

2024 Maroochydore
Hub Activity Program 4
Catalogue



2024 Maroochydore Hub Activity Program 4 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.

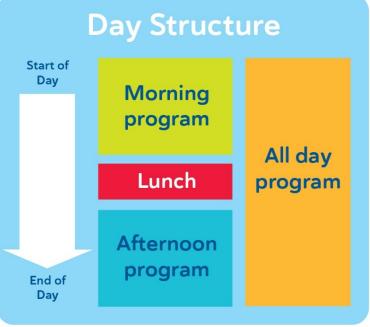
Our 12-week Hub programs are designed to offer you structure and consistency, with a focus on outcomes. When making your activity selections, you will be signing up and committing to a complete 12-week program for each day you attend the Hub.

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 23rd August 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 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.

lcon	Goal
Å	Improve physical health & wellbeing
	Improve emotional health & wellbeing
Ä	Develop social skills & understanding
X	Build independence
Em)	Improve fine motor skills
	Explore creative pursuits
(S)	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
1 ² 3 A ^B C	Develop numeracy and literacy skills



Monday Activities

Morning – Choose One						
Worming choose one					chosen activity	
	Zumba!					
	fun, fitness-based participate in eithe beginner's level Z	Enjoy a morning of movement with Zumba! This is fun, fitness-based hub activity that members can participate in either seated or standing. Start with beginner's level Zumba and work your way up the ladder over a 12-week program.				
ZVMBA	Goals to achieve:					
ENIME		Ŝ	() () () () () () () () () ()			
	Goal #1	Goal #2	Goal #3			
	Art with Friends – EquityWorks Nambour					
	Members can joir of the community Members will be a their creations at Sunshine Plaza. Goals to achieve:	\$10 cash per session				
Art by Friends EOUITY WOPIS			Ĥ			
	Goal #1	Goal #2	Goal #3			
	Walking Group)				
	Members can cho footpaths and soa enjoy a nature wa	No cost				
	Goals to achieve:					
	Ž					
	Goal #1	Goal #2	Goal #3			



Afternoon – Choose O	ne				✓
					chosen activity
	Bowling				
all less	STRIKE! SPARE! K an hour of fun at the				
	Goals to achieve:			\$10.00	
	(Å)		是工		
	Goal #1	Goal #2	Goal #3		
	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 wonderous 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:				
namegif.com	(e	(8)	Em		
	Goal #1	Goal #2	Goal #3		
	Basic Administra	tion Skills			
	Members can learn basic admin skills such as answering phones, typing text messages and emails, shredding documents, laminating and printing/copying.				
	Goals to achieve:				
			1 ² 3 A ^B C		
	Goal #1	Goal #2	Goal #3		



All Day – Choose One					chosen activity
	Communit	ty 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					
	Goals to achie	eve:			
	68	(ii	(2)		
	Goal #1	Goal #2	Goal #3		
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 achie	Goal #2	123 ABC Goal #3		



Tuesday activities

Morning – Choose One					chosen activity
	ASDAN – Bakii	ng: Sensory			
	Members can learoutines when we tastes, smells an sounds, baking to successfully use Goals to achieve:	\$10 one off fee			
	6	Em Carlina	S. L. L. L.		
	Goal #1	Goal #2	Goal #3		
	Gym / Physiotherapy Enhanced Living Members are supported to access their local Gym and participate in a physiotherapy and/or massage program. Goals to achieve: Goal #1 Goal #2 Goal #3			Cost TBD contact Enhanced Living	
	Sailability Mooloolaba Members will be Mooloolaba mari friendly, fun and ** Life jacket, slin Goals to achieve: Goal #1	\$10 per session (pay cash on the day)			



Maroochydore RSL Shake, Rattle and Roll! 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. The Maroochydore 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. Goals to achieve: Creations — Basic Art Members can learn basic cutting, colouring, gluing, painting, drawing and work on simple art projects to showcase at the end of the program. Goals to achieve: Goal #1 Goal #2 Goal #3 Pamper Kings and Queens 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. Goals to achieve: Goals to achieve:	Afternoon – Choose One					chosen activity
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Pamper Kings and Queens 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.		Members can colouring, glu work on simp at the end of	n learn basic cu uing, painting, d ble art projects t the program.	rawing and	No cost	
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.		Goal #1	Goal #2	Goal #3		
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		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.			No cost	
			S		Po	9

All Day – Choose One					chosen activity
	Local Cinema Members car visiting the lo watching the screen.	*Companion card and pension card			
	Goals to achiev	Goal #2	nch**		
	Factory Members car choose to vis Sanctuary or filled half day appreciation	Excursion/ Ging n alternate each sit their local Zoo Aquarium. Enjoy excursion of an and education. card and pensio	week and , y a fun imal	Annual Pass or pay on the day	
	Goal #1	Goal #2	Goal #2		



Wednesday activities

Morning – Choose One					
	Compressed to 1	·vouveion			activity
	Community E		ss a wida		
	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. Money to purchase lunch / beverage or bring own.			TBA	
	Goals to achieve:				
			Ä		
	Goal #1	Goal #2	Goal #3		
	Hydrotherap	У			
	Enhanced Livin Members are si Gym and partic program.	Cost TBD contact Enhanced Living			
	Goal hieve:	(O)	×	Living	
	Goal #1	Goal #2	Goal #3		
	Karaoke!				
	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.				
	Goals to achieve:				
3-1	8	(C)	(2)		
	Goal #1	Goal #2	Goal #3		



