



2023 Maroochydore Hub

Activity Program 1

Catalogue

2023 Maroochydore Hub Activity Program 1 Catalogue

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

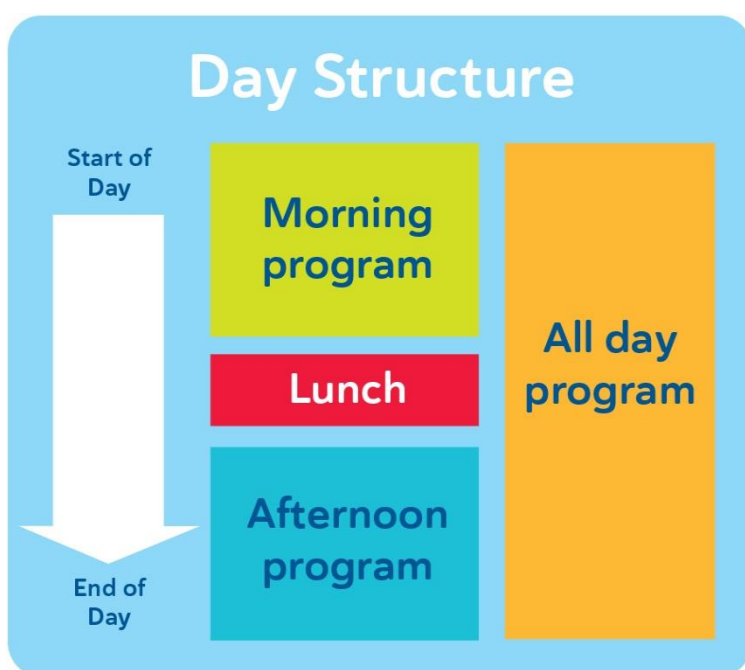
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 Camae Colnan 0437114020 or return it to Camae Colnan by 9th December 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 0437114020
- 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 Camae Colnan 0437114020












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
	Daily Living Skills Members can learn basic daily life skills – personal care, cleaning, washing, sorting, packing, folding, vacuuming and general tidying up of living spaces	No cost	
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	Art with Friends – EquityWorks Nambour Members can join an art group with other members of the community and create masterpieces. Members will be offered the opportunity to showcase their creations at an end of year market stall in the Sunshine Plaza	\$10 cash per session	
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	Walking Group Members can choose to walk along the local beach footpaths and soak up the sun and salty air, or enjoy a nature walk in amongst the forest and trees	No cost	
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	













AND

Afternoon – Choose One			 chosen activity
	Bowling STRIKE! SPARE! Knock those pins down and enjoy an hour of fun at the Suncity Tenpin Bowling Centre	\$6.50	
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3
	ASDAN – Engaging in the World Around Me Going out for a meal, attending community events and activities, and meeting new people are all part of the range of fun experiences that members can take part in. Members will also receive an ASDAN certificate of completion at the end of the program.	\$10 One off fee	
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3
	Move Your Body Members can participate in muscle stretches, strength building activities, improve on their flexibility and learn some funky dance moves.	No cost	
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3














OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<p>Community Choir</p> <p>Coolum</p> <p>Members can come together in harmony as a group and contribute their singing skills. Group choir will assist to boost overall mood and wellbeing, and everybody is welcome!</p> <p>*Bring Companion Card</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	<p>\$10 per session</p>	
	<p>Paper Art</p> <p>Coolum</p> <p>Scrapbooking, quilling, origami, and all things paper! Join other members of the community and learn new techniques of using paper to create masterpieces!</p> <p>*Companion card and pension card required</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	<p>\$10 cash per session</p>	









Tuesday activities

Morning – Choose One			 chosen activity
	Sailability Members will be supported to go sailing where they can enjoy cruising along the ocean in a friendly, fun and safe environment.		\$10 per session
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3
	Gym / Physiotherapy Enhanced Living Members are supported to access their local Gym and participate in a physiotherapy and/or massage program		Cost TBD Contact Enhanced Living
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3
	Book Worms Members can travel to the local library where they are able to read and explore the wonders of the world. Members of the library can borrow any library book they please, take it home, to the park or back to the hub to read, and return it the following week.		No cost
	Goals to achieve:		
	 Goal #1	 Goal #2	














