



2022 Marsden Hub  
Activity Program 4  
Catalogue

# 2022 Marsden Hub Activity Program 4 Catalogue

Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the Marsden Hub, and we hope you enjoy what we have in store.

Our 12-week Hub programs are designed to offer you structure and consistency, with a focus on outcomes. When making your activity selections, you will be signing up and committing to a complete 12-week program for each day you attend the Hub.

This allows you to fully develop your skills, more opportunity to see progress and reach your goals, and have a sense of completion at the end of the 12-week program. It also helps you develop stronger connections with other customers and gain more substantial outcomes than one-off activities.

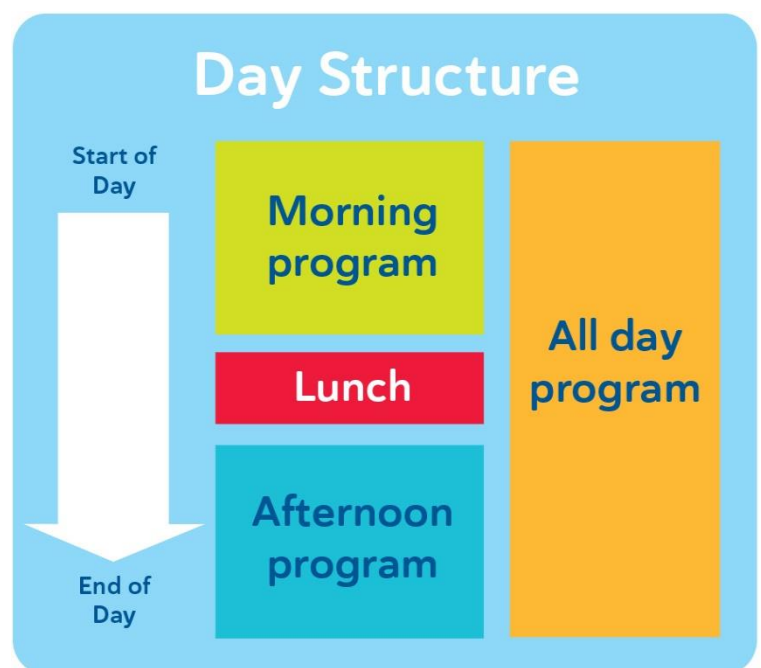
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## How it works

- 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.

- Tick the program you wish to be registered into as outlined below and either phone through your choices to Jo Trott or return it to [jo.trott@multicap.org.au](mailto:jo.trott@multicap.org.au) by 31<sup>st</sup> August.
- 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 3803 2830.
- A confirmation letter will be sent to you with the activities you are participating in.
- 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 Jo on 07 3803 2830.




# Hub Activity Program Goal Reference Guide

To support you in being able to identify activities in the Program Catalogue that will support you to achieve your individual goals we have added an icon/s to each activity so you can easily identify what core goals the activity is designed to support you to achieve.







A maximum of 3 core goals can be shown even though some activities may support you to achieve more than 3 goals. Those identified are the core goals that the activity supports.

If you are unsure of what goal an icon relates to then please refer to the below list which will allow you to identify the related goal and icon.

Icon	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 – Choose One			✓ chosen activity
	<b>Game On</b> Challenge your friends to some of our most popular board games! Our Game Day program will enable you to spend a bit of time with friends strategizing and playing a wide range of board games at hub. <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	
	<b>Workout &amp; Wellness</b> Mediate, stretch and exercise with your friends. This program offers low intensity light workouts from aerobics to light weights, walking and much more! <b>Goals to achieve:</b>		No Cost
	 Goal #1	 Goal #2	

AND







Afternoon – Choose One			✓ chosen activity
	<b>Ever-Green Club</b> Learn how to maintain a vegetable garden, fruit trees and plants. Our planter boxers at the hub will be given a full make-over with the work and contribution that our customers will put into it <b>Goals to achieve:</b>	No cost	
	 Goal #1		
	<b>Movie Mania</b> Members will choose as a group each week a movie from our Netflix Library and have a discussion around the movie. <b>Goals to achieve:</b>	Cost	
	 Goal #1		





**OR – choose one All Day activity below**

All Day – Choose One			✓ chosen activity
	<b>Community Library Club</b> Visit local libraries in the community where you will have access to resources and services that aim to engage, connect, and inspire. <b>**Bring lunch, water bottle, hat**</b> <b>Goals to achieve:</b>	No cost	
	 Goal #1		





# Tuesday activities

Morning – Choose One				✓ chosen activity
	<b>Slice of Art</b> This program will focus on building and creating art sculptures using recycled materials <b>Goals to achieve:</b>			No cost
	 Goal #1	 Goal #2	 Goal #3	

