



2026
Mt Ommaney HUB
Activity Program 2 Catalogue

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Welcome to our Hub Activity Program! We're pleased to have you join us at the Mt Ommaney Hub, and we hope you enjoy everything we have in store.

Our 12-week Hub programs are designed to provide structure, consistency and a strong focus on achieving meaningful outcomes. When selecting your activities, you will be signing up for and committing to the full 12-week program for each day you attend the Hub. This approach gives you the opportunity to fully develop your skills, see your progress over time and work toward your goals with a sense of completion at the end of the program. It also helps you build stronger connections with other customers and experience more substantial benefits than one-off activities can offer.

At the end of each 12-week cycle, you'll have the chance to showcase your new skills during two dedicated showcase weeks held in July and December. These weeks give you the opportunity to participate in a one-off activity that highlights your achievements or demonstrates the progress you've made.

How it works

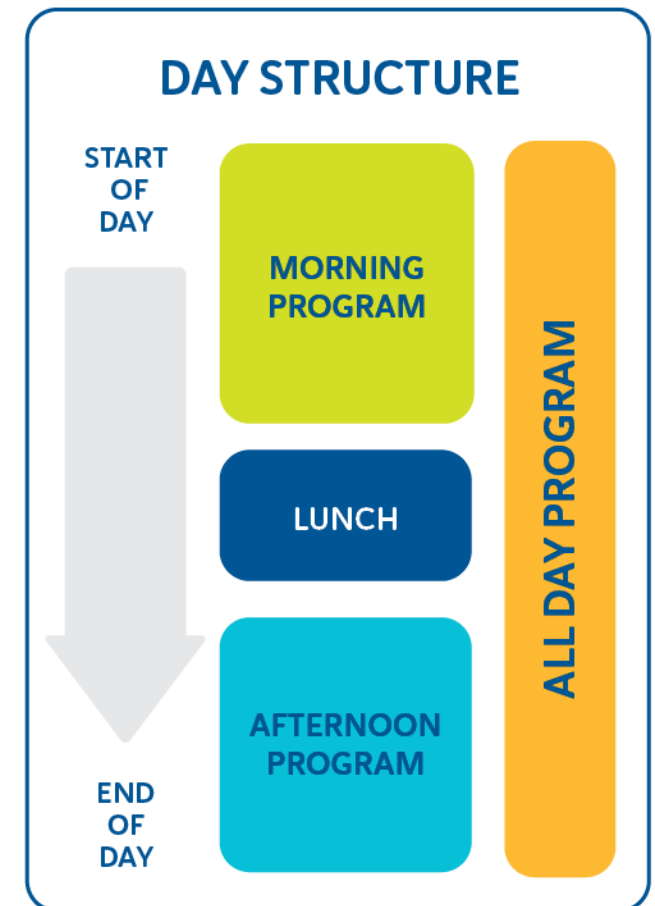
1 For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 27/2/2026

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 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 337633299








Hub Activity Program Goal Reference Guide

To help identify which options best support your individual goals, we have added icons under each one.

These icons show the core goals that each option is designed to help you achieve. Up to three icons may appear, highlighting the primary goals most closely linked to that option, though it may support additional goals as well.

If you're unsure what a particular icon represents, please refer to the list below to match each icon with its related goal.

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



Monday Activities

Morning 9.00am-12.00pm (choose one)

Sensory

Customers will discover the different sensory skills of look, touch, listen, taste and smell encouraging learning through exploration, curiosity, problem solving and creativity.



Goals to achieve:



Cost: No cost

Fun fitness in the hub

Each week we will focus on different exercises in the hub:

- Getting steps up
- Seated exercise
- Yoga
- Zumba
- Ball coordination skills



Goals to achieve:



Cost: No cost

Afternoon 12.30pm-2.30pm (choose one)

Afternoon walks

Members can enjoy the nice relaxing walk near the golf course, around the estate and around the park with the group after lunch.



Goals to achieve:



Cost: No cost

Arts and craft

Enable individuals to express their individuality, relieve stress, develop an understanding of cause and effect, increase confidence, and much more. Join your friends and get creative—paint, colour, cut, paste, and explore a range of artistic activities. Let's get adventurous and create a masterpiece together, following a week-by-week schedule.



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Goals to achieve:



Cost: No Cost

All Day 9.30am-1.45pm (choose one)

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, followed by lunch afterwards.



Goals to achieve:



Cost: Transport, packed lunch

BBQ in the community

As a group, we will each take a turn choosing a park with BBQ facilities. We'll put out the picnic rug, find some lovely shade, and enjoy two sausages with bread and sauce. We will also play some outdoor sports together.



Goals to achieve:



Cost: Transport, \$2.50 invoiced

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 interactive social skills.



Goals to achieve:



Cost: As per Sos

Movies

Members will choose a movie each week as a group from our Netflix library and take part in a discussion afterward. The movie options include genres such as action, comedy, and animated films.



Goals to achieve:



Cost: No Cost

Painting

In Week 1, customers will work with staff to create a week-by-week program. At the end of the 12 weeks, we will celebrate the masterpiece that everyone has created together.

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 interactive social skills.



Goals to achieve:



Cost: As per Sos

Life skills

As a group, we will choose a new life skill each week to work on with staff assistance. These skills may include personal care, hygiene, speech, language, Makaton, duties around the hub, or health and safety.



Goals to achieve:



Cost: No Cost

Meditation

Take a deep breath and unwind! Join us for a peaceful meditation session where you can relax, recharge, and find your inner calm. Perfect for all levels.

