



**ROCKHAMPTON**  
**Program 4**  
**Catalogue**  
**2024**

# 2024 Rockhampton Hub Activity Program 1 Catalogue

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

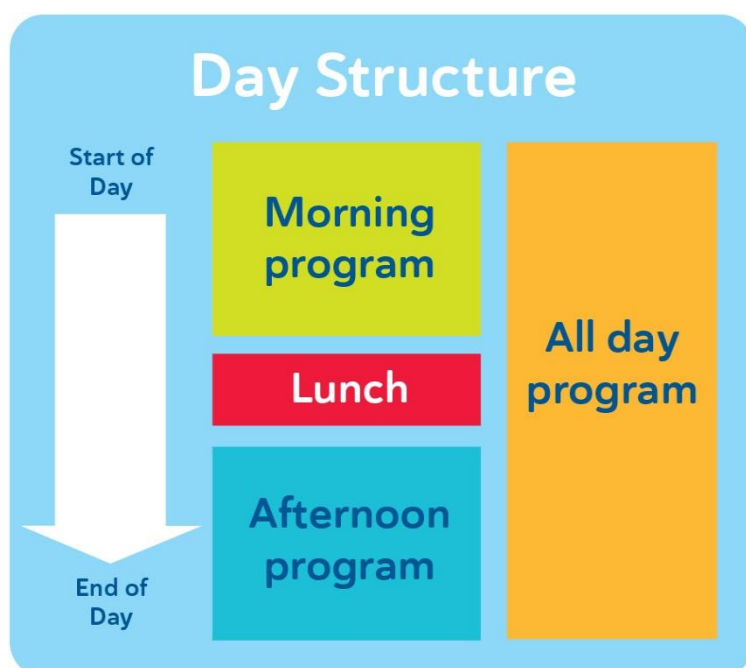
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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 Melissa Jarred or return it to [melissa.jarred@multicap.org.au](mailto:melissa.jarred@multicap.org.au)
- 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 Mobile: 0409 640 239.
- 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 Rockhampton HUB Service Manager, Melissa Jarred – 0409 640 239.






# 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



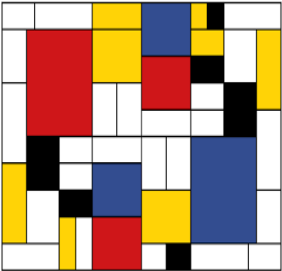



# Monday Activities

Morning – Choose One - 900 am to 1200 pm - Monday				✓ chosen activity
	<b>Monday Mosaic</b> Mondays and Mosaic Fun – This group is all about colour, shape, textures, and design. We use assorted products including tiles, cardboard, paper, fabric and wool to make magic happen! Check out this new group on Monday at the HUB.			<b>No Cost</b>
	 Goal #1	 Goal #2	 Goal #3	
	<b>Summer Seedlings – The Garden Lovers Club at Jardine</b> Garden Lovers – this is a wonderful time to get out in the garden. Corn, tomatoes, rosemary, cucumbers – let's get our seedlings started in the community garden.			<b>No Cost</b>
	 Goal #1	 Goal #2	 Goal #3	









## AND CHOOSE

Afternoon – Choose One – 1200 pm to 300 pm - Monday				✓ chosen activity
	<b>Diamond Art – Afternoon Social at the HUB</b> Bring your favourite Diamond Art activity, share afternoon tea and ideas at the HUB with your Diamond Art designs. BYO Diamond Art.			<b>BYO Diamond Art</b>
	 Goal #1	 Goal #2	 Goal #3	
	<b>Board Games, Trivia and Afternoon Social</b> Share in the fun and challenge your mind to board games, Trivia, Bingo, Uno, Cards, Chess or Connect 4. Afternoon Social activity. Bring or buy afternoon tea for snacks.			<b>No Cost</b>
	 Goal #1	 Goal #2	 Goal #3	





OR – choose one All Day activity below

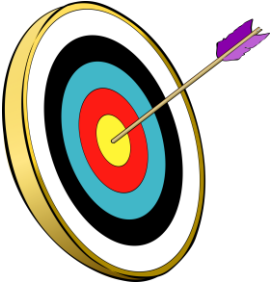



<b>All Day – Option – 900am to 300 pm with half day option available - Monday</b>			✓ chosen activity
<b>ALL ABOUT ART – ALL DAY</b>			
	<b>All About Art – ALL DAY</b> Learn how to paint, draw, explore in different styles, colours, and textures/ shades! Sculpt with different mediums including clay, Styrofoam and cardboard. **Bring or buy your own lunch** Outdoor and indoor activities with the HUB Art Crew.	<b>ALL DAY OPTION</b>  <b>\$5.00</b>	
	<b>Goal #1</b>		<b>Goal #2</b>
			<b>Goal #3</b>

