



2024 Maroochydore
Hub
Activity Program 1
Catalogue

2024 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.

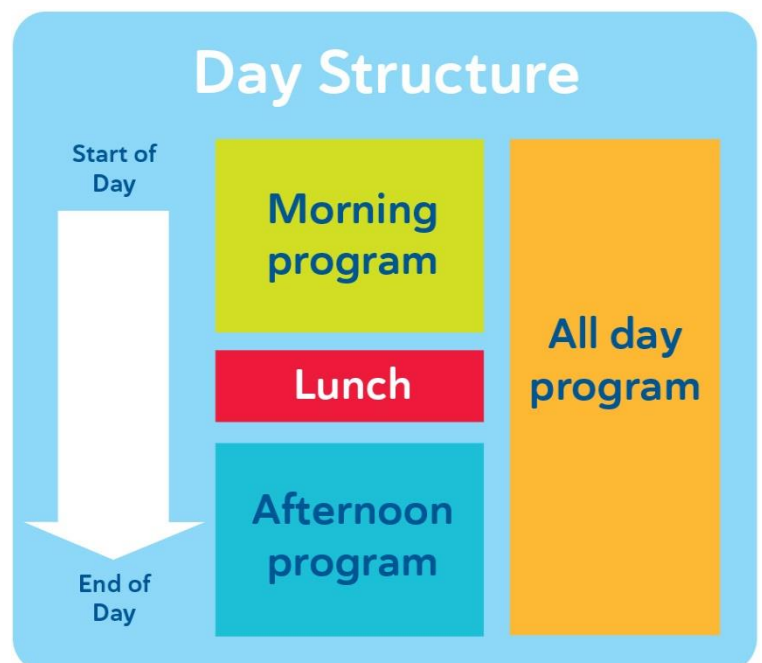
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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@multicap.org.au by 16th November 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 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
	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		
	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			<div><div>✓</div></div> <div>chosen activity</div>
	<div><div>Bowling</div><div>STRIKE! SPARE! Knock those pins down and enjoy an hour of fun at the Suncity Tenpin Bowling Centre</div><div>Goals to achieve:</div><div><div>Goal #1</div><div>Goal #2</div><div>Goal #3</div></div></div>	<div>\$6.50</div>	
	<div><div>Pop Up Sensory!</div><div>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.</div><div>Goals to achieve:</div><div><div>Goal #1</div><div>Goal #2</div><div>Goal #3</div></div></div>	<div>No Cost</div>	
	<div><div>Karaoke!</div><div>Raise your voices and get in the groove! Sing along, watch music videos and boogie! Members will work towards practicing a song to perform during showcase week</div><div>Goals to achieve:</div><div><div>Goal #1</div><div>Goal #2</div><div>Goal #3</div></div></div>	<div>No Cost</div>	












OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	Community Choir Coolum 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! *Bring Companion Card	\$10 per session	
	Goals to achieve: <div>    </div> <div> Goal #1 Goal #2 Goal #3 </div>		
	Travel Training 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 are able to purchase a GO Card and travel to other areas of the Sunshine Coast by bus or train. **Bring or buy morning tea/lunch**	GO CARD	
	Goals to achieve: <div>    </div> <div> Goal #1 Goal #2 Goal #3 </div>		








Tuesday activities

Morning – Choose One			✓ chosen activity
	ASDAN – Meal Preparation and Cooking Introduction Members can learn about food storage, using kitchen equipment and appliances, how to plan and shop for ingredients, how to prepare quick snacks and convenience food and how to practice good hygiene in the kitchen. Goals to achieve:	\$10 one off fee	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Gym / Physiotherapy Enhanced Living Members are supported to access their local Gym and participate in a physiotherapy and/or massage program Goals to achieve:	Cost TBD Contact Enhanced Living	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Sailability <i>Mooloolaba</i> Members will be supported to sail around the Mooloolaba marina, cruising along the ocean in a friendly, fun and safe environment. ** Life jacket, sling and hoist provided** Goals to achieve:	\$10 per session (pay cash on the day)	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		













AND

Afternoon – Choose One			✓ chosen activity
	Maroochydhore RSL <i>Shake, Rattle and Roll!</i> <p>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.</p> <p><i>The Maroochydhore 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></p>	<p>Cost For lunch/beverage</p>	
	<p>Goals to achieve:</p> <div>  Goal #1  Goal #2  Goal #3 </div>		
	Creations – Basic Art <p>Members can learn basic cutting, colouring, gluing, painting, drawing and work on simple art projects to showcase at the end of the program.</p>	<p>No Cost</p>	
	<p>Goals to achieve:</p> <div>  Goal #1  Goal #2  Goal #3 </div>		
	Pamper Kings and Queens <p>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.</p>	<p>No Cost</p>	
	<p>Goals to achieve:</p> <div>   </div>		














OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	The Pictures <i>Local Cinema</i> Members can enjoy a social outing visiting the local the Cinema and watching the latest movies on the big screen. *Companion card and pension card required **Bring or buy morning tea/lunch**		\$16.50
	Goals to achieve: <div>  Goal #1 </div>	<div>  Goal #2 </div>	
	Animal Mania <i>Zoo/Sea Life Excursion/ Ginger Factory</i> Members can alternate each week and choose to visit their local Zoo, Sanctuary or Aquarium. Enjoy a fun filled half day excursion of animal appreciation and education. *Companion card and pension card required		Annual Pass or pay on the day
	Goals to achieve: <div>  Goal #1 </div>	<div>  Goal #2 </div>	<div>  Goal #2 </div>








