MULTICAP
all ways. always

2027
Mt Ommaney HUB Activity Program 1 Catalogue



2027 MOH Activity Program 1 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

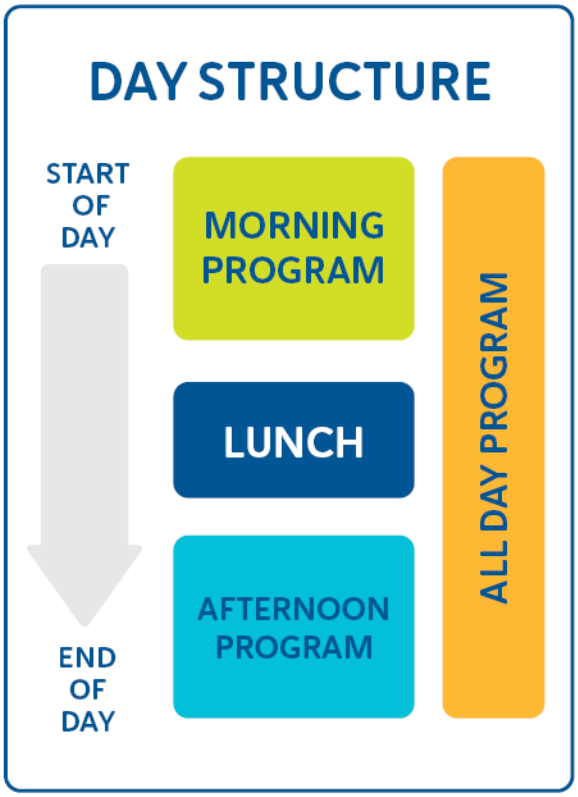
1. For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 Samone Ward or return it to MOH or Samone.ward@multicap.org.au by 20/11/2026.

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 0408 772 495.

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 0408 772 495.



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.

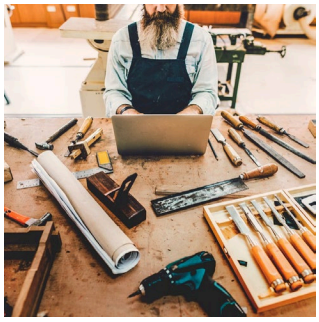
If you're unsure what a particular icon represents, please refer to the list below to match each icon with its related goal.

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				Cost	Tick one
	**Morning tea at Café 63** • Experience the local community. • Cash handling. • Choosing from the menu. • Enjoying a meal with your peers. **Goals to achieve:**			$12.00, transport.	☐
	Goal 1	**Goal 2**	**Goal 3**		
	**Puzzle Mania** • Customers engage in different educational programs. • Focus on numbers, letters and basic problem solving. • Focusing on patience to be able to complete tasks. • Have fun doing as a group or alone. **Goals to achieve:**			$3.00 quarter, invoiced.	☐
	Goal 1	**Goal 2**	**Goal 3**		

Afternoon				Cost	Tick one
	**Woodwork** • Woodwork assists in developing practical skills and creativity. • Improves fine motor skills, hand-eye coordination. • Builds confidence and a sense of achievement. • Encourages social interaction and teamwork. **Goals to achieve:**			$3.00 quarter, invoiced.	☐
	Goal 1	Goal 2	Goal 3		
	**Fub fitness in the HUB** • A fun and engaging fitness program for customers. • Focus on different exercises each week. • Seating exercises to suit all abilities. • Zumba for energetic movement and enjoyment. **Goals to achieve:**			Free	☐
	Goal 1	Goal 2	Goal 3		

All Day				Cost	Tick one
	**Live music and lunch at Sunny community center** • Experience the community. • Listen to live music from a soloist. • Enjoy a meal with your peers. **Goals to achieve:**			Transport, see Samone for menu, prices start from $9.00 to $22.50.	☐
	Goal 1	Goal 2	Goal 3		
	**Bushwalking** • Research as a group on walking trails. • Perfect for all fitness levels. • Supports physical and wellbeing through movement. • Promotes relaxation and mindfulness. **Goals to achieve:**			Transport. Packed lunch.	☐
	Goal 1	Goal 2	Goal 3		

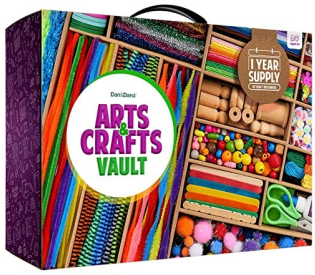
Tuesday Activities

Morning				Cost	Tick one
	**Move your body** • Customers will engage in basic stretches and strength building exercises • Improve flexibility and health • Customers can choose from yoga, dance, routines on the Projector. • Practice breathing techniques during movement. **Goals to achieve:**			Free	☐
	Goal 1	Goal 2	Goal 3		
	**Wool without limits** • Wool can be cut, rolled, wrapped and glued. • Encourages creativity and imagination. • Finished items can be used for display or gifts. • Fun and calming program. **Goals to achieve:**			$3.00 for quarter, invoiced.	☐
	Goal 1	Goal 2	Goal 3		