## Tuesday Activities






<b>Morning – Choose One – 900 am to 1200 pm - Tuesday</b>			✓ chosen activity
	<b>Sing, Sign and Sway</b> Be part of our exciting group on Tuesdays – Sing, Sign and Sway! Join in with Auslan Signing. Choose your songs and sway to the music.		
	<b>Goal #1</b>		<b>Goal #2</b>
			<b>Goal #3</b>
			<b>No Cost</b>
	<b>The Breakfast Club</b> Meet up and explore Rockhampton, something different and fun every week in the community. Recycling, Bunnings, Op Shopping or the Cinema plus breakfast or morning tea. BYO money. # This is a group program with places limited.		
	<b>Goal #1</b>		<b>Goal #2</b>
			<b>Goal #3</b>
			<b>No Cost</b>

## AND CHOOSE










<b>Afternoon – Choose One – 1200 pm to 300 pm - Tuesday</b>			✓ chosen activity
	<b>Pamper Queens and Kings</b> Want to learn techniques for self-care, regulate your emotions and find ways to be stress free. One to one support within the program.		
	<b>Goal #1</b>		<b>Goal #2</b>
			<b>Goal #3</b>
			<b>No Cost</b>

	<b>Archery Afternoon – With Paula and The HUB CREW</b> Archery Afternoons – Come and experience the fun of Archery with your friends. Bring a hat, a water bottle and \$ 2. Lots of fun!			<b>\$2.00</b>	
	 Goal #1	 Goal #2	 Goal #3		







**OR – choose one All Day Activity below**

<b>All Day - Option – 900 am to 300 pm with half day option available</b> <b>Tuesday is GAMES DAY</b>				 chosen activity
	<b>GAMES DAY</b> Something different each week. Archery, Bowling, Cinema, Mini Golf, Pool Competition, Bingo. Finish off your day with the crew – Activity then off for lunch! Places are limited. Bookings are essential. BYO money and companion card for this activity. # Places are limited.		<b>BYO Money</b>  <b>ALL DAY OPTION</b>	
	 Goal #1	 Goal #2	 Goal #3	




## Wednesday Activities

<b>Morning – Choose One – 900 am to 1200 pm - Wednesday</b>				 chosen activity
	<b>Wednesday Music MASH UP</b> Do you like Hip Hop, 80's, 90's Dance music, ABBA, Dolly Parton, Country, Rock or just want to move and grove for some gentle exercise? Music Mash UP - Wednesday at the HUB is just for you.		<b>No Cost</b>	
	 Goal #1	 Goal #2	 Goal #3	
	<b>Garden Lovers – Community Garden Project</b> This is an outdoor adventure activity. Take part in visits to our local garden nurseries. See what is best to plant in your back garden. Visit Bunnings Warehouse and other local businesses in Rockhampton. Places are limited in this group.		<b>No Cost</b>	
	 Goal #1	 Goal #2	 Goal #3	

**AND CHOOSE**

<b>Afternoon – Choose One – 1200 pm to 300 pm - Wednesday</b>			✓ chosen activity
	<b>Wednesday Sessions – Music one on one with Music Facilitator</b> 1:1 session available with music facilitator to explore your love of all things Rock! Session is 1:1 with Music Facilitator Suz.		<b>No Cost</b>
	 Goal #1	 Goal #2	
	<b>HUB Pool Sharks – With Maddy</b> Want to be the best pool player among your friends. Learn how to play pool with our HUB Pool Shark – Maddy. Great exercise for gross and fine motor skills. Get social and have fun at the same time. BYO money for food/ drinks and activity		<b>BYO</b>
	 Goal #1	 Goal #2	









**OR – choose one All Day activity below/ half day option available**

<b>All Day – Option – 900 am to 300 pm with half day option available - Wednesday</b>			✓ chosen activity
<b>HUB – Wednesday HUB Choir</b>			
	<b>HUB Choir - Join our HUB Choir - Wednesdays</b> Learn new songs and develop friendships at our popular Wednesday Music HUB Choir. Build your confidence through music. AUSLAN signing Choir. Group Program. Bookings are essential ##		<b>No Cost</b>
	 Goal #1	 Goal #2	





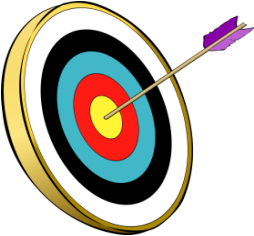







## Thursday Activities




Morning – Choose One – 900 am to 1200 pm - Thursday				✓ chosen activity
	<b>Treasure Hunting – CALLING ALL OP SHOP LOVERS!! This one is for you.</b> Calling all OP SHOPS Lovers... Join us and search for what we can recycle and create. Hidden treasures galore... Books, Photos Frames and Tote Bags. Stop somewhere for morning tea in the community with your friends. Places are limited. BYO Money for Activities Purchases and food/ Drinks.			BYO
	 Goal #1	 Goal #2	 Goal #3	
	<b>Baker's Delight at the HUB – Cooking with Kyle</b> Bake some treats for morning tea with our resident cook Kyle. Learn how to make simple snack foods. Learn how to meal plan and budget. BYO money for cooking.			\$10.00
	 Goal #1	 Goal #2	 Goal #3	

