



2023 Toowoomba Hub Activity Program 1 Catalogue

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

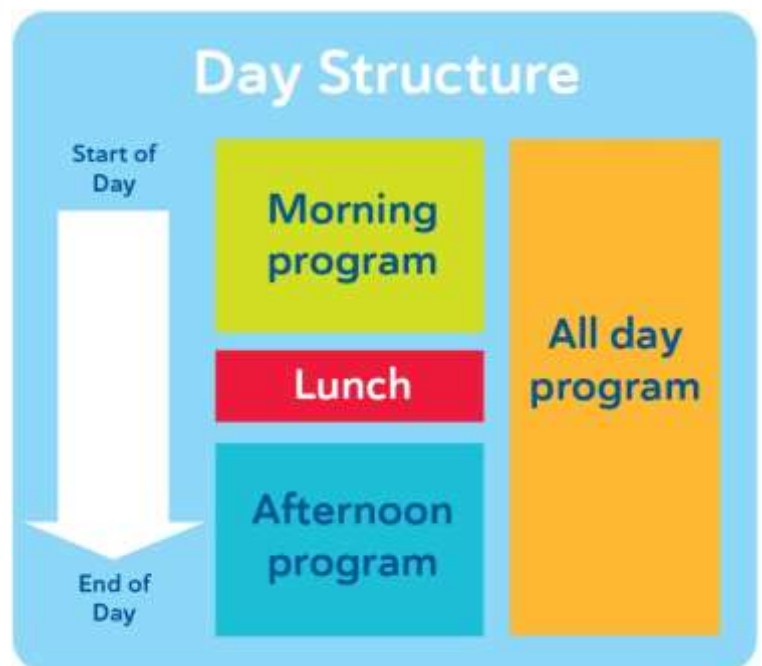
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 Luke Scherger or return it to Luke Scherger by 02/12/2022.
- 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 07 4636 8600.
- 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 Luke Scherger on 07 4636 8600 or luke.scherger@multicap.org.au










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
	Get Moving.... Start your Monday off with an outdoor dance session that will leave you feeling ready to face the week	No cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	Green Thumb.... Trip to Bunnings – Develop your green thumb and learn about all things gardening. From learning about different plants to working out how to grow them there is so much to learn about the natural world around us.	\$5	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	Picnic Point Enjoy some morning tea, the beautiful view and catch-up with your friends	\$5	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		













AND

Afternoon – Choose One			✓ chosen activity
	Bingo Bonanza Everybody loves a game of Bingo!! Join the game of numbers 😊	No cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	Geocaching Follow the directions, Dig the dirt and find the surprise	No cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	Build your own afternoon tea Fruit kebabs, Cheese & Crackers, Yoghurt	No cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		













Tuesday activities

Morning – Choose One			✓ chosen activity
	Nature Walks By discovering nature, you discover yourself. Time spent amongst trees is never wasted	No cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	Garden to Plate Prep your vegetable garden and see your work on your plate	\$5	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	Visit to the local Library Sign up to become a member at your local library and enjoy the perks of being a member	\$5	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		

AND

Afternoon – Choose One			✓ chosen activity
	Decorate your Plant Box Decorate your own planter box and plant your favorite summer vegetables	No cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	Danish Flower Art Take your morning tea or Lunch and head out to Highfields and enjoy the view, enjoy the soccer net and have a run	No cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	Tenpin bowling at Sunset Superbowl Bowling is a fun game that literally anyone can play. This is an exciting sport that truly tests your power, accuracy and skill. There is nothing more satisfying than sending a ball thundering down the lane and hearing the pins clatter as you score a strike!	No cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		













Wednesday activities

Morning – Choose One				✓ chosen activity
	Aussie Legends Be a backyard Aussie legend, participate in your favourite backyard sport. Goals to achieve:			No cost
	 Goal #1	 Goal #2	 Goal #3	
	Exercise the vocal cords Karaoke Singing (on or off key) improves breathing—and that's good for many parts of your body and brain. According to a recent study, the benefits of karaoke are far-reaching. Singing Sinatra—or even Aerosmith—relieves stress and boosts self-esteem and confidence, while also building social connections—all major life extenders. So, the question is why not? Goals to achieve:			\$5
	 Goal #1	 Goal #2	 Goal #3	
	Get Creative Tie dye The process of tie-dye typically consists of folding, twisting, pleating, or crumpling fabric or a garment, before binding with string or rubber bands, followed by the application of dye or dyes Goals to achieve:			\$5
	 Goal #1	 Goal #2	 Goal #3	














AND

Afternoon – Choose One				 chosen activity
	Rock Art to Share Paint your rock and leave it out in the community for Geocaching		No cost	
	Goals to achieve:			
	 Goal #1	 Goal #2	 Goal #3	
	Eat with Friends Sharing is caring – Shared lunch at Laurel Bank Park		No cost	
	Goals to achieve:			
	 Goal #1	 Goal #2	 Goal #3	
	Look Out View Enjoy the scenery from the Highfields Look Out – Take your lunch along		No cost	
	Goals to achieve:			
	 Goal #1	 Goal #2	 Goal #3	












Thursday activities

Morning – Choose One				✓ chosen activity
	Shop for your morning Tea Visit your local fruit shop purchase your goods and enjoy your own personalised Goals to achieve:			No cost
	 Goal #1	 Goal #2	 Goal #3	
	Pizza-ria What's your fav?? Visit your local supermarket, build your unique pizza and enjoy Goals to achieve:			\$5
	 Goal #1	 Goal #2	 Goal #3	
	Outdoor Book Club The purpose of any club is to bring a community together to learn about and discuss something that matters to them, and a book club is no different. Book clubs encourage critical thinking and deeper engagement with stories. Goals to achieve:			\$5
	 Goal #1	 Goal #2	 Goal #3	














AND

Afternoon – Choose One			 chosen activity	
	Games Galore – Come to Win Choose an indoor game of your choice and play to win! Choice of card or board games. Goals to achieve:		No cost	
	 Goal #1	 Goal #2		 Goal #3
	Arts & Crafts Goals to achieve:		No cost	
	 Goal #1	 Goal #2		 Goal #3
	Dress to Impress Come dressed as your favorite person – You can be who ever you want Goals to achieve:		No cost	
	 Goal #1	 Goal #2		 Goal #3

Friday activities

Morning – 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	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Splash Out Have some fun with water play Goals to achieve:	\$5	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	RSCPA visit Spread the love... Pet the pets at the RSPCA Goals to achieve:	\$5	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		

AND

Afternoon – Choose One			 chosen activity
	ASDAN – Cooking With this ASDAN program you will learn science and craft of using heat to prepare food for consumption. Cooking techniques and ingredients vary widely, from grilling food over an open fire to using electric stoves, to baking in various types of ovens, reflecting local conditions	No cost	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		
	Bargain Hunting All you'll need is \$10 and see how much you come home with	\$10	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		
	COCA Printing with Scissors In this program, you will choose images from magazines and coloured shapes to paste together to make interesting artwork. If you like cutting and pasting, this activity is for you	No cost	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		

2023 Toowoomba Hub Program Dates

Office Opens 3 January 2023

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	Toowoomba Royal Show Friday 31 March 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

Program 4		
	Start Date	End Date
Activity Program	Monday 18 September	Friday 8 December
Hub Closed	King'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	