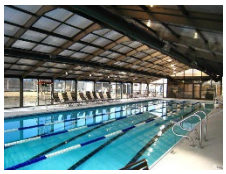
Afternoon				Cost	Tick one
	**Making lunch onsite** • First week bring lunch and we will plan the menu. • Customers will gain life skills for meal preparation. • Discussions around healthy choices and hygiene • Enjoying a meal made and eaten with your peers. **Goals to achieve:**			$5.00, invoiced.	☐
	Goal 1	Goal 2	Goal 3		
	**Everything Sensory** • Explore through touch, smell, texture and textiles. • Not limited to slime, playdough, water play. • Assist with fine motor skills, memory and observation skills. • Endless possibilities. **Goals to achieve:**			$3.00 quarter, invoiced.	☐
	Goal 1	Goal 2	Goal 3		

All Day				Cost	Tick one
	**Brigalow (1st and 3rd of the month, park 2nd and 4th of the month)** • MOH most popular program, using both buses • Sing, dance and enjoy live music. • Enjoy company of other services that attend. • Improve customers integrated into the community and confidence. **Goals to achieve:**			$8.00, transport, packed lunch for park weeks.	☐
	Goal 1	Goal 2	Goal 3		

Wednesday Activities

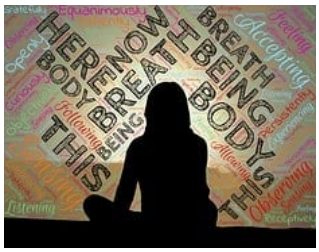
Morning		Cost	Tick one
	**Arts and Craft** • Join your peers to create, share ideas and try new craft activities. • Get creative by painting, coloring, cutting and painting. • Be adventurous and create some masterpieces. • Week by week schedule. **Goals to achieve:** Goal 1 | Goal 2 | Goal 3	Free	☐
	**Movies** • Customers take turns in choosing their preference. • A relaxed vibe for something quieter. • Choose from Action, Comedy or Animation. **Goals to achieve:** Goal 1 | Goal 2 | Goal 3	Free	☐

Afternoon		Cost	Tick one
	**Music, Movement and Karaoke Club** • Accessible dance sessions. • Drumming circles. • Music requests and learning simple instruments. • Customers will determine what they like the best. **Goals to achieve:** Goal 1 / Goal 2 / Goal 3	Free	☐
	**Afternoon walk** • Enjoy a relaxing walk around the estate. • Count your steps for fitness levels. • Helps relieve stress. • Stop at the park for a swing. **Goals to achieve:** Goal 1 / Goal 2 / Goal 3	Free	☐

All Day		Cost	Tick one
	**BBQ in the community** • Customers will take turns choosing a park to have a BBQ each week. • Enjoy the sun and outdoor areas • Customers to assist staff to cook their lunch. • Each customer receives 2 sausages on bread with sauce. **Goals to achieve:** Goal 1 / Goal 2 / Goal 3	$2.50 invoiced, transport.	☐
	**Swimming/lunch in a nearby park** • Enjoy the Hydro pool set at 24 degrees. • Assists relieving aches and pains. • Relax and float. • Play pool games for exercise. **Goals to achieve:** Goal 1 / Goal 2 / Goal 3	$4.00 invoiced, transport, packed lunch.	☐

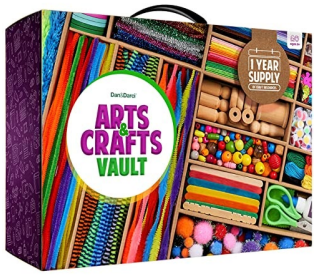
Thursday activities

<table>
<tr><th>Morning</th><th></th><th>Cost</th><th>Tick one</th></tr>
<tr><td rowspan="2"></td><td colspan="2"><h2>The Creative Collection</h2>
Create a different project weekly.
Painting, pottery, jewellery, collaborative murals.
Assist with fine motor skills, memory and observation skills.
Endless possibilities.
Goals to achieve:</td><td rowspan="2">$3.00 quarter, invoiced.</td><td rowspan="2">☐</td></tr>
<tr><td>Goal 1</td><td>Goal 2</td><td>Goal 3</td></tr>
<tr><td rowspan="2"></td><td colspan="2"><h2>Morning walk</h2>
Enjoy a relaxing walk around the estate.
Count your steps for fitness levels.
Helps relieve stress.
Stop at the park for a swing.
Goals to achieve:</td><td rowspan="2">Free</td><td rowspan="2">☐</td></tr>
<tr><td>Goal 1</td><td>Goal 2</td><td>Goal 3</td></tr>
</table>