## And Choose – Afternoon Session







Afternoon – Choose One – 1200 pm to 300 pm - Thursday				✓ chosen activity
	<b>Sensory ROOM at the HUB</b> Smell, touch and engage in sensory activities here at the HUB.			No Cost
	 Goal #1	 Goal #2	 Goal #3	
	<b>Archery Afternoon – With Paula and The HUB CREW</b> Archery Afternoons – Come and experience the fun of Archery with your friends. Bring a hat, water bottle and \$ 2 coin. Lots of fun!			\$2.00
	 Goal #1	 Goal #2	 Goal #3	

**OR – choose one All Day activity below for Thursday or half day option available**

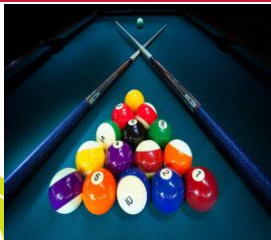








All Day – Option – 900 am to 300 pm with half day option available - Thursday			✓ chosen activity
<b>Handmade Treasures – ALL DAY OPTION</b>			
	<b>Crochet, Knitting, Button work and Scrapbooking – This group has it all!</b> Different theme each week! That includes crochet, knitting, buttons, scrapbooking, wool work and felts. We explore various textures and fabrics to make gifts for our friends and families.		All Day Option  NO COST
	 Goal #1	 Goal #2	

## Friday Activities







<b>Morning – Choose One – 900 am to 1200 pm - Friday</b>			✓ chosen activity
	<b>The Breakfast Club</b> Explore our local community. Enjoy morning tea with your friends – Visit parks, Rocky Art Gallery, and Local shops. Somewhere new each week to visit with The HUB Crew <b>** Bring or buy food for out and about** This is a group program. Bookings essential.</b>		No Cost
	 Goal #1	 Goal #2	
	<b>Seedlings for Summer! Out and About in the Jardine Garden</b> If you are green thumb and want to get ready for summer produce, come and plant in the garden with us. Seedlings ready to use in the kitchen.		No Cost
	 Goal #1	 Goal #2	

## AND CHOOSE

<b>Afternoon – Choose One – 1200 pm to 300 pm - Friday</b>			✓ chosen activity
	<b>HUB Pool Sharks – with Maddy</b> Want to be the best pool player among your friends. Learn how to play pool with our HUB Pool Shark – Maddy. Great exercise for gross and fine motor skills. Get social and have fun at the same time. BYO money for food/ drinks and activity		BYO
	 Goal #1	 Goal #2	

	<b>Diamond Art – Afternoon Social at the HUB</b> Bring your favourite Diamond Art activity, share afternoon tea and ideas at the HUB with your Diamond Art designs. BYO your diamond art!			<b>BYO</b>
	 Goal #1	 Goal #2	 Goal #3	

**OR – choose one All Day activity below for Friday / half day option available**

<b>All Day – Choose One – 900 am to 300 pm with half day option available - Friday</b> <b>FRIDAY – SUSTAINABILITY Superstars</b>				 chosen activity
	 <b>Recycling Superstars</b> – Our popular Friday Superstars with Alisa and Kyle. If you love to save the planet and make money at the same time, check out sustainability superstars on Friday. Enjoy breakfast with the crew, visit Bunnings Warehouse and participate in all things recycling. <b>Container for Change Program ## Places are limited.</b>			<b>All Day Option</b>  <b>No Cost</b>
	 Goal #1	 Goal #2	 Goal #3	

## ROCKHAMPTON HUB PROGRAM DATES - 2024

Office Opens 2nd January 2024

Hub closed on ALL public holidays

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

Program 2		
	Start Date	End Date
Activity Program	Monday 25th March	Friday 14th June
Hub Closed	Good Friday 29 <sup>th</sup> March Easter Monday 1 <sup>st</sup> April Anzac Day 25 <sup>th</sup> April Labour Day 6 <sup>th</sup> May Rockhampton Show Holiday 13 <sup>th</sup> June	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 17 <sup>th</sup> June	Friday 21 <sup>st</sup> June

Program 3		
	Start Date	End Date
Activity Program	Monday 26th June	Friday 15th September

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

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 9 <sup>th</sup> December	Friday 13th December
Hub Closed	16 <sup>th</sup> December 2024 - Thursday 2 <sup>nd</sup> January 2025	



