



2024 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.

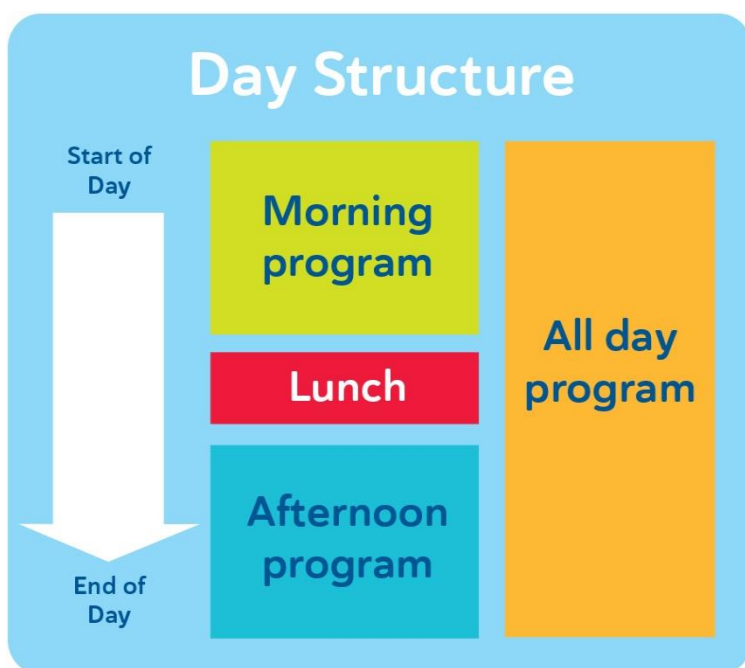
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 the **Toowoomba Office on 07 4636 8600** or return it to toowoombahub@multicap.org.au by **1st of December 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 **SM Alex Musiol on 0438 233 299** or the **Toowoomba Office on 07 4636 8600**.
















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 |
|---|--|--|--|----------------------|
|  | Fitness Marshall Monday Morning session of upbeat dance workout. Get energized after a laid-back weekend. Goals to achieve: | | | No cost |
| |  Goal #1 |  Goal #2 |  Goal #3 | |
|  | Aussie Legends Be a backyard Aussie legend, participate in your favourite backyard sport. Goals to achieve: | | | No cost |
| |  Goal #1 |  Goal #2 |  Goal #3 | |

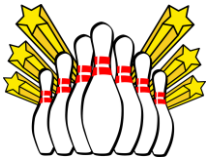



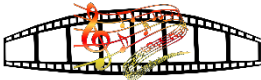



AND

| Afternoon – Choose One | | | | ✓ chosen activity |
|---|--|--|--|----------------------|
|  | Book Club Enjoy a good book from home, the library, or our on-site selection in any of our numerous comfy locations. And once you're finished, discuss it with your new friends or be inspired to craft something from your story. Goals to achieve: | | | No cost* |
| |  Goal #1 |  Goal #2 |  Goal #3 | |
|  | Games Galore Pick a game to play with friends. There are board games, card games, tabletop games, indoor sports and much more. Goals to achieve: | | | No Cost |
| |  Goal #1 |  Goal #2 |  Goal #3 | |









Tuesday activities

| Morning – Choose One | | | | ✓ chosen activity |
|---|--|---|---|----------------------|
|  | Urban Rangers New Year, New Journeys! Explore the community, do a spot of shopping, make new memories, perhaps even take some beautiful scenic photos! Goals to achieve: | | | No cost |
| |  Goal #1 |  Goal #2 |  Goal #3 | |
|  | Sensory Gardening Plant vegetables, support flowers to blossom in our raised garden beds. And when the work is done sit back, relax, and marvel at what you've achieved from our comfy open patio. Goals to achieve: | | | No Cost |
| |  Goal #1 |  Goal #2 |  Goal #3 | |









