

2026
Mt Ommaney
Activity Program 3
Catalogue



2026 Mt Ommaney Activity Program 3 Catalogue

Welcome to our Hub Activity Program! We're pleased to have you join us at the MOH, 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

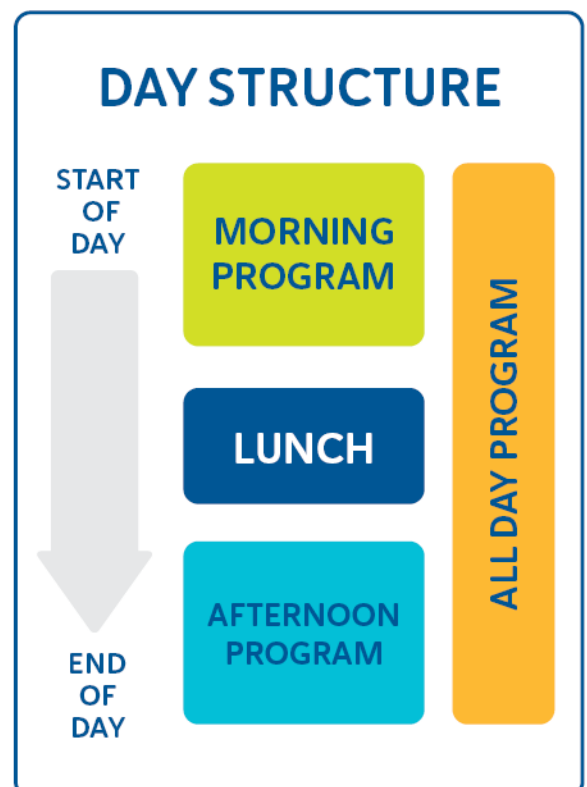
1 For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 Samon Ward on 07 33763299 or return it to MOH or Samone.ward@multicap.org.au by 10/6/2026

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 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 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		Cost	Tick one
	<p>Clay</p> <ul style="list-style-type: none"> Self- expression and artistic growth Creativity Exploring, shaping and molding Sensory exploring <p>Goals to achieve:</p>	\$5.00 quarter, invoiced	<input type="checkbox"/>
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Goal 1</p> </div> <div style="text-align: center;">  <p>Goal 2</p> </div> <div style="text-align: center;">  <p>Goal 3</p> </div> </div>		
	<p>Morning Tea at Café 63</p> <ul style="list-style-type: none"> Experience local community Cash handling Choosing from a menu Ordering your own food <p>Goals to achieve: Independence and community integration</p>	\$12.00, transport	<input type="checkbox"/>
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Goal 1</p> </div> <div style="text-align: center;">  <p>Goal 2</p> </div> <div style="text-align: center;">  <p>Goal 3</p> </div> </div>		

Afternoon		Cost	Tick one
	<p>Pamper Afternoon</p> <ul style="list-style-type: none"> Relax with a coffee break Nail painting with staff assistance Massage your hands Listen to relaxing music, this is all about you! <p>Goals to achieve:</p>	No cost	<input type="checkbox"/>
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Goal 1</p> </div> <div style="text-align: center;">  <p>Goal 2</p> </div> <div style="text-align: center;">  <p>Goal 3</p> </div> </div>		
	<p>Life Skills</p> <ul style="list-style-type: none"> This activity works towards your independence and personal growth Hygiene, personal care Speech and language Duties around the HUB and safety <p>Goals to achieve:</p>	No cost	<input type="checkbox"/>
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Goal 1</p> </div> <div style="text-align: center;">  <p>Goal 2</p> </div> <div style="text-align: center;">  <p>Goal 3</p> </div> </div>		

All Day

Cost

Tick one



Library and lunch in the Park

- Integration in the community
- Listening, learning in a sensory-friendly environment
- Social interaction
- Choosing the book you would like to read alone or in a group

Goals to achieve:



Goal 1

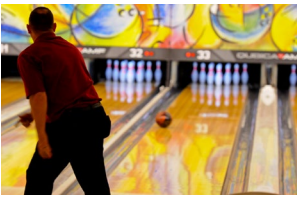


Goal 2



Goal 3

Transport,
packed
lunch



Bowling

- Social interactions, integration in the community
- Communication
- Waiting time and relationship building
- Self-regulation and motor skills

Goals to achieve:



Goal 1















Goal 2





















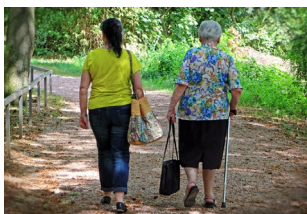











Goal 3

\$7.00,
transport,
packed
lunch

Tuesday Activities

Morning		Cost	Tick one
	<p>Music Therapy (morning session)</p> <ul style="list-style-type: none"> A research-based practice which assists customers to reach functional goals such as facilitating communication and developing self-regulation strategies and developing interactive social skills. Please contact Queenie at queenie@multicap.org.au at least 3 days prior if you wish to cancel <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>	As per NDIS agreement	<input type="checkbox"/>
	<p>COCA- Collage</p> <ul style="list-style-type: none"> Coca- Mixed Media Art Program In this program we will work each week on painting, collage, and sculpture to create some canvas that will be displayed in the HUB. Customers will learn how to create themes and work in stages of base painting, placement, and 3D art. Customers will benefit in teamwork, fine motor skills, tactile, visual and self-expression <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>	\$5.00 quarter, invoiced	<input type="checkbox"/>
	<p>Interactive Learning</p> <ul style="list-style-type: none"> This program focuses on participation and choice As a group we will choose a program on the projector Multi-sensory learning Visual support <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>	No cost	<input type="checkbox"/>

