Seniors Program

Mamu Health Service Sport and Rec Senior Program targets the elderly age group to gain muscular activity and improve their coordination, balance and mental health. Providing activities to develop minor muscle activity success, and mental health challenges. As you get older, it's important to do some form of physical and mental activity every day. These activities include walking around a small circuit and participating in small physical games. Exercises that can be done in chairs, Healthy snack making and Picture Yarning days.

We provide

Facilitator and equipment needed for activities

These programs may assist with maintaining:

- healthy weight
- give you more energy
- •improve your sleep
- improve your mental health and reduce stress and anxiety
- •improve concentration



Cultural Dance program

Mamu Health Service Cultural Dance Program will offer the traditional contemporary elements of dance, communicate meaning in dances that participants will perform. The Program will describe the characteristics of dances from different Aboriginal social, historical and cultural contexts that influence their dance making.

they will work collaboratively to perform dances that may be about traditional stories from the country gathered upon for audiences, demonstrating technique and animal immitations skills.

This Program will include:

- Introduction of Aboriginal dancing,-
- what we wear, why we paint ourselves, what dances mean and when do we dance.
- •Rhythm and movement
- Animal imitations
- ·Stories and choreographing
- Aboriginal dances vastly across the country
- Your own performance





For more information Contact

Tania Ramsey 0436 120 568 Sport and Rec Officer 1800 765 966





Opening hours

8:30am 5:00pm Mon-Thurs 8:30am - 3pm Friday

www.mamuhsl.org.au 23 Glady St **INNISFAIL OLD 4860**







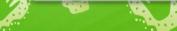


































































KINDY GYM PROGRAM

Mamu Health Services provides Sport and Recreational Kindy Gym Program targeting toddler aged groups. Packed with activities to develop gross and fine motor skills, music and rhythm, success, and challenges, Kindy Gym classes are designed to develop physical movement and problem-solving skills targeting the toddler age group to gain muscular activity and to improve their coordination, balance and flexibility.

Program times

30mins per session 1 day a week for 6 weeks

What you need

- Space or area that may be suited for program.
- 30 minutes for each group

We provide

- Sport and Recreational Officer to facilitate.
- Equipment needed, for program activities





Fishing Marine and Foraging Program

Mamu Health Service Provides a Fishing Marine and foraging Program aiming at Youth aged and Adult aged community groups partnering with Mandubarra Aboriginal Land and sea Rangers. This program involves working with Traditional owners of Kurrimine beach and learning about Aboriginal culture and participating in various cultural activities.

Program times

1 day a week for 6 weeks 8:30am – 2:00pm

What you need

- Group of 10 or less 12yrs Adult aged (groups can be separated)
- A business facilitator if available

We Provide

- Transport to program
- Sport and Recreational officer to facilitate
- · Catering and costs
- Equipment needed for the program



Hiking and Orienteering Program

Mamu Health Service Hiking and
Orienteering Program is about looking
after rainforest country and healthy
water-ways, working with MAMU
Rangers. Participants of the program
will be looking after cultural heritage
sites, monitoring biodiversity, helping
with pest plant control, and learning
about a new water monitoring
program around the Innisfail area.

Program times

1 day a week for 6 weeks 8:30am -2:00pm

What you need

- Group of 10 or less 12yrs Adult aged (groups can be separated)
- A business facilitator if available

We Provide

- Transport to program
- Sport and Recreational officer to facilitate
- · Catering and costs
- Equipment needed for the program