AND

Afternoon – Choose One			 chosen activity
	Maroochydore RSL <i>Shake, Rattle and Roll!</i> Members can watch live entertainment at the local RSL Club, become a member and enjoy discounts on food and beverages. Members can have a boogie on the dance floor, enjoy the lights and sounds whilst eating a delicious lunch. Money to purchase lunch / beverage <i>The Maroochydore RSL have asked that all participants purchase either food or a drink whilst inside the premises and have stated that no food cannot be brought in from home</i>		Cost of lunch And/or beverage
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3
	Creative Caravan Caloundra Members can bring along their favourite art items and meet other members of the community whilst learning to work with different art techniques such as water colour, oils, print making, etc. *Bring or purchase your own items		Staff can assist members to purchase items
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3
	Puzzlemania! Members can engage in different educational activities which focus on numbers, letters, learning basic counting skills and stacking of items, as well as puzzles. Members are encouraged to bring in items from home or devices which may suit their individual needs		No cost
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3














OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<p>Animal Mania <i>Zoo/Sea Life Excursion</i></p> <p>Members can alternate each week and choose to visit their local Zoo, Sanctuary or Aquarium. Enjoy a fun filled daily excursion of animal appreciation and education.</p> <p>*Companion card and pension card required</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	Annual Pass or pay on the day	
	<p>The Pictures <i>Local Cinema</i></p> <p>Members can enjoy a social outing visiting the local the Cinema and watching the latest movies on the big screen.</p> <p>*Companion card and pension card required</p> <p>**Bring or buy morning tea/lunch**</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> </div>	\$14.50	








Wednesday activities

Morning – Choose One			 chosen activity
	Group Meditation Coolum It's not what you think, it's how you think! Members will learn to meditate with a qualified Meditation facilitator.	Gold coin donation	
	Goals to achieve: <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		
	Community Excursion Members are supported to access a wide range of activities within the community e.g., Sunshine Coast Airport (planes), Mooloolaba Wharf and Marina (boats), Cotton Tree Park (monuments), waterfalls (nature walk) and ad hoc activities on offer at local events centres, beaches, and libraries. Money to purchase lunch / beverage or bring own	TBA	
	Goals to achieve: <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		
	Hydrotherapy <i>Enhanced Living</i> Members are supported to access their local Gym and participate in a hydrotherapy program	Cost TBD Contact Enhanced Living	
	Goals to achieve: <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		














AND

Afternoon – Choose One			 chosen activity
	ASDAN – Sound, Rhythm, and Music All things musical! Members can enjoy ASDAN's Sound, Rhythm, and Music course. Make music with your body, listen to different sounds and songs, and learn about percussion in this great new program. Members will also receive an ASDAN certificate of completion at the end of the program.		\$10 (one off fee)
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	Zumba! Enjoy an afternoon of movement with Zumba! This is fun, fitness-based hub activity that members can participate in either seated or standing. Start with beginner's level Zumba and work your way up the ladder over a 12-week program.		No cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	
	Walking Group Members can choose to walk along the local beach footpaths and soak up the sun and salty air, or enjoy a nature walk in amongst the forest and trees		No cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	














OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	Eumundi Markets Members will visit the iconic Eumundi Markets on the Sunshine Coast and enjoy delicious street food, listen to live bands, and watch artists create and design their fabulous pieces to sell to the public. **Bring or buy lunch**		No cost
	 Goal #1	 Goal #2	
	Pamper Kings and Queens Enjoy a relaxing day of full pampering at the hub. Members will also learn about self-care including skin and nail maintenance, the benefits of healthy eating on the body, and tips and tricks for how to stay happy, healthy, and refreshed during summer.		No cost
	 Goal #1	 Goal #2	
















