

At Onemda's Westmeadows campus, there's something for everyone. With over 25 diverse programs to choose from, participants can explore their interests, build new skills, and connect with others in a welcoming and supportive environment.

From digital content creation and creative arts to travel training, community independence, sports, science, and more, our programs are designed to empower every individual to thrive.

Whether you're looking to build confidence, learn practical life skills, or simply have fun and make friends, Westmeadows offers the opportunity to do it your way.

Programs



Active Mind & Bodies

Combines mental and physical activities to improve cognitive function, coordination, and overall wellbeing through puzzles, games, movement, and fitness routines.



Advocacy & Communication

Builds confidence, emotional awareness, and communication skills through guided discussions, games, and teamwork that empower self-expression and decision-making.



Animation Creations

Learn to plan, design and animate digital characters and stories using simple tools that build creativity, digital literacy, and storytelling skills.



Armchair Travel

Take a virtual journey exploring cultures, landmarks, and traditions while building knowledge, curiosity, and global understanding through engaging storytelling and media.



Bake & Share

Learn baking skills, teamwork, and kitchen safety while preparing and sharing treats, fostering independence and community connection.



Basketball

Develop coordination, teamwork, and confidence through skill-building activities and friendly games that improve fitness and social interaction.



Bowling

Improve motor skills, coordination, and confidence through fun, inclusive outings that encourage sportsmanship and social participation.



Community Independence

Build practical life skills through real-world tasks like using transport, navigating public spaces, and engaging with local services.



Community Library

Connect with the local library to build confidence, independence, and a love of books through borrowing and community-based learning.



Creative Arts

Express creativity and emotions through hands-on arts, music, and sensory experiences that promote relaxation, self-expression, and connection.



Digital Content Creation

Build digital literacy and safety skills while exploring online tools, respectful communication, and content creation.



Discovering Science

Explore scientific concepts through hands-on experiments that inspire curiosity and build understanding of how the world works.



Environmental Studies

Learn sustainability skills through recycling, reusing, and hands-on environmental projects that build awareness and responsibility.



Gentle Exercises

Improve strength, flexibility, and wellbeing with calming activities like stretching, walking, yoga, and tai chi.



Healthy Lifestyles

Learn about nutrition, physical health, safety, and emotional wellbeing through engaging, practical activities that support lifelong wellness.



Horticulture

Learn gardening skills and explore nature through hands-on activities like planting, watering, and garden care.



Ladies' Group

Connect in a safe, social space that supports empowerment, friendship, and personal growth through creative and wellness-based activities.



Language, Literacy & Numeracy

Strengthen reading, writing, speaking, and maths skills through fun, practical learning that supports daily independence.



Life Skills

Build everyday confidence through sessions on hygiene, budgeting, time management, and household routines.



Local Destinations

Explore local attractions while practicing choice-making, independence, and community connection.



Meal Prep

Build cooking skills, kitchen safety, and independence through hands-on preparation of simple meals and snacks.



Men's Shed

Join a social space focused on wellness, connection, and skill-building through practical projects, discussions, and group activities.



Music

Experience the joy of music through listening, singing, playing instruments, and movement that promotes expression and connection.



Relaxation

Reduce stress and improve wellbeing through yoga, mindfulness, stretching, and calming sensory routines.



Social Connection

Strengthen relationships and communication skills through group games, teamwork, and conversation-based activities.



Sports & Hobbies

Explore sports and hobbies that promote fitness, creativity, and social engagement, including team games and individual interests.



Storytime Adventures

Build literacy and imagination through interactive story sessions that support comprehension, discussion, and inclusion.



Travel Training

Develop public transport skills, safety awareness, and independence while exploring Melbourne and learning how to travel confidently.



Walks & Hiking

Enjoy nature walks and community trails that support physical fitness, mobility, and social connection.