All Day 9.30am-1.45pm (choose one)

Brigalow

Sing, dance, and enjoy live music at our local Brigalows Country Music Club. Join others from across the wider Multicap regions and dance the day away! Food and drinks will be provided, along with great live artists. On even weeks, we will choose an alternative outing to a park of your choice—please remember to bring your own lunch on those days.



Goals to achieve:



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



Goals to achieve:



Cost: No Cost



Goals to achieve:



Cost: No Cost

Wednesday Activities

Morning 9.00am-12.00pm (choose one)

Clay

Our clay program offers a hands-on, creative experience where customers can explore the endless possibilities of shaping and moulding clay. This program encourages self-expression, creativity, and artistic growth.



Goals to achieve:



Cost: \$5.00 quarter, invoiced

Interactive learning

Interactive learning focuses on participation, accessibility, and choice, allowing each customer to learn in the way that works best for them with staff assistance.



Goals to achieve:



Cost: No cost

Afternoon 12.30pm-2.30pm (choose one)

Pamper afternoon

Spend your afternoon relaxing with staff—enjoy a coffee break, paint your nails, make a clay mask, receive a hand massage, listen to calming music, or simply read a book.



Goals to achieve:



Cost: No cost

COCA-Textiles

A 12-week, week-by-week plan featuring projects that range from personal-use items and handmade gifts to fabric creations, environmental projects, and fun glitter-and-glam activities.



Goals to achieve:



Cost: \$5.00 quarter, invoiced

All Day 9.30am-1.45pm (choose one)

Indoor Swimming/Lunch

Bring your bathers and enjoy some leisure swimming. Suitable for all needs, swimming in an indoor pool can help relieve aches and pains, burn energy, and have fun with friends. Start your day with a relaxing swim, then visit the local park to have lunch with the group. Please provide any required swimming aids.



Goals to achieve:



Cost: Transport, invoiced, packed lunch

Lunch club

Customers will take turns choosing a location each week, where the group will come together to enjoy a meal, good food, and great conversation.



Goals to achieve:



Cost: Transport, \$15.00

Thursday Activities

Morning 9.00am-12.00pm (choose one)

ASDAN-Craft making

ASDAN is a step-by-step, week-by-week program. Once completed, certificates will be provided at the end of the year. Staff will support customers to follow the schedule and create their masterpieces.



Goals to achieve:



Cost:

\$25.00 for First time user
\$10.00 for existing user

Match and sort

This program is designed to build confidence through purposeful tasks such as matching and identification activities, memory exercises, paper threading, and educational games.



Goals to achieve:



Cost: TBD

Afternoon 12.30pm-2.30pm (choose one)

Drama, dance and exercise

This program is designed to be inclusive, creative, and empowering, incorporating activities such as role-playing, storytelling, rhythm, and self-expression, while also focusing on strength, balance, and flexibility.



Goals to achieve:



Cost: No cost

Movies

Members will choose a movie each week as a group from our Netflix library and take part in a discussion afterwards. The movie genres include action, comedy, and animated films.



Goals to achieve:



Cost: No Cost

All Day 9.30am-1.45pm (choose one)

Pies in the Park

Explore your local takeaway shops and enjoy an Aussie icon in the park with your peers. Experience money handling and counting skills along the way. Together, we will choose the venues and spend the day socialising in a community setting and spending quality time with your peers.



Goals to achieve:



Cost: Transport, \$10.00

Mt Cootha Parklands

At this beautiful destination, you can enjoy views from the lookout, trek iconic bushwalking trails, wander through the gardens, explore the Hide-and-Seek Children's Trail, visit the tropical dome, and finish off with a picnic under the trees.



Goals to achieve:



Cost:

Transport, packed lunch

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

Scrapbook Collage

Through photos, textures, drawings, or meaningful words, this book—taken home at the end of the quarter—will tell a personal story. Each page will reflect the abilities, strengths, and unique perspectives of each customer.



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

Friday afternoons unwind

Relax, engage, and unwind in a supportive and flexible environment each week. Enjoy an afternoon of freedom where you can choose activities such as reading, watching movies, gardening, water play, or chatting with your peers.



Goals to achieve:



Cost: No Cost

All Day 9.30am-1.45pm (choose one)

Bowling

Bowling sessions support hand-eye coordination, social connection, and community participation in a fun and inclusive environment.



Goals to achieve:



Cost: Transport, \$7.00 invoiced, packed lunch

Flexible HUB activities (in center)

Relax, engage, and unwind in a supportive and flexible environment each week. Enjoy an afternoon of freedom where you can choose activities such as reading, watching movies, gardening, water play, or chatting with your peers.



Goals to achieve:



Cost: No cost



2026 MOH Program Dates

Office Opens 2 January 2027 | Hub closed on public holidays

	Program 1	Program 2	Showcase Week 1	Program 3	Program 4	Showcase Week 2
Start Date	5 th January 2026	30 th March 2026	22 nd June 2026	29 th June 2026	21 st September 2026	14 th December 2026
End Date	27 th March 2026	19 th June 2026	26 th June 2026	18 th September 2026	11 th December 2026	18 th December 2026
Hub Closed	New Year Holiday 1 st January 2026 Australia Day 26 th January 2026	Good Friday 3 rd April 2026 Easter Monday 6 th April 2026 Anzac Day Holiday 25 th April 2026 Labour Day 2 nd May 2026		EKKA Show Day 12 th August 2026	King's Birthday 5 th October 2026	