Thursday activities

Morning – Choose One			 chosen activity
	Creations – Basic Art Members can learn basic cutting, colouring, gluing, painting, drawing and work on simple art projects to showcase at the end of the program.	No cost	
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3
	Just Keep Swimming! <i>Cotton Tree Pool 2:1</i> Members can enjoy a swim at their local pool and will work towards improving balance, coordination, and floating with as minimal assistance as possible in the water. Second required as the 'swim spotter'.	\$5.50	
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3
	Gym / Physiotherapy <i>Enhanced Living</i> Members are supported to access their local gym and participate in a physiotherapy and/or massage program	Cost TBD Contact Enhanced Living	
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3






AND

Afternoon – Choose One		 chosen activity	
	Must See Mosaics Coolum Members will learn the art of mosaics with Rosie All tiles, glue and grout provided. Members can purchase extra shapes and boards (prices starting at \$5 for materials). *Companion card and pension card required		\$10 cash per session
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3
	Hydrotherapy <i>Enhanced Living</i> Members are supported to access their local gym and participate in a Hydrotherapy program		Cost TBD Contact Enhanced Living
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3
	Pop Up Sensory! Participate in our new Hub based pop-up sensory experience, which offer a range of sensory and tactile activities. Members can enjoy a wonderful atmosphere of colours, lights, scents, sounds, and textures. Pop Up Sensory features a busy board, interactive screen technology, piano mat, galaxy projector, LED lights, humidifier with essential oils and meditative music to help our members feel calm and relaxed.		No cost
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3













OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	Men's Shed <i>Yandina</i> Members will be supported to join in with other local craftsmen and learn basic skills for using tools and materials to create stylish wooden and metal masterpieces *\$40 initial fee **Bring or buy lunch** Goals to achieve:	\$5 per visit	
	<table border="1"> <tr> <td>  Goal #1 </td> <td>  Goal #2 </td> <td>  Goal #3 </td> </tr> </table>		
 Goal #1	 Goal #2	 Goal #3	
	Mixed Media Arts Members will visit their local Shopping Centre to purchase items for their art piece (10 x art themes in total). Items will be brought back to the hub where members will be supported to create their pieces to take home Goals to achieve:	\$15	
	<table border="1"> <tr> <td>  Goal #1 </td> <td>  Goal #2 </td> <td>  Goal #3 </td> </tr> </table>		
 Goal #1	 Goal #2	 Goal #3	







Friday activities

Morning – Choose One			 chosen activity
	<p>Sailability</p> <p>Members will be supported to go sailing where they can enjoy cruising along the ocean in a friendly, fun, and safe environment.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		

AND

Afternoon – Choose One		✓ chosen activity
	<p>Heartbeats Djembe Drumming Coolum</p> <p>Therapeutic group drumming has been proven to decrease depression, anxiety, and stress, boosts immune system functioning and benefits physical health. Members can participate in group Djembe Drumming and reap all the benefits group drumming has to offer!</p> <p>*Bring Companion Card</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	<p>\$10 per session</p>
	<p>Basic Administration Skills</p> <p>Members can learn basic administrative skills such as answering phones, typing text messages and emails, shredding documents, laminating printing, and copying</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	<p>No cost</p>
	<p>Community Picnic</p> <p>Members can enjoy catching up with other members of Multicap at their local BBQ picnic spots by the beach/river.</p> <p>**Bring packed lunch or buy sausages/meat/salad ingredients for lunch**</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	<p>No cost</p>

OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	<p>Blackbox Drama</p> <p>Members will learn the basic skills for acting and drama and engage in activities based around theatre, music, movement. Members will develop skills in communication, social participation and build confidence in social settings.</p> <p>**Bring or buy morning tea/lunch**</p> <p>Goals to achieve:</p>		<p>Cost TBD Contact Spiral</p>
	 Goal #1	 Goal #2	
	<p>Travel Training</p> <p>Members can learn how to follow bus, train, and plane timetables. Members will visit the Sunshine Coast Airport and watch the scheduled flights take off. If members choose, they can purchase a GO Card and travel to other areas of the Sunshine Coast by bus or train.</p> <p>**Bring or buy morning tea/lunch**</p> <p>Goals to achieve:</p>		<p>GO CARD</p>
	 Goal #1	 Goal #2	

2023 Maroochydore 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	Nambour Agricultural Show Day 16 June	

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	