AND

| Afternoon – Choose One | | | | ✓ chosen activity |
|---|---|--|--|----------------------|
|  | Tenpin bowling The Hub Favorite, Same time, Same place. Get the group together for another fun round of bowling with your peers and knock all those pins down! Goals to achieve: | | | \$9 |
| |  Goal #1 |  Goal #2 |  Goal #3 | |
|  | Music and Movies After a big morning it's good to sit back and relax with a good movie or soothing music. Goals to achieve: | | | No Cost |
| |  Goal #1 |  Goal #2 |  Goal #3 | |









Wednesday activities

| Morning – Choose One | | | | ✓ chosen activity |
|--|--|---|---|----------------------|
|  | Fruity Wonders Make your own colourful creations with a plethora of fruit. The perfect morning tea snack or pack them up to enjoy at home. Goals to achieve: | | | No Cost |
| |  Goal #1 |  Goal #2 |  Goal #3 | |
|  | All things Sensory A variety of In-Hub Activities <ul style="list-style-type: none"> ❖ Creativity with Play Doh ❖ Papier-Mache ❖ Beading & Jewelry making Goals to achieve: | | | No Cost |
| |  Goal #1 |  Goal #2 |  Goal #3 | |









AND

| Afternoon – Choose One | | | | ✓ chosen activity |
|---|---|--|--|----------------------|
|  | Bingo Bonanza Everybody loves a game of Bingo!! Join the game of numbers Goals to achieve: | | | No cost |
| |  Goal #1 |  Goal #2 |  Goal #3 | |
|  | Visit to the local Library! There's so much to be done at the local library <ul style="list-style-type: none"> ❖ Find stories that interest you ❖ Explore the internet. And much more... Goals to achieve: | | | No Cost |
| |  Goal #1 |  Goal #2 |  Goal #3 | |









Thursday activities

| Morning – Choose One | | | ✓ chosen activity |
|---|--|---------|----------------------|
|  | Colours of the New Year Let your creative side fly, express yourself on the page, plant pots, or even tiny ornaments. | No cost | |
| | Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div> | | |
|  | Parks and Wildlife Take a trip with friends around the beautiful natural wonders of Toowoomba and surrounds. Enjoy morning tea in a different scene each week | No cost | |
| | Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div> | | |









AND

| Afternoon – Choose One | | | ✓ chosen activity |
|---|--|---------|----------------------|
|  | Karaoke Karaoke Singing (on or off key) improves breathing—and that's good for many parts of your body and brain. Sing along to your favourite songs with your friends. | No cost | |
| | Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div> | | |
|  | Puzzle Mania Do you like a challenge? Enjoy the tactile experience of building various sized images from tiny pieces. Once completed, bask in the feeling of accomplishment, should we capture this in a photo for you to remember? | No Cost | |
| | Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div> | | |

Friday activities

| Morning – Choose One | | | ✓ chosen activity |
|---|--|---------|----------------------|
|  | Arts and Crafts Dream big or build small. Let your imagination go wild and bring your creations to life. Goals to achieve: | No Cost | |
| | <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> | | |
|  | Friday Fitness One more session before the weekend. Push yourself. Achieve your goals. Goals to achieve: | No Cost | |
| | <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> | | |

AND

| Afternoon – Choose One | | | ✓ chosen activity |
|---|--|---------|----------------------|
|  | Weekend Winddown Wind down for the weekend. Choose from our books, board games, sensory items, cards, bingo, and more or simply relax with your friends. Goals to achieve: | No Cost | |
| | <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> | | |
|  | Friday Finders Explore your surroundings, see what you can find. Goals to achieve: | No Cost | |
| | <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> | | |

2024 Toowoomba 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 March Easter Monday 1 April Toowoomba Royal Show Friday 19 April Anzac Day Holiday Thursday 25 April Labour Day Monday 6 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 |

Program 4

| | Start Date | End Date |
|------------------|-----------------------------------|-------------------|
| Activity Program | Monday 16 September | Friday 6 December |
| Hub Closed | King's Birthday, Monday 7 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 | |