Afternoon – Choose One					✓
					chosen activity
	Basic Comput	er Skills			
		articipate in education mputer and typing s		No	
	Goals to achieve:			cost	
		E STATE OF THE STA	(P)		
	Goal #1	Goal #2	Goal #3		
	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.				
	Goals to achieve:				
		X	Å		
	Goal #1	Goal #2	Goal #3		
	Walking Grou	p			
	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.				
	Goals to achieve:				
		Ž	(P)		
	Goal #1	Goal #2	Goal #3		



rkets			chosen activity	
sit the iconic Fumur				
t and enjoy delicious nd watch artists crea	s street food, listen ate and design			
		No cost		
	(Å)			
Goal #2	Goal #3			
Chony's Art Room				
Members can engage in art therapy and visual art education with a variety of workshops on offer. Members can explore a diverse range of materials and techniques including watercolors, clay, inks, collage, printmaking, wet felting, acrylic pour and sculpture. Goals to achieve: TBA				
EUD	(P)			
Goal #2	Goal #3			
	t and enjoy delicious nd watch artists creatieces to sell to the punch** Goal #2 Room engage in art therapy a variety of workshoexplore a diverse rank including watercolo aking, wet felting, according to the control of the contr	Goal #2 Goal #2 Goal #3 Room Engage in art therapy and visual art a variety of workshops on offer. explore a diverse range of materials including watercolors, clay, inks, aking, wet felting, acrylic pour and	t and enjoy delicious street food, listen nd watch artists create and design sieces to sell to the public. unch** No cost Room engage in art therapy and visual art a variety of workshops on offer. explore a diverse range of materials including watercolors, clay, inks, aking, wet felting, acrylic pour and TBA	



Thursday activities

Morning – Choose O	ne				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. Goals to achieve:			No cost	
		Ť	6		
	Goal #1	Goal #2	Goal #3		
	Just Keep Swimming! Cotton Tree Pool 2:1 Members can enjoy a swim at their local pool and will work towards improving balance, coordination, and the development of gross motor skills. Goals to achieve: Goal #1 Goal #2 Goal #3				
	Gym / Physiother Enhanced Living Members are supp participate in a phy program. Goals 1 Goal #1	Cost TBD contact Enhanced Living			



Afternoon – Choose One					✓
					chosen activity
	Game On!				
	Sport / Trivia	/ Brain Teasers			
GAME	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'.				
ON	Goals to achieve:				
	Goal #1	Goal #2	Goal #3		
			Guai #3		
GLUE Mamorius	Scrapbooking Members can create a scrapbook to add their memories to and decorate week. Members can include photos of the activities they have participated in at the Maroochydore Hub and in the community. Members will have their completed scrapbook to showcase at the end of the program. Goals to achieve:				
		G. 1 H2			
	Walking Grou	Goal #2	Goal #3		
	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. Goals to achieve:				
	Goal #1	Goal #2	Goal #3		



All Day – Choose One				✓	
					chosen activity
	Yoga in Daily				
SE THE DATE OF THE PERSON OF T	Yamuna and her team of talented teachers bring to life the ancient wisdom of Yoga in a way that has been carefully handed down to them from a long lineage of teachers. A lovely studio situated in Buderim where anyone can attend, regardless of their previous yoga experience, and discover the benefits of yoga.			\$17	
THE SYSTEM	Goals to achieve:				
	Goal #1	Goal #2	Goal #3		
	Up Beats Art	Choir			
By joining Up Beats Art Choir, members can not only enjoy singing, but learn singing techniques, voice warmups, and lyrics to great timeless songs. Members can choose to be a part of choir performances or enjoy casual sessions and rehearsals by singing as part of a group.			ng techniques, timeless songs. of choir sions and	No cost	
AND EMPOWERMENT	Goals to achieve:				
		(Å)			
	Goal #1	Goal #2	Goal #3		



Friday activities

Morning – Choose On	e				chosen
-					activity
	Sailability				
	Mooloolaba				
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	**	(pay cash on the day)	
200	Goals to achieve:				
	Goal #1	Goal #2	Goal #3		
Community Picnic					
y the	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**				
	Goals to achieve:				
		Ť			
	Goal #1	Goal #2	Goal #3		
	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	
₹ <mark>₹₹</mark>	Goals to achieve:				
~		6	E M		
	Goal #1	Goal #2	Goal #3		



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.			\$10 (one off fee)	
	Goal #1	Goal #2	Goal #3		
			555.115		
named can	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 wonderous 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	
	Cool #1	Coal #2	Cool #2		
	Movo Vour Ro	Goal #2	Goal #3		
	'get active' and play Wii Sport.			No cost	
	Goals to achieve:				
	Goal #1	Goal #2	Goal #3		
	GUai #1	GUdi #Z	UUdi #3		



All Day – Choose One					chosen activity
	Blackbox Dra	ama			
	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.		Cost TBD		
	**Bring or buy	morning tea/lunch	**	contact Spiral	
	Goals to achieve	:			
	65				
	Goal #1	Goal #2	Goal #3		
	Community	Excursion			
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.					
	Money to purchase lunch / beverage or bring own. Goals to achieve:			Cost TBA	
		THE PART OF THE PA			
	Goal #1	Goal #2	Goal #3		



2024 Maroochydore Hub Program Dates

Office Opens 2 January 20234

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, Tuesday 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 Anzac Day Holiday 25 April Labour Day 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		
Hub Closed	Nambour Agricultural Show Day 14 June		

Program 4				
Start Date End Date				
Activity Program	Monday 16 September Friday 6 December			
Hub Closed	Queen'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 2023 – Tuesday 2 January 2025		

