



# 2024 Mackay Hub Activity Program 4 Catalogue

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Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the Mackay Hub, and we hope you enjoy what we have in store.

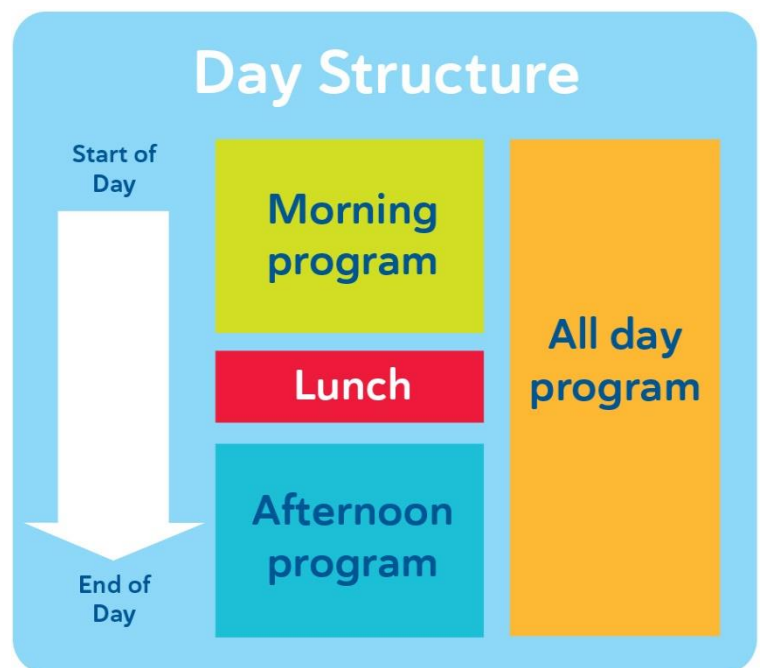
Our 12-week Hub programs are designed to offer you structure and consistency, with a focus on outcomes. When making your activity selections, you will be signing up and committing to a complete 12-week program for each day you attend the Hub.

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 Michele Steadman or return it to the Hub by 23/08/2024.
- 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 0427 038 115 or (07) 4955 9000.



- 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 0427 038 115 or (07) 4955 9000.

# Hub Activity Program Goal Reference Guide

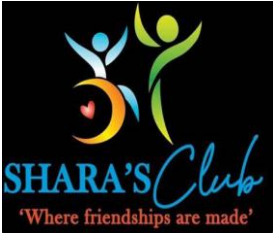







To support you in being able to identify activities in the Program Catalogue that will support you to achieve your individual goals we have added an icon/s to each activity so you can easily identify what core goals the activity is designed to support you to achieve.

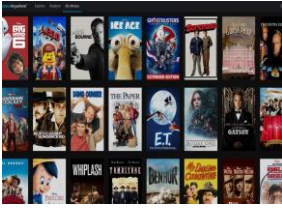







A maximum of 3 core goals can be shown even though some activities may support you to achieve more than 3 goals. Those identified are the core goals that the activity supports.

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
	<p><b>Club House Fun @ Shara's</b></p> <p>Spend the morning participating in skill-building activities designed to enhance social skills and foster friendships. Enjoy morning tea with friends while engaging in group interactions that encourage social development and rapport.</p> <p><b>Goals to achieve:</b></p> <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>	No cost	
	<p><b>Sensory Corner</b></p> <p>Immerse in a world of textures, sight, sound, smell and taste designed to delight and engage senses. This activity offers a relaxing and enjoyable experience to awaken sensory perception and bring a sense of calm and joy.</p> <p><b>Goals to achieve:</b></p> <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>	No cost	

Afternoon – Choose One			✓ chosen activity
	<p><b>Movie Magic Sessions</b></p> <p>Join in for an immersive movie experience designed to entertain, inspire and connect. Our sessions offer a perfect blend of relaxation and social interaction, featuring a diverse selection of films that cater to various tastes and preferences.</p> <p><b>Goals to achieve:</b></p> <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>	No cost	
	<p><b>Library Lending Adventures</b></p> <p>Embark on a journey of discovery! Dive into a world of books, audiobooks, and more, designed to entertain, educate, and inspire with a delightful outing to the library.</p> <p><b>Goals to achieve:</b></p> <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>	No cost	









# Tuesday activities

Morning – Choose One			✓ chosen activity
	<b>Strike it Fun Bowling</b> Enjoy a fun and engaging session of bowls, perfect for improving coordination, building social connections, and boosting confidence in a supportive and lively environment. <b>Goals to achieve:</b>		Cost of bowls \$8
	 Goal #1	 Goal #2	
	<b>Ball Game Bonanza</b> Join our fun filled sessions of ball games that enhance coordination, teamwork, and social skills. Perfect for boosting confidence and enjoyment in a supportive and energetic setting. <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	

