



2023 Mackay Hub Activity Program 3 Catalogue

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Congratulations! You're well on your way to completing your Multicap Mackay Hub 12-Week Activity Program! We hope you're having a fantastic time enjoying your chosen activities, spending time with friends, while learning and building your skills.

It's helpful to be able to see your progress and show off the new skills you've been working so hard on. That's why at the end of the 12-week program, you can take part in our Showcase Week. During Showcase Week, you can do a one-off activity that really shows your new skills or goal achievements. It helps you and your support networks to see how far you've come, and is a great way to finish off the program. It's a time to celebrate and feel good about the hard work you've put in!

How it works













- In this catalogue you'll find different Showcase activities to choose from.
- Tick the activity you wish to be registered into. Make sure it links with the activities you've been doing during the program. It should be something in line with your NDIS goals or your interests.
For example: if you've been doing the walking group, you might want to choose the Bushwalk activity
- Complete the booking form included in this pack, and return it to Mackay Hub by 26/05/23
- Activity 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 activity 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 0499 344 442.

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	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Craft Corner Spend the morning developing and creating your own masterpiece using textiles, clay and wood in line with our some of our upcoming themes, Christmas in July and Father's Day. Goals to achieve:	\$5	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		

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	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Lending at the Library Members will have the opportunity to browse the library for books and dvds to borrow whilst having the opportunity for some storytime. Goals to achieve:	No Cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		









Tuesday activities

Morning – Choose One				✓ chosen activity
	Ten Pin Bowling/Bare Foot Bowls Members will enjoy an alternate week option of joining the Mackay Leisure Centre's or Mackay City Bowls Club sensory sensitive morning, with groups from across the region joining for a morning full of fun and laughter. Goals to achieve:			\$10
	 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:			\$5
	 Goal #1	 Goal #2	 Goal #3	









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. Goals to achieve:			No Cost
	 Goal #1	 Goal #2	 Goal #3	
	Scrapbooking Spend the afternoon developing and creating your own masterpiece using all different textiles and sensory items. Goals to achieve:			\$5
	 Goal #1	 Goal #2	 Goal #3	









Wednesday activities

Morning – Choose One				✓ chosen activity
	Community Gardening Members will learn new skills relating to growing, tendering and maintain a garden, growing your own foods and creating crafts related to Gardening by visiting our local community gardens and nurseries. Goals to achieve:			No cost
	 Goal #1	 Goal #2	 Goal #3	
	Craft Corner Spend the morning developing and creating your own masterpiece using textiles, clay and wood in line with our some of our upcoming themes, Christmas in July and Father's Day. Goals to achieve:			\$5
	 Goal #1	 Goal #2	 Goal #3	









Afternoon – Choose One				✓ chosen activity
	Gaming Legends Spend the afternoon testing your skills playing computer games or board games. Goals to achieve:			No Cost
	 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 by building and growing our own gardens at the hub. Goals to achieve:			\$5
	 Goal #1	 Goal #2	 Goal #3	









Thursday activities

Morning – Choose One				✓ chosen activity
	Pick a Picnic in a Park Members can enjoy an adventure to a different destination each week for a picnic lunch and test out some skills with outdoor activities. Goals to achieve:			No Cost
	 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:			\$5
	 Goal #1	 Goal #2	 Goal #3	

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	 Goal #2	 Goal #3	
	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	

Friday activities

Morning – Choose One				✓ chosen activity
	Bingo Warriors Members will spend the morning playing Bingo with friends. Goals to achieve:			\$5
	 Goal #1	 Goal #2	 Goal #3	
	Trike Madness Members can learn new skills in riding bikes and scooters around the Gooseponds. Learn road skills and how to bike safely. Goals to achieve:			No Cost
	 Goal #1	 Goal #2	 Goal #3	

Afternoon – Choose One				✓ chosen activity
	Music Madness Members will spend the afternoon 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	 Goal #2	 Goal #3	
	Out and About 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. Goals to achieve:			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	Mackay Show Holiday, Thursday 22 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	