</p>	
	 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>		



Wednesday activities

Morning – Choose One			 chosen activity
	<p>Walking Group – Local Park and Surroundings</p> <p>Members can enjoy the nice relaxing walk near the golf course, around the estate and around the park with the group before lunch, great way to start off your morning, fresh air!</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>Life skills</p> <p>As a group each week we will choose a new life skill to implement with staff assistance this can be skills from personal care, hygiene, speech, language, Makaton, duties around the HUB or health and safety.</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>	


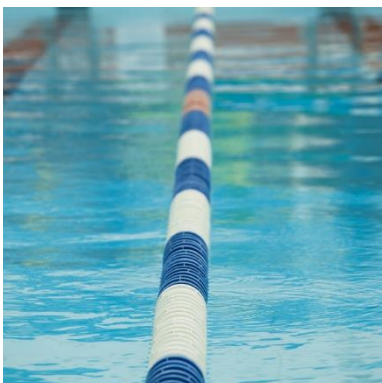







AND

Afternoon – Choose One










✓
chosen activity

	<h3>Movies on the projector</h3> <p>Members will choose as a group each week a movie from our Netflix Library and have a discussion around the movie.</p> <p>Weather its Action, Comedy or Animated.</p> <p>Goals to achieve:</p>	<p>No cost</p>	
	<h3>Jewelry Making/ Beading</h3> <p>Use your fine motor skills and eye coordination or with staff assistance to make a masterpiece for yourself or for your family members, you can make bracelets, necklaces, rings or key ring chains.</p> <p>Goals to achieve:</p>	<p>No cost</p>	

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 a packed 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>\$4.00 invoiced, transport</p>	
	<p>Cinemas week (1 & 3)</p> <p>Visit Local Cinema week 1 and 3 and watch your Favorite movie of the week. Each customer gets to choose their Favorite movie, on alternative weeks we will visit a nearby park for some sports fun.</p> <p>“Bring a packed 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>\$20.00, transport</p>	

Thursday activities

Morning – Choose One			 chosen activity
	<p>Creative Movement</p> <p>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. Week by week increase your style of movement and monitor.</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>Paint & Colors</p> <p>Colouring is a powerful tool, it can calm your mind and relax your body as well as creativity and overall wellbeing, Customers can choose each week a theme to discuss and paint or colour, at the last few weeks of program we will do a big canvas together to show on the HUB wall.</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



Music and Dance

A therapeutical form of exercise for all customers, enjoy the afternoon working off your lunch as well as learning free movement that will enhance your mind and body. Customers choose which genre they would like to listen to.

No
cost

Goals to achieve:



Goal #1



Goal #2



Goal #3

Messy Lessons

Messy play Thursday

Messy play is hands on, multi-sensory, allows customers to explore materials at hand and encourages creativity learning, week by week we will introduce a new activity to explore our sensors in. this can be done indoors or outdoors.

No
cost

Goals to achieve:



Goal #1



Goal #2



Goal #3

OR – choose one All Day activity below

All Day – Choose One

✓
chosen activity



BBQ in the community

As a group we will each take a turn to pick a park where they have BBQ facilities, get the picnic rug out, find some lovely shade and enjoy 2 sausages with bread/sauce. Play some outdoor sports as well.

\$2.50
invoiced,
transport

Goals to achieve:



Goal #1



Goal #2



Goal #3



Morning Melodies/Lunch

Starting your day on the right note with Morning Melodies where local artists will play engaging the crowd for 3 hours at Souths Acacia Ridge. Treat yourself to a cake and a coffee or buy lunch during the music.

TBD,
transport

“Bring a packed lunch” or option of purchasing

Goals to achieve:



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>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>Movies on the projector</p> <p>Members will choose as a group each week a movie from our Netflix Library and have a discussion around the movie.</p> <p>Weather its Action, Comedy or Animated.</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 – Painting (for beginners)</p> <p>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.</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>\$5.00 quarter, invoiced</p>	










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> <table border="1"> <tr> <td data-bbox="518 835 730 974">  Goal #1 </td> <td data-bbox="730 835 971 974">  Goal #2 </td> <td data-bbox="971 835 1214 974">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	<p>As per the NDIS Agreement</p>	
 Goal #1	 Goal #2	 Goal #3				
	<p>Sausage Sizzle</p> <p>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 (2 sausages and bread with sauce)</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td data-bbox="518 1323 730 1456">  Goal #1 </td> <td data-bbox="730 1323 971 1456">  Goal #2 </td> <td data-bbox="971 1323 1214 1456">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	<p>\$2.50 invoiced</p>	
 Goal #1	 Goal #2	 Goal #3				
	<p>Walking Group – Local Park and Surroundings</p> <p>Members can enjoy the nice relaxing walk near the golf course, around the estate and around the park with the group before lunch, great way to start off your morning, fresh air!</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td data-bbox="518 1843 730 1975">  Goal #1 </td> <td data-bbox="730 1843 971 1975">  Goal #2 </td> <td data-bbox="971 1843 1214 1975">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	<p>No cost</p>	
 Goal #1	 Goal #2	 Goal #3				

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>\$7.00, invoiced, transport</p>	
	<p>Secondhand shopping/ Subway Lunch</p> <p>With staff assistance we will go to the local shops at Jindalee, Sinnamon Park to find a bargain after shopping head to our local Subway for a healthy lunch option.</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>TBD, transport</p>	

2025 MOH Hub Program Dates

Office Opens 6 January 2025

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Hub closed on public holidays

Program 1

	Start Date	End Date
Activity Program	Monday 6 th January	Friday 4 th April
Hub Closed	Monday 27 th January – Australia Day	

Program 2

	Start Date	End Date
Activity Program	Monday 7 th April	Friday 20 th June
Hub Closed	Friday 18 th April – Good Friday Monday 21 st April – Easter Monday Friday 25 th April – Anzac Day Monday 5 th May – Labour Day	

Showcase week 1

	Start Date	End Date
Showcase Program	Monday 23 rd June	Friday 27 th June

Program 3

	Start Date	End Date
Activity Program	Monday 30 th June	Friday 19 th September
Hub Closed	Wednesday 13 th August – Royal Queensland Show (Brisbane area only)	

Program 4

	Start Date	End Date
Activity Program	Monday 22 nd September	Friday 12 th December
Hub Closed	Monday 6 th October – Kings Birthday	

Showcase week 2

	Start Date	End Date
Showcase Program	Monday 15 th December	Friday 19 th December
Hub Closed	Monday 22 nd December 2025 – Monday 5 th January 2026	