AND


Afternoon – Choose One				✓ chosen activity
	<b>Sound of Music</b> Karaoke, music circle, creative dance – our customers will not only be Marsden Idols, but they will learn about music and dance from around the world <b>Goals to achieve:</b>			Cost
	 Goal #1	 Goal #2	 Goal #3	

**OR – choose one All Day activity below**





All Day – Choose One			 chosen activity
	<p><b>Step Up!</b></p> <p>Walking Group</p> <p>This program is structured for those who like to keep active and get out and about. Take a nice walk at our local parks and enjoy the scenery as well as getting fit.</p> <p><b>**Bring lunch, water bottle and hat**</b></p>		No cost
	 Goal #1	 Goal #2	



# Wednesday activities





Morning – Choose One				 chosen activity
	<b>Marsden MasterChef</b> Learn new culinary skills and develop your existing ones while making some tasty and nutritious food. <b>Goals to achieve:</b>		\$5	
	 Goal #1	 Goal #2		

**AND**









Afternoon – Choose One				 chosen activity
	<b>Game On</b> Challenge your friends to some of our most popular board games! Our Game Day program will enable you to spend a bit of time with friends strategizing and playing a wide range of board games at hub. <b>Goals to achieve:</b>		No Cost	
	 Goal #1	 Goal #2		










OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<b>Lunch Club</b> Enjoy lunch at the Greenbank RSL or any restaurant of the group's choice! – <b>Covid-19 Vaccination Certificate Required</b> **Bring money to purchase lunch or a packed lunch* <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	




# Thursday activities

Morning – Choose One			✓ chosen activity
	<b>Step Up!</b> Walking Group This program is structured for those who like to keep active and get out and about. Take a nice walk at our local parks and enjoy the scenery as well as getting fit. <b>**Bring lunch, water bottle and hat**</b>		No cost
	<b>Goals to achieve:</b>		
	 Goal #1	 Goal #2	 Goal #3
	<b>Artwork Pro</b> Build a bird box, paint by numbers, create and paint amazing art canvases, the list goes on!		\$20 one off resource fee
	<b>Goals to achieve:</b>		
	 Goal #1	 Goal #2	 Goal #3




# AND

Afternoon – Choose One			 chosen activity
	<b>Photography</b> This program will offer customers to use their photography skills around the hub and in the community. Each week will have a focus theme i.e., Birds, Flowers, Public Transport vehicles, signs and customers can showcase their photos in their scrapbooks or make a collage! <b>Goals to achieve:</b>		\$20 one off resource fee
	 Goal #1	 Goal #2	
	<b>Sound of Music</b> Karaoke, music circle, creative dance – our customers will not only be Marsden Idols, but they will learn about music and dance from around the world <b>Goals to achieve:</b>		No Cost
	 Goal #1	 Goal #2	





# Friday activities

Morning – Choose One			✓ chosen activity
	<b>Workout &amp; Wellness</b> Mediate, stretch and exercise with your friends. This program offers low intensity light workouts from aerobics to light weights, walking and much more!  <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	

AND

Afternoon – Choose One			✓ chosen activity
	<b>Sing Star</b> Sing and dance to your hearts content. Learn to sing and dance as a group and showcase your act at the end of the program to an audience  <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	

**OR – choose the All Day activity below**

All Day – Choose One			 chosen activity
	<p><b>Swimming and Sports</b></p> <p>Spend the morning at either the Eight Mile Plains hydro pool or Acacia Ridge pools. Whether you want to swim, splash, float, and play, then this is the program for you.</p> <p>Lunch to follow at a local park where you can relax outdoors, play ball sports, or go for a walk.</p> <p><b>**Bring lunch, swimmers, towel, water bottle, sunhat**</b></p> <p><b>Goals to achieve:</b></p>		\$6 pool entry at Acacia Ridge
	 Goal #1	 Goal #2	





# 2022 Marsden Hub Program Dates

Office Opens 4 January 2022

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Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Monday 4 January	Friday 26 March
Hub Closed	Australia Day, Tuesday 26 January	

Program 2		
	Start Date	End Date
Activity Program	Monday 29 March	Friday 18 June
Hub Closed	Good Friday 2 April Easter Monday 5 April Anzac Day Holiday 26 April Labour Day 3 May	

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

Program 3		
	Start Date	End Date
Activity Program	Monday 28 June	Friday 17 September
Hub Closed	Logan City Show Day Monday 8 August	

Program 4		
	Start Date	End Date
Activity Program	Monday 20 September	Friday 10 December
Hub Closed	Queen's Birthday Monday 4 October	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 13 December	Friday 17 December
Hub Closed	Monday 20 December – Tuesday 4 January 2023	