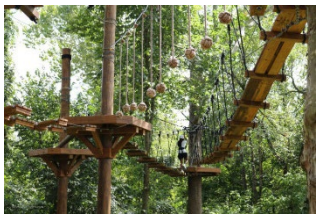
Afternoon				Cost	Tick one
	**Move your way** • Build strength, relieve stress. • Chair yoga, gentle stretching, dance. • Walking, sports and movement games. • Customers participate at their own pace. **Goals to achieve:**			Free	☐
	Goal 1	Goal 2	Goal 3		
	**Mindful Moments** • A calming program with sensory activities. • Hand and leg massage to soothing music. • Relax with peers for storytelling. • Practice breathing techniques during movement. **Goals to achieve:**			Free	☐
	Goal 1	Goal 2	Goal 3		

All Day				Cost	Tick one
	**Fishing** • Provides a meaningful hobby. • Connects customers to nature. • Develop patience. • Enjoyment when you catch the big one! **Goals to achieve:**			$2.00, invoiced, transport, packed lunch.	☐
	Goal 1	Goal 2	Goal 3		
	**Lunch club** • Customers will take turns choosing the venue to have lunch with their peers. • Customers engage in choosing their own lunch from the menu. • Customers paying for their own meals, learning money handling skills. **Goals to achieve:**			$20.00, transport	☐
	Goal 1	Goal 2	Goal 3		

Friday Activities

<table>
<tr><th>Morning</th><th colspan="3"></th><th>Cost</th><th>Tick one</th></tr>
<tr><td rowspan="2">
</td><td colspan="3">Arts and Craft
• Join your peers to create, share ideas and try new craft activities.
• Get creative by painting, coloring, cutting and painting.
• Be adventurous and create some masterpieces.
• Week by week schedule.
Goals to achieve:</td><td rowspan="2">Free.</td><td rowspan="2">☐</td></tr>
<tr><td>Goal 1</td><td>Goal 2</td><td>Goal 3</td></tr>
<tr><td rowspan="2">
</td><td colspan="3">Flexible HUB activities.
• Discussion as a group
• 2 choices for customers to choose from.
• The possibilities are endless.
• Enjoy taking control of your own morning.
Goals to achieve:</td><td rowspan="2">Free</td><td rowspan="2">☐</td></tr>
<tr><td>Goal 1</td><td>Goal 2</td><td>Goal 3</td></tr>
</table>

Afternoon				Cost	Tick one
	**Movies** • Customers take turns in choosing their preference. • A relaxed vibe for something quieter. • Choose from Action, Comedy or Animation. **Goals to achieve:**			Free	☐
	Goal 1	Goal 2	Goal 3		
	**The HUB Olympics** • An all-inclusive program. • Promotes choice and control. • Activities not limited to – bowling, obstacle course, team challenges. • Get competitive with your peers. **Goals to achieve:**			Free	☐
	Goal 1	Goal 2	Goal 3		

All Day				Cost	Tick one
	**Bowling then lunch at a nearby park** • Social interactions and integration in the community. • Waiting time and relationship building. • Self-regulation and motor skills. • Assist to maintain relationships with peers. **Goals to achieve:**			$7.50, invoiced, transport, packed lunch.	☐
	Goal 1	Goal 2	Goal 3		
	**Park adventure** • As a group decide which adventure is today. • Enjoy accessible playground equipment and inclusive play areas. • Take photos of nature, trees, animals and scenery. • Enjoy a picnic lunch with peers and staff. **Goals to achieve:**			Transport, packed lunch	☐
	Goal 1	Goal 2	Goal 3		

2027 Mount Ommaney Program Dates

Office opens 4 January 2027 Hub closed on Public Holidays

Program 1		
	Start Date	**End Date**
Activity Program	Monday 4th January	Friday 27th March

Program 2		
	Start Date	**End Date**
Activity Program	Monday 29th March	Friday 18th June

Showcase week 1		
	Start Date	**End Date**
Showcase Program	Monday 21st June	Friday 25th June

Program 3		
	Start Date	**End Date**
Activity Program	Monday 28th June	Friday 17th September

Program 4		
	Start Date	**End Date**
Activity Program	Monday 20th September	Friday 10th December

Showcase week 2		
	Start Date	**End Date**
Showcase Program	Monday 13th December	Friday 17th December
Hub Closed	Saturday 18th December 2026 – Sunday 2nd January 2027	