Afternoon		Cost	Tick one			
	<p>Music Therapy (afternoon session)</p> <ul style="list-style-type: none"> A research-based practice which assists customers to reach functional goals such as facilitating communication and developing self-regulation strategies and developing interactive social skills. Please contact Queenie at queenie@multicap.org.au at least 3 days prior if you wish to cancel. <p>Goals to achieve:</p>	As per NDIS agreement	<input type="checkbox"/>			
<table border="1"> <tr> <td data-bbox="443 555 699 678">  Goal 1 </td> <td data-bbox="699 555 954 678">  Goal 2 </td> <td data-bbox="954 555 1209 678">  Goal 3 </td> </tr> </table>		 Goal 1	 Goal 2	 Goal 3		
 Goal 1	 Goal 2	 Goal 3				
	<p>Sensory</p> <ul style="list-style-type: none"> Learning all about the 5 sensory systems in the brain Developing fine motor skills as well as gross motor skills Hand eye coordination Learning through exploration, curiosity, creativity and problem solving <p>Goals to achieve:</p>	No cost	<input type="checkbox"/>			
<table border="1"> <tr> <td data-bbox="443 1010 699 1133">  Goal 1 </td> <td data-bbox="699 1010 954 1133">  Goal 2 </td> <td data-bbox="954 1010 1209 1133">  Goal 3 </td> </tr> </table>		 Goal 1	 Goal 2	 Goal 3		
 Goal 1	 Goal 2	 Goal 3				
	<p>Afternoon Walks</p> <ul style="list-style-type: none"> You can have a relaxing walk around the estate Count your steps for fitness levels Helps relieve stress Stop at the park for a swing <p>Goals to achieve:</p>	No cost	<input type="checkbox"/>			
<table border="1"> <tr> <td data-bbox="443 1435 699 1581">  Goal 1 </td> <td data-bbox="699 1435 954 1581">  Goal 2 </td> <td data-bbox="954 1435 1209 1581">  Goal 3 </td> </tr> </table>		 Goal 1	 Goal 2	 Goal 3		
 Goal 1	 Goal 2	 Goal 3				

All Day

Cost

Tick one



Brigalow

(1st and 3rd of the month, Park week 4 and 4)

- MOH most popular program
- Sing, dancing and enjoy live music
- Enjoy company of other services that attend
- Improve customer confidence

Goals to achieve:



Goal 1











Goal 2



















Goal 3

Transport,
\$8.00,
packed
lunch
week 3
and 4









Wednesday Activities









Morning		Cost	Tick one
	<p>Movies</p> <ul style="list-style-type: none"> Customers take turns in choosing their preference A relaxed vibe for something quieter Choose from action, comedy or animation <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>	No cost	<input type="checkbox"/>
	<p>Painting</p> <ul style="list-style-type: none"> As a group, discuss the 12-week schedule Choose a theme each week Customers can showcase their creativity Can help calm and soothe the mind <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>	No cost	<input type="checkbox"/>









Afternoon		Cost	Tick one
	<p>Arts and Craft</p> <ul style="list-style-type: none"> Join your peers to create, share ideas, and try new craft activities. Get creative by painting, coloring, cutting and pasting Be adventurous and create some masterpieces Week by week schedule <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>	No cost	<input type="checkbox"/>
	<p>Life skills</p> <ul style="list-style-type: none"> This activity works towards your independence and personal growth. Hygiene and personal care Speech and language Duties around the HUB and safety <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>	No cost	<input type="checkbox"/>

All Day				Cost	Tick one
	<p>Train Travel</p> <ul style="list-style-type: none"> Improved independence Customers to learn a timetable Choose a destination together Customers learn how to use a Go Card <p>Goals to achieve:</p>			Transport, Go card, packed lunch	<input type="checkbox"/>
 Goal 1		 Goal 2	 Goal 3		
	<p>Cinema week 1 and 3, Park week 2 and 4</p> <ul style="list-style-type: none"> Customers engaging in the local community Discussion around which movie to choose as well as park location Cash handling Relaxing atmosphere in the cinema <p>Goals to achieve:</p>			Transport, \$20.00, packed lunch	<input type="checkbox"/>
 Goal 1		 Goal 2	 Goal 3		









