



2023 Toowoomba Hub  
Activity Program 2  
Catalogue

# 2023 Toowoomba Hub Activity Program 2 Catalogue

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.

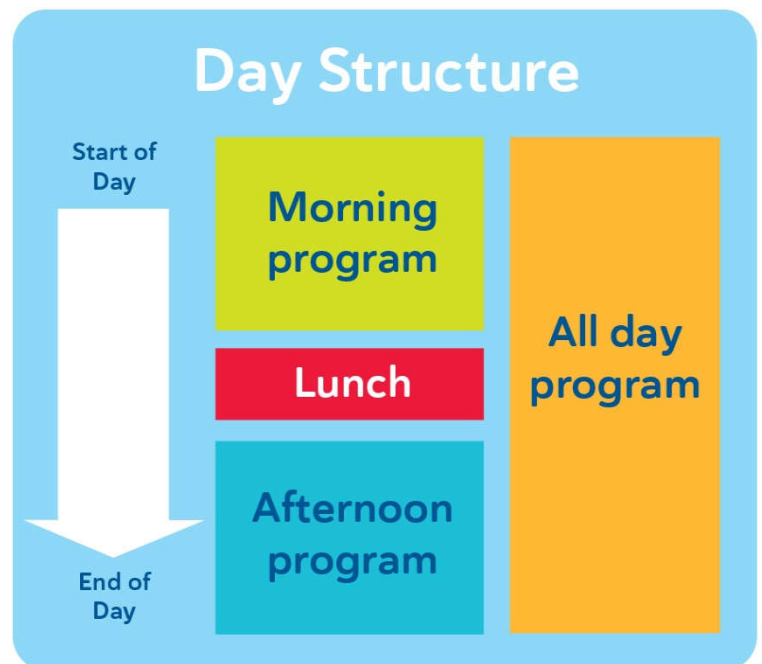
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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 03/03/2023.
- 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](mailto: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
	<b>Zumba Class</b> Start your Monday off with an outdoor dance session that will leave you feeling ready to face the week. <b>Goals to achieve:</b>	No cost	
	 Goal #1		
	<b>Games Galore</b> Choose an indoor game of your choice and play to win! Choice of card or board games. <b>Goals to achieve:</b>	No cost	
	 Goal #1		

AND










Afternoon – Choose One			✓ chosen activity
	<b>Library</b> Sign up to become a member of your local library and enjoy the perks of being a member. <b>Goals to achieve:</b>	No cost	
	 Goal #1		
	<b>Karaoke</b> Karaoke Singing (on or off key) improves breathing—and that's good for many parts of your body and brain. So, the question is why not? <b>Goals to achieve:</b>	No cost	
	 Goal #1		











# Tuesday activities

Morning – Choose One			 chosen activity
	<b>Danish Flowers</b> There is so much to see! Visit the peacocks, feed the ducks or make use of the big soccer goal & take a ball for a game of soccer – Take your lunch or buy something yummy from the café. <b>Goals to achieve:</b>	No cost	
	<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>		
	<b>Gardening</b> 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. <b>Goals to achieve:</b>	\$5	
	<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
	<b>Op Shopping</b> All you'll need is \$10 and see how much you come home with. <b>Goals to achieve:</b>	\$10	
	<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>		
	<b>Tenpin bowling</b> 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! <b>Goals to achieve:</b>	\$9	
	<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>		

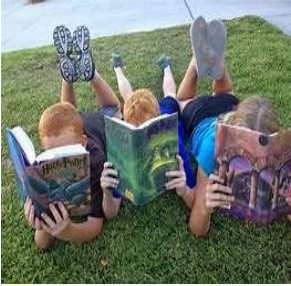
# Wednesday activities

Morning – Choose One				✓ chosen activity
	<b>Art &amp; Craft</b> Discover your creative side and express yourself. <b>Goals to achieve:</b>			No cost
	 Goal #1	 Goal #2	 Goal #3	
	<b>Eat with Friends</b> Share a plate with your friends – Everyone bring in something different to share with your friends at Queens Park. <b>Goals to achieve:</b>			No cost
	 Goal #1	 Goal #2	 Goal #3	







AND

Afternoon – Choose One				✓ chosen activity
	<b>Movies</b> Race to your favorite spot, grab a beanbag or snuggle up next to your buddy, relax and enjoy. <b>Goals to achieve:</b>			No cost
	 Goal #1	 Goal #2	 Goal #3	
	<b>DIY from Bunnings</b> Choose you own DIY kit, build it, paint it and gift it to someone special or take it home for yourself. <b>Goals to achieve:</b>			\$10
	 Goal #1	 Goal #2	 Goal #3	










# Thursday activities

Morning – Choose One			✓ chosen activity
	<b>Outdoor book club</b> 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. <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	
	<b>Bingo Bonanza</b> Everybody loves the game of Bingo!! Join the game of numbers! <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	










**AND**

Afternoon – Choose One			✓ chosen activity
	<b>Urban Exploration</b> Follow the directions, Dig the dirt and find the surprise. <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	
	<b>Get Creative Tie Dye</b> 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. <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	

# Friday activities

Morning – Choose One			 chosen activity
	<b>Music Makers</b> Grab your favorite instrument and let's get the show on the road.	No cost	
	<b>Goals to achieve:</b>		
 Goal #1	 Goal #2	 Goal #3	
	<b>Group Walk</b> Enjoy the view from the lookout at Picnic point. Venture as far as your legs will take you.	No cost	
	<b>Goals to achieve:</b>		
 Goal #1	 Goal #2	 Goal #3	

**AND**

Afternoon – Choose One			 chosen activity
	<b>RSPCA</b> Spread the love <3... Pet the pets at the RSPCA.	No cost	
	<b>Goals to achieve:</b>		
 Goal #1	 Goal #2	 Goal #3	
	<b>Hydro Activities</b> Grab the water pistols, buckets and I'll hold the hose 😊 Let's have some fun!	No cost	
	<b>Goals to achieve:</b>		
 Goal #1	 Goal #2	 Goal #3	



# 2023 Toowoomba 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	Toowoomba Royal Show Friday 31 March Good Friday 7 April Easter Monday 10 April Anzac Day Holiday Tuesday 25 April Labour Day Monday 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	

