



2023 Mackay Hub
Activity Program 1
Catalogue

2023 Mackay Hub Activity Program 2 Catalogue

Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the Mackay 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.

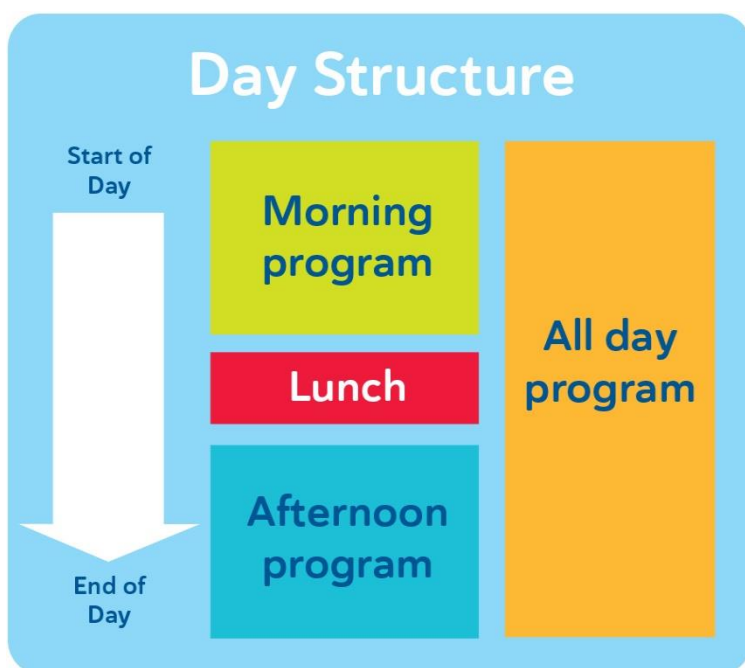
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 0499 344 442 or return it to Mackay Hub by 18/11/2022.
- 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 0499 344 442
- A confirmation letter will be sent to you with the activities you are participating in.












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
	Club House Fun Members spend the morning participating in a variety of activities designed to increase your social skills. Members attend Shara’s club and then visit local parks to have lunch and spend the afternoon out in the community **Bring or buy lunch** Goals to achieve:	No cost	
	 Goal #1		
	Music Madness Members will spend the morning learning all about music and instruments. Members will have the opportunity to make their own instruments and music videos. Goals to achieve:	No Cost	
	 Goal #1		

AND



Afternoon – Choose One			✓ chosen activity
	Movie Appreciation Members will choose as a group each week a movie from our Netflix Library and have a discussion around the movie. Goals to achieve:	No cost	
	 Goal #1		
	Craft Corner Spend the afternoon developing and creating your own masterpiece using textiles, clay and wood. Goals to achieve:	No Cost	



Tuesday activities

Morning – Choose One				✓ chosen activity
	Ten Pin Bowling Members will enjoy joining the Mackay Leisure Centre's sensory sensitive morning, with groups from across the region joining for a morning full of fun and laughter.		\$10	
	Goals to achieve:  Goal #1	 Goal #2		
	Master Chef Members will learn new skills and prepare and cook a recipe. Members can take home their creations and work towards developing their own cookbook.		\$5	
	Goals to achieve:  Goal #1	 Goal #2		









Afternoon – Choose One				✓ chosen activity
	Technology Members will learn new skills including using computers, iPad and develop skills such as app usage, photography and literacy and numeracy through games.		No Cost	
	Goals to achieve:  Goal #1	 Goal #2		
	Scrap Booking Spend the morning developing and creating your own masterpiece using all different textiles and sensory items.		\$5	
	Goals to achieve:  Goal #1	 Goal #2		









Wednesday activities

Morning – Choose One			✓ chosen activity
	<p>Rotating Fortnightly - Club House Fun - Members spend the morning participating in a variety of activities designed to increase your social skills. Members attend Shara's club and then visit local parks to have lunch and spend the afternoon out in the community **Bring or buy lunch**</p> <p>Mind and Body</p> <p>Spend the afternoon at a local library. Borrow some books, read a book or spend time on the computers. **Bring or buy lunch**</p> <p>Goals to achieve:</p>	<p>No cost</p>	
	<p>Goal #1</p>		
	<p>Craft Corner</p> <p>Spend the afternoon developing and creating your own masterpiece using textiles, clay and wood.</p> <p>Goals to achieve:</p>	<p>No Cost</p>	
	<p>Goal #1</p>		