Thursday activities









Morning		Cost	Tick one
	<p>ASDAN-Meal Preparation and Cooking</p> <ul style="list-style-type: none"> Step by step, week by week program Learning the basics of cooking and meal prep Certificates to be provided by ASDAN Full staff support <p>Goals to achieve:</p>	\$25.00 first time user, \$10.00 existing user	<input type="checkbox"/>
	<p>Goal 1 </p> <p>Goal 2 </p> <p>Goal 3 </p>		
	<p>Shopping at Mt Ommaney</p> <ul style="list-style-type: none"> As a group, travel to the shops Bring your own shopping list and money Cash handling and independence Pick the shop you would like to shop in <p>Goals to achieve:</p>	TBD, transport	<input type="checkbox"/>
	<p>Goal 1 </p> <p>Goal 2 </p> <p>Goal 3 </p>		









Afternoon		Cost	Tick one
	<p>Karaoke and Music Videos on Projector</p> <ul style="list-style-type: none"> Program designed to be inclusive and creative Creates choice and control Choose your preference of songs and music Taking turns with your peers <p>Goals to achieve:</p>	No cost	<input type="checkbox"/>
	<p>Goal 1 </p> <p>Goal 2 </p> <p>Goal 3 </p>		
	<p>Movies</p> <ul style="list-style-type: none"> Customers take turns in choosing their preference A relaxed vibe for something quieter Choose from action, comedy or animation <p>Goals to achieve:</p>	No cost	<input type="checkbox"/>
	<p>Goal 1 </p> <p>Goal 2 </p> <p>Goal 3 </p>		

All Day		Cost	Tick one
	<p>Outdoor Activities and Adventures</p> <ul style="list-style-type: none"> • Independence in the community • Choose fitness/sports or exploring • Choose as a group • Lunch while out at the park <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <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, packed lunch	<input type="checkbox"/>
	<p>Flexible HUB activities (in center)</p> <ul style="list-style-type: none"> • Engage and decide with your peers and staff • 2 choices per AM and PM • The possibilities are endless • Enjoy taking control of your own day <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <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>	No cost	<input type="checkbox"/>

Friday Activities

Morning	Cost	Tick one
 <p>Music Therapy (morning)</p> <ul style="list-style-type: none"> A research-based practice which assists customers to reach functional goals such as facilitating communication and developing self-regulation strategies and developing interactive social skills. Please contact Queenie at queenie@multicap.org.au at least 3 days prior if you wish to cancel <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>	As per NDIS agreement	<input type="checkbox"/>
 <p>Meditation</p> <ul style="list-style-type: none"> Perfect for all levels Program aimed at customers abilities Peaceful and explore your inner calm Follow instructions from projector <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>	No cost	<input type="checkbox"/>

Afternoon				Cost	Tick one
	<p>Music Therapy (afternoon session)</p> <ul style="list-style-type: none"> A research-based practice which assists customers to reach functional goals such as facilitating communication and developing self-regulation strategies and developing interactive social skills. Please contact Queenie at queenie@multicap.org.au at least 3 days prior if you wish to cancel <p>Goals to achieve:</p>			As per NDIS agreement	<input type="checkbox"/>
 Goal 1		 Goal 2	 Goal 3		
	<p>Arts and Craft</p> <ul style="list-style-type: none"> Join your peers to create, share ideas, and try new craft activities. Get creative by painting, coloring, cutting and pasting Be adventurous and create some masterpieces Week by week schedule <p>Goals to achieve:</p>			No cost	<input type="checkbox"/>
 Goal 1		 Goal 2	 Goal 3		

All Day				Cost	Tick one
	<p>Bowling and Lunch in the Park</p> <ul style="list-style-type: none"> • Social interactions, integration in the community • Communication • Waiting time and relationship building • Self-regulation and motor skills <p>Goals to achieve:</p>			Transport, \$7.00 invoiced, packed lunch	<input type="checkbox"/>
<div style="display: flex; justify-content: space-around; align-items: center;"> <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>BBQ in the Community</p> <ul style="list-style-type: none"> • Choice and control to choose a park • Enjoy the sun and the outdoor spaces • Customers to assist staff to cook • Each customer receives 2 sausages and bread with sauce <p>Goals to achieve:</p>			Transport, \$2.50, invoiced	<input type="checkbox"/>
<div style="display: flex; justify-content: space-around; align-items: center;"> <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>					

2026 Mt Ommaney Program Dates

Office Opens 2 January 2026 Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Monday 5 th January	Friday 27 th March
Hub Closed	Thursday 1st January – New Year's Day Monday 26 th January – Australia Day	

Program 2		
	Start Date	End Date
Activity Program	Monday 30 th March	Friday 19 th June
Hub Closed	Friday 3 rd April – Good Friday Monday 6 th April – Easter Monday Monday 4 th May – Labour Day	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 22 nd June	Friday 26 th June

Program 3		
	Start Date	End Date
Activity Program	Monday 29 th June	Friday 18 th September
Hub Closed	Wednesday 12 th August – Royal Queensland Show (Brisbane area only)	

Program 4		
	Start Date	End Date
Activity Program	Monday 21 st September	Friday 11 th December
Hub Closed	Monday 5 th October – Kings Birthday	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 14 th December	Friday 18 th December
Hub Closed	Saturday 19 th December 2026 – Sunday 3 rd January 2027	