

2025
Mt Ommaney Hub
Activity Program 4 Catalogue

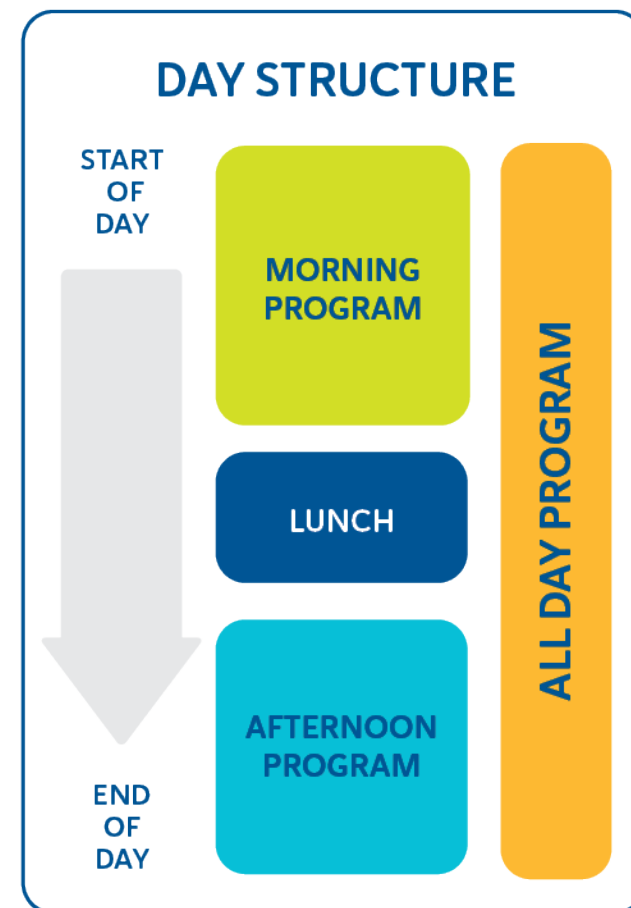
2025 Mt Ommaney Hub Activity Program 4 Catalogue

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

- 1** 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.
- 2** 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 MOH or Samone.ward@multicap.org.au by 25/8/25
- 3** 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
- 4** A confirmation letter will be sent to you with the activities you are participating in.
- 5** 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 07 33763299
















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.

 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 9.00am-12.00pm (choose one)

☐ Creative movement

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.



Goals to achieve:



Cost: No Cost

☐ Morning tea cafe 63

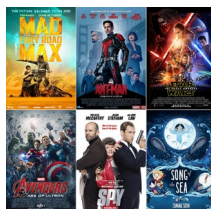
Visit the local café for Morning tea. Members will experience the local community, cash handling, choosing from a menu and ordering their own food.

Afternoon 12.30pm-2.30pm (choose one)

☐ Movies

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

Weather its Action, Comedy or Animated.



Goals to achieve:



Cost: No Cost

☐ Arts and Craft

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

All Day 9.30am-2.30pm (choose one)

☐ Water park

Exploring outdoor water play areas located in the community, nice and refreshing as we welcome back the warmer months, lunch afterwards in the surrounding around us.



Goals to achieve:



Cost: Transport, packed lunch

☐ Cinemas week (1&3)

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.



Goals to achieve:



**Cost: Transport,
\$12.00**



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Goals to achieve:



Cost: No Cost



Goals to achieve:



**Cost: Transport,
\$20.00, packed lunch**

Tuesday Activities

Morning 9.00am-12.00pm (choose one)

☐ 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:



Cost: As per Sos

Afternoon 12.30pm-2.30pm (choose one)

☐ 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:



Cost: As per Sos

All Day 9.30am-2.30pm (choose one)

☐ Brigalow

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)



Goals to achieve:



**Cost: Transport, \$8.00
Brigalow 1st and 3rd of
the month, packed
lunch other weeks**

☐ 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.



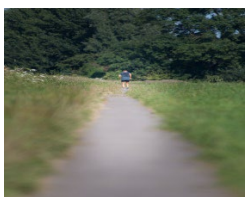
Goals to achieve:



Cost: No Cost

☐ Walking group- local park and surroundings

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!



Goals to achieve:



Cost: No Cost

☐ Cooking your lunch onsite

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)



Goals to achieve:



Cost: No Cost
\$5.00 weekly,
Invoiced

☐ Gardening around the grounds

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.



