



2025 Mt Ommaney
Hub
Activity Program 2

2025 Mt Ommaney Hub Activity Program 2 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.

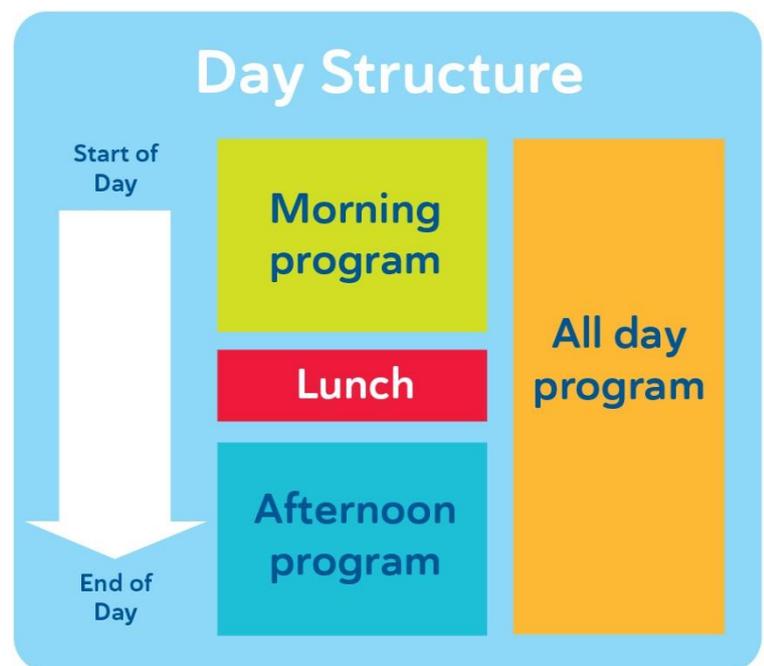
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 28th February 2025
- 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



Chair Yoga

Yoga while seated benefits all customers especially customers with limited ability to perform movements without stability and support, Staff will assist to have these sessions on the projector while encouraging customers with the movements.

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 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

AND

Afternoon – Choose One

✓
chosen activity

	<p>Cook your Lunch onsite</p> <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 bolognese, pizza 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>\$4.00 to \$5.00 depending on customers, Invoiced</p>	
	<p>Jewelry Making/ Beading</p> <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> <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>Library</p> <p>A fun filled day with learning and community integration. Visit the local library with your peers, find your favourite book or magazine to read together as a group.</p> <p>We will then go to a local park to have lunch afterwards</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>	Transport	
	<p>Fish and Chips by the Water</p> <p>As a group we will decide which location to attend for the day where customers will view the menu, order and purchase their own lunch, after lunch relax by the water.</p> <p>** Purchase your 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, \$15.00

Tuesday 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>	

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

As per the NDIS Agreement

Goals to achieve:



Goal #1



Goal #2



Goal #3



Paint & Colors

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.

No cost

Goals to achieve:



Goal #1



Goal #2



Goal #3

OR – choose one All Day activity below

All Day – Choose One

✓
chosen activity



Brigalow Country Music Club (week 1 & 3)

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)**

\$8.00,
Transport

Goals to achieve:



Goal #1



Goal #2



Goal #3

Wednesday activities

Morning – Choose One			 chosen activity
	<p>COCA- Collage</p> <p>12-week program, we will start with the beginner block which is designed to recognize the growth and development of our customers over time as they perfect their chosen medium and advance to a new level exploring their artistic capabilities</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 a quarter</p>	
	<p>Outdoor Activities</p> <p>As the weather starts to cool, we will utilise MOH outdoor space by setting up basketball, cricket, sport games, going for a walk or the park next door.</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



YOGA/Meditation

Breathing exercises and meditation techniques incorporated in yoga practice can help regulate emotions, improve self-awareness and foster a sense of calm and inner peace. Yoga's mind-body connection can significantly benefit individuals with cognitive disabilities.

No
cost

Goals to achieve:



Goal #1



Goal #2



Goal #3



Photography/Scrap book

Benefits you can accomplish from photography include positive effects on wellbeing, memory, creativity as well as physical health. As a group we will discuss what the subject is for the week, once done a scrap book will be made to return home with the customer at the end of the quarter as a keepsake

No
cost

Goals to achieve:



Goal #1



Goal #2



Goal #3

OR – choose one All Day activity below

All Day – Choose One

✓
chosen activity



Indoor Swimming + Lunch in the Park

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

****Bring a packed lunch****

\$4.00
invoiced,
transport

Goals to achieve:



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.

**** Purchase your lunch****

\$20.00,
transport

Goals to achieve:



Goal #1



Goal #2



Goal #3

Thursday activities

Morning – Choose One			 chosen activity
	<p>Chair Yoga</p> <p>Yoga while seated benefits all customers especially customers with limited ability to perform movements without stability and support, Staff will assist to have these sessions on the projector while encouraging customers with the movements.</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>ASDAN- Sound, Rhythm and Music</p> <p>ASDAN is a booklet, certificated 12-week recognized course for beginners in Sound, Rhythm and Music. 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.</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>First time ASDAN user-weekly cost app \$2 existing user weekly cost-less than \$1 Invoiced</p>	

Afternoon – Choose One

✓
chosen activity

	<h3>Arts and Craft</h3> <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 masterpiece.</p> <p>Week by week schedule</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>	
	<h3>Walking Group – Local Park and Surroundings</h3> <p>Members can enjoy the nice relaxing walk near the golf course, around the estate and around the park with the group after lunch, great way to work off your yummy 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>No cost</p>	

OR – choose one All Day activity below

All Day – Choose One

✓
chosen activity



Park Fitness

As a group, each week we will choose a park together where we can utilise free fitness equipment for the Customer's health. Staff will monitor Customers using this equipment.

****Bring a packed lunch****

Transport

Goals to achieve:



Goal #1



Goal #2



Goal #3



Animal Nature Park/ Queens Park

Ipswich Nature Centre within Queens Park boasts a Playground, Shade, and native animals and plants in recreated habitats, the centre is free. After the trail we will have Lunch in the park.

****Bring a packed lunch****

Transport

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>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 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



Movies on the projector

Members will choose as a group each week a movie from our Netflix Library and have a discussion around the movie.

No cost

Weather its Action, Comedy or Animated

Goals to achieve:



Goal #1



Goal #2



Goal #3

OR – choose one All Day activity below

All Day – Choose One

✓
chosen activity



Ten Pin Bowling- AMF Bowling

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.

****Bring a packed lunch****

\$7.00,
invoiced,
transport

Goals to achieve:



Goal #1



Goal #2



Goal #3



RSPCA Visit & Lunch in park

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.

****Bring a packed lunch****

Transport

Goals to achieve:



Goal #1



Goal #2



Goal #3

2025 MOH Hub Program Dates

Office Opens 6 January 2025

Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Monday 6 th January	Friday 28 th March
Hub Closed	Monday 27 th January – Australia Day	

Program 2		
	Start Date	End Date
Activity Program	Monday 31 st March	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	