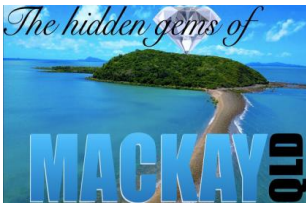


Afternoon – Choose One			✓ chosen activity
	<b>Tech Explorers</b> Discover new skills with our Tech Explorer! Engage with innovative gadgets and digital tools to enhance tech literacy, build confidence, and enjoy interactive learning in a supportive and stimulating environment. <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	
	<b>Green Thumb Fun</b> Join our hands on gardening experience, designed to cultivate plants, enjoy nature, and enhance fine motor skills while fostering relaxation and creativity in a nurturing and vibrant environment. <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	

# Wednesday activities









Morning – Choose One			✓ chosen activity
	<b>Treasure Hunt Adventure</b> Explore the thrill of treasure hunting with Op Shopping! Discover unique finds, enhance decision-making skills and enjoy social interaction while uncovering hidden gems in a fun supportive setting. <b>Goals to achieve:</b>		Cost of purchases
	 Goal #1	 Goal #2	









Afternoon – Choose One			✓ chosen activity
	<b>Community Connection Quest</b> Enjoy a community outing to local events, shopping centre or club. Engage with your surroundings, enhance social skills and experience new environments in a fun, supportive setting that promotes independence and connection. <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	

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







All Day – Choose One			✓ chosen activity
	<b>Explore and Enjoy Escapades</b> Experience a new destination each week with our All-Day Adventure Program! Explore beautiful locations like beaches and historic sites, enhance social interaction, and enjoy diverse environments in a fun, enriching setting. *Bring along morning tea and lunch**Kms to be shared* <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	







# Thursday activities

Morning – Choose One			✓ chosen activity
	<p><b>Creative Craft Creations</b></p> <p>Unleash creativity with weekly sessions. Make projects like kites or fairy glow jars, enhancing fine motor skills and artistic expression. Take your creations home after showcase week to share with family.</p> <p><b>Goals to achieve:</b></p> <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>	\$5	
	<p><b>Build and Create Workshop</b></p> <p>Build creativity and fine motor skills with our Build and Create Workshop! Assemble models, boost problem-solving abilities, and enjoy achievements. Take your creations home after showcase week to share with family.</p> <p><b>Goals to achieve:</b></p> <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>	\$5	

Afternoon – Choose One			✓ chosen activity
	<p><b>Board Game Extravaganza</b></p> <p>Join in for fun afternoon designed to enhance strategic thinking, social skills, and teamwork while enjoying a variety of games in a lively and supportive setting.</p> <p><b>Goals to achieve:</b></p> <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>	No cost	
	<p><b>Artistic Expressions</b></p> <p>Explore your creativity and engage in diverse art projects to boost self-expression, improve fine motor skills, and enjoy a fulfilling and supportive environment that celebrates your unique talents.</p> <p><b>Goals to achieve:</b></p> <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>	\$5	

# Friday activities

Morning – Choose One			✓ chosen activity
	<b>Bingo Palooza</b> Join in for a lively game that sharpens cognitive skills, enhances social interaction and provides fun prizes. Experience a vibrant, supportive atmosphere where everyone enjoys the thrill of the game! <b>Goals to achieve:</b>		\$5
	 Goal #1	 Goal #2	
	<b>Morning Friday Unwind</b> Enjoy, relax and engage in preferred activities, fostering independence and providing a comforting end to the week with flexible choices like reading, movies, gardening, lunch prep, or outings. <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	

Afternoon – Choose One			✓ chosen activity
	<b>Rhythm and Groove Fiesta</b> Join us for a dynamic music therapy session! Enhance mood, coordination, and self-expression through dance, singing, and rhythm in a fun, supportive environment designed for creative enjoyment. <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	
	<b>Afternoon Friday Freedom</b> Relax, engage in favourite pastimes, and unwind in a supportive, flexible environment each week and enjoy Friday afternoons of Freedom where you choose activities like reading, movies, gardening or outings. <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	



# 2024 Mackay Hub Program Dates

Office Opens 2 January 2024

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Hub closed on public holidays

## Program 1

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

## Program 2

	Start Date	End Date
<b>Activity Program</b>	Monday 25 March	Friday 14 June
<b>Hub Closed</b>	Good Friday 29 March Easter Monday 1 April Anzac Day Holiday 25 April Labour Day 6 May	

## Showcase week 1

	Start Date	End Date
<b>Showcase Program</b>	Monday 17 June	Friday 21 June

## Program 3

	Start Date	End Date
<b>Activity Program</b>	Monday 24 June	Friday 13 September
<b>Hub Closed</b>	Mackay Show Holiday, Thursday 20 June	

## Program 4

	Start Date	End Date
<b>Activity Program</b>	Monday 16 September	Friday 13 December
<b>Hub Closed</b>	King's Birthday, Monday 7 October	

## Showcase week 2

	Start Date	End Date
<b>Showcase Program</b>	Monday 16 December	Friday 20 December
<b>Hub Closed</b>	Monday 23 December 2024 – Monday 6 January 2025	