

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 imitations 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

MAMU
HEALTH SERVICE LIMITED

SPORTS & REC PROGRAM



Opening hours

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

www.mamuhsl.org.au

23 Gladly St
INNISFAIL QLD 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