Afternoon – Choose One			✓ chosen activity
	<p>Trike Madness</p> <p>Members can learn new skills in riding bikes and scooters around the harbour. Learn road skills and how to bike safely</p> <p>Goals to achieve:</p>	<p>No Cost</p>	
	<p>Goal #1</p>		
	<p>Gaming Legends</p> <p>Spend the afternoon testing your skills playing computer games or board games.</p> <p>Goals to achieve:</p>	<p>No Cost</p>	
	<p>Goal #1</p>		










Thursday activities

Morning – Choose One				✓ chosen activity	
	Music and Shopping Members will spend the morning at Canelands Rotunda participating in a local Music group. Members will then go to Canelands shopping centre for Lunch and complete the shopping for the cooking. Members can purchase lunch or bring lunch. Goals to achieve:			\$5	
	 Goal #1	 Goal #2	 Goal #3		
	Healthy Habits Members will spend the morning cooking or baking healthy alternatives to a favourite sweet or savory treat! Goals to achieve:			No Cost	
	 Goal #1	 Goal #2	 Goal #3		

Afternoon – Choose One				✓ chosen activity	
	Sensory Craft Session Members will participate in several activities designed to stimulate and enhance our senses. Members will experience the arts and crafts through touch, taste, feel and smell. Goals to achieve:			\$5	
	 Goal #1	 Goal #2	 Goal #3		
	Green thumb Gardening Members will learn new skills relating to growing, tendering and maintain a garden, growing your own foods and creating crafts related to Gardening. Goals to achieve:			No Cost	
	 Goal #1	 Goal #2	 Goal #3		

Friday activities

<p>Morning – Choose One</p> <p>Members will continue to enjoy a BBQ at the hub with all their friends every Friday.</p>				 chosen activity
	<p>Bingo Warriors</p> <p>Members will spend the morning playing Bingo with friends.</p> <p>Goals to achieve:</p>			\$5
	 Goal #1	 Goal #2	 Goal #3	
	<p>Trike Madness</p> <p>Members can learn new skills in riding bikes and scooters around the harbour. Learn road skills and how to bike safely</p> <p>Goals to achieve:</p>			No Cost
	 Goal #1	 Goal #2	 Goal #3	

<p>Afternoon – Choose One</p>				 chosen activity
	<p>Music Madness</p> <p>Members will spend the afternoon learning all about music and instruments. Members will have the opportunity to make their own instruments and music videos.</p> <p>Goals to achieve:</p>			No Cost
	 Goal #1	 Goal #2	 Goal #3	
	<p>Out & About</p> <p>Spend the afternoon out, perhaps having a fish in Mackays pioneer river or enjoying a stroll on the beach participants have the opportunity to make the day completely their own by choosing a new destination or activity every week.</p>			No Cost
	 Goal #1	 Goal #2	 Goal #3	

2023 Mackay Hub Program Dates

Office Opens 3 January 2023

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Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Tuesday 3 January	Friday 24 March
Hub Closed	New Year Holiday, Monday 2 January; Australia Day, Tuesday 26 January	

Program 2		
	Start Date	End Date
Activity Program	Monday 27 March	Friday 16 June
Hub Closed	Good Friday 7 April Easter Monday 10 April Anzac Day Holiday 25 April Labour Day 1 May	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 19 June	Friday 23 June

Program 3		
	Start Date	End Date
Activity Program	Monday 26 June	Friday 15 September
Hub Closed	EKKA Show Day, Wednesday 16 August	

Program 4		
	Start Date	End Date
Activity Program	Monday 18 September	Friday 8 December
Hub Closed	Queen's Birthday, Monday 2 October	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 11 December	Friday 15 December
Hub Closed	Monday 18 December 2023 – Tuesday 2 January 2024	