Wednesday activities

Morning – Choose One			✓ chosen activity
	Community Excursion <p>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.</p> <p>Money to purchase lunch / beverage or bring own</p> <p>Goals to achieve:</p>	TBA	
	<div>  Goal #1  Goal #2  Goal #3 </div>		
	Hydrotherapy <i>Enhanced Living</i> <p>Members are supported to access their local Gym and participate in a hydrotherapy program</p> <p>Goals to achieve:</p>	Cost TBD Contact Enhanced Living	
	<div>  Goal #1  Goal #2  Goal #3 </div>		
	Game On! Sport / Trivia / Brain Teasers <p>Members can participate in a range of activities all centre around games! Sporting events, trivia, puzzles, board games, and outdoor games to help improve fine and gross motor skills, not to mention the old 'thinking cap'.</p> <p>Goals to achieve:</p>	No cost	
	<div>  Goal #1  Goal #2  Goal #3 </div>		













AND

Afternoon – Choose One			 chosen activity
	Basic Computer Skills Members can participate in educational activities and build on their computer and typing skills.	No cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	Looking Smart and Living Independently (ASDAN) Members can learn basic living skills such as cleaning, dressing, personal hygiene, shopping and day-to-day tasks. Members will receive a certificate upon completion.	\$10 One off fee	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	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: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		













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	
	Goals to achieve:			
	 Goal #1	 Goal #2		
	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		\$15	
	Goals to achieve:			
	 Goal #1	 Goal #2		









Thursday activities

Morning – Choose One			✓ chosen activity
	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 can return it the following week.		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 the development of gross motor skills		\$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
	Nature and Nurture Members can discover mother nature's secrets and how we can use nature, to nurture ourselves and others. Members will also learn more about our national wildlife, our environment, and we can make positive changes to our earth.	No cost	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		
	Kawana Bowls Club <i>Lunch and Raffles</i> Members can enjoy entertainment, have some lunch and purchase tickets in the meat tray raffles at the local bowls!	Cost for lunch/beverage and meat tray tickets	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		
	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: <div>  Goal #1  Goal #2  Goal #3 </div>		










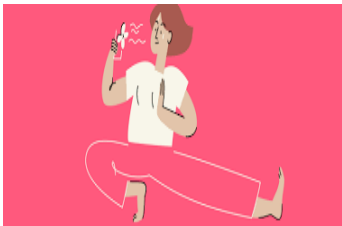



OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	Art Appreciation Members can travel to different Art Galleries located all over the Sunshine Coast and admire the creations of local artists - explore different art techniques, learn the stories behind each creation and enjoy a bite to eat. **Bring or buy morning tea/lunch**	No cost	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		
	Travel Training 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 are able to purchase a GO Card and travel to other areas of the Sunshine Coast by bus or train. **Bring or buy morning tea/lunch**	GO CARD	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		








Friday activities

Morning – Choose One			✓ chosen activity
	Sailability <i>Mooloolaba</i> Members will be supported to sail around the Mooloolaba marina, cruising along the ocean in a friendly, fun and safe environment. ** Life jacket, sling and hoist provided**	\$10 per session (pay cash on the day)	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		
	Community Picnic Members can enjoy catching up with other members of Multicap at their local BBQ picnic spots by the beach/river. **Bring packed lunch or buy sausages/meat/salad ingredients for lunch**	No cost	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		
	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: <div>  Goal #1  Goal #2  Goal #3 </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. Goals to achieve: Goals to achieve:	\$10 (one off fee)	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	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. Goals to achieve:	No cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Move Your Body! Members can participate in muscle stretches, strength building activities, improve on their flexibility and take part in basic exercise regimes including basic yoga movements and breathing techniques. The Nintendo Wii is also on offer for those who wish to 'get active' and play Wii Sport Goals to achieve:	No cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		

OR – choose one All Day activity below

All Day – Choose One				 chosen activity
	Blackbox Drama 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 participating and learn to build confidence in social settings. **Bring or buy morning tea/lunch**		Cost TBD Contact Spiral	
	Goals to achieve:			
	 Goal #1	 Goal #2		
	Riding for the Disabled Equestrian based therapeutic and recreational riding programs for members to enjoy!		Cost TBD Contact Riding for the Disabled to book initial assessment	
	Goals to achieve:			
	 Goal #1	 Goal #2		

2024 MAROOCHYDORE HUB Program Dates

Office Opens 2 January 2024

|Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Tuesday 2 January	Friday 22 March
Hub Closed	New Year Holiday, Monday 1 January; Australia Day, Friday 26 January	

Program 2		
	Start Date	End Date
Activity Program	Monday 25 March	Friday 14 June
Hub Closed	Good Friday 29 th March Easter Monday 1 st April Anzac Day 25 th April Labour Day 6 th May	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 17 June	Friday 21 June

Program 3		
	Start Date	End Date
Activity Program	Monday 24 June	Friday 13 September
Hub Closed	Agricultural Show Day, Friday 14 th June	

Program 4		
	Start Date	End Date
Activity Program	Monday 16 September	Friday 6 December
Hub Closed	King's Birthday, Monday 7 th October	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 9 December	Friday 13 December
Hub Closed	Monday 16 December 2024 – Thursday 2 January 2025	