Goals to achieve:



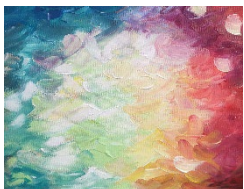
Cost: No Cost

Wednesday Activities

Morning 9.00am-12.00pm (choose one)

☐ Coca- Painting

Our painting program offers a hands-on, creative experience where customers follow a week by week 12-week program, explore the artistic medium of painting, this involves the use of a variety of mediums and imagery.



Goals to achieve:



Cost: \$5.00 quarter,
Invoiced

☐ Chair yoga

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



Goals to achieve:



Cost: No Coat

Afternoon 12.30pm-2.30pm (choose one)

☐ 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.



Goals to achieve:



Cost: No Cost

☐ Collage scrapbook

Week by week customers will be assisted by staff to do a themed collage, this will be done in your scrapbook and sent home at the end of the quarter.



Goals to achieve:

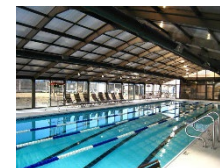


Cost: No Cost

All Day 9.30am-2.30pm (choose one)

☐ Indoor swimming/lunch

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.



Goals to achieve:



Cost: Transport, \$4.00
invoiced. Packed lunch

☐ Lunch club

As a group we will choose a restaurant to attend, before lunch we will travel to a nearby park where we will have engage in exercise.



Goals to achieve:



Cost: Transport,
\$20.00 invoiced

Thursday Activities

Morning 9.00am-12.00pm (choose one)

☐ ASDAN- Craft making

ASDAN is a booklet, certificated 12-week recognized course for beginners in multi-sensory experiences. The initial starting 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.



Goals to achieve:



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

☐ Outdoor activities

As spring approaches and the weather is warming up we will utilise MOH outdoor space by setting up basketball, cricket, sports games or going for a walk around the estate

Afternoon 12.30pm-2.30pm (choose one)

☐ Creative movement

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



Goals to achieve:



Cost: No Cost

☐ 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.

All Day 9.30am-2.30pm (choose one)

☐ Library and lunch in the park

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 share with your peers. Have lunch in the park afterwards



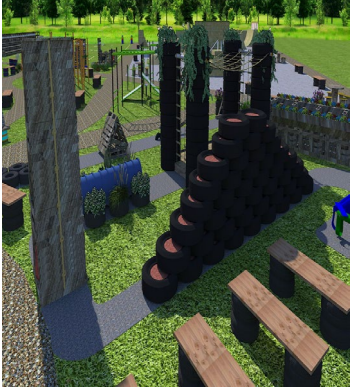
Goals to achieve:



Cost: Transport, packed lunch

☐ 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.



Goals to achieve:



Cost: No Cost



Goals to achieve:



Cost: No Cost



Goals to achieve:



**Cost: Transport, \$2.50,
invoiced**

Friday Activities

Morning 9.00am-12.00pm (choose one)

☐ 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:



Cost: As per Sos

☐ Movies

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

Weather its Action, Comedy or Animated.



Goals to achieve:



Cost: No cost

Afternoon 12.30pm-2.30pm (choose one)

☐ 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:



Cost: As per Sos

☐ Upcycling

Make some valuable treasures from trash. Let's create new opportunities for self-development and rethink our waste management.



Goals to achieve:

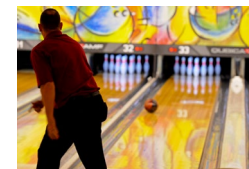


Cost: No Cost

All Day 9.30am-2.30pm (choose one)

☐ Bowling

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:



Cost: Transport, \$7.00
invoiced, packed lunch

☐ Park Fitness

Exploring outdoor fitness equipment located in an outdoor environment in the community, where Staff will also set up sports equipment for all to enjoy, lunch afterwards



Goals to achieve:



Cost: Transport,
packed lunch



2025 Mt Ommaney Hub Program Dates

Office Opens 6 January 2025 | Hub closed on public holidays

	Program 1	Program 2	Showcase Week 1	Program 3	Program 4	Showcase Week 2
Start Date	6 th January 2025	7 th April 2025	23 rd June 2025	30 th June 2025	22 nd September 2025	15 th December 2025
End Date	4 th April 2025	20 th June 2025	27 th June 2025	19 th September 2025	12 th December 2025	19 th December 2025
Hub Closed	New Year Holiday 1 st January 2025 Australia Day 27 th January 2025	Good Friday 18 th April 2025 Easter Monday 21 st April 2025 Anzac Day Holiday 25 th April 2025 Labour Day 5 th May 2025		EKKA Show Day 13 th August 2025	King's Birthday 6 th October 2025	Closure 22 nd December 2025- 5 th January 2026