



2025

Maroochydore Hub
Activity Program 1

2025 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.

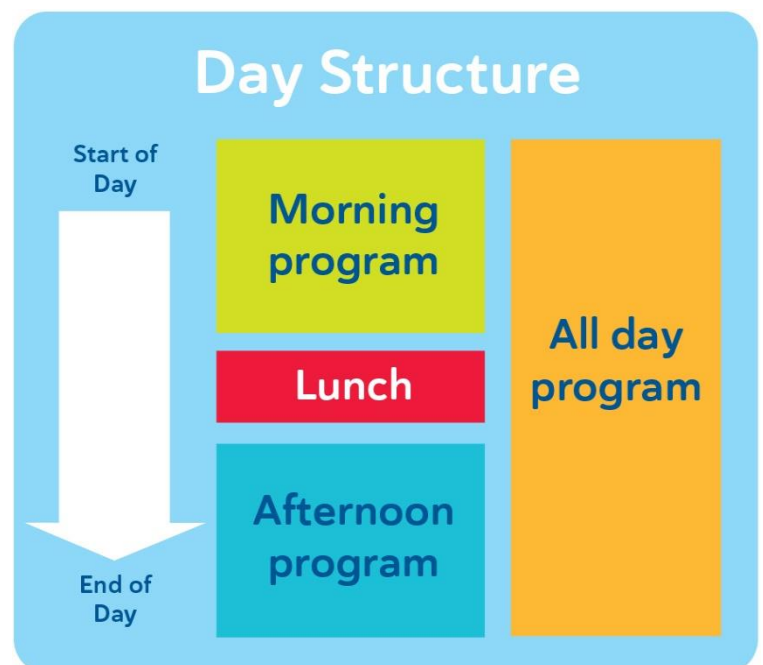
Our 12-week Hub programs are designed to offer you structure and consistency, with a focus on outcomes. When making your activity selections, you will be signing up and committing to a complete 12-week program for each day you attend the Hub.

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 or return it to camae.colnan@multicap.org.au by 29th November 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 0437 114 020
- 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

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>Zumba!</p> <p>Enjoy a morning of movement with Zumba! This is a 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 Zumba ladder over a 12-week program.</p> <p>Goals to achieve:</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>Art with Friends – EquityWorks Nambour</p> <p>Members can join an art group with other members of the community and create their own masterpieces. Members will be offered the opportunity to showcase their creations at an end of year market stall or at the showroom at the Sunshine Plaza</p> <p>Goals to achieve:</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>	\$10 cash per session	
	<p>Walking Group</p> <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</p> <p>Goals to achieve:</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	

AND

Afternoon – Choose One

✓
chosen activity

	<p>Bowling</p> <p>STRIKE! SPARE! Knock those pins down and enjoy an hour of fun at the Suncity Tenpin Bowling Centre</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td data-bbox="456 660 735 797">  Goal #1 </td> <td data-bbox="735 660 992 797">  Goal #2 </td> <td data-bbox="992 660 1251 797">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	<p>\$10.00</p>	
 Goal #1	 Goal #2	 Goal #3				
	<p>Pop Up Sensory!</p> <p>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.</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td data-bbox="456 1252 735 1386">  Goal #1 </td> <td data-bbox="735 1252 992 1386">  Goal #2 </td> <td data-bbox="992 1252 1251 1386">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	<p>No Cost</p>	
 Goal #1	 Goal #2	 Goal #3				
	<p>Basic Administration Skills</p> <p>Members can learn basic admin skills such as answering phones, typing text messages, scanning, sending emails, shredding documents, laminating and using the printer / copier</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td data-bbox="456 1700 735 1830">  Goal #1 </td> <td data-bbox="735 1700 992 1830">  Goal #2 </td> <td data-bbox="992 1700 1251 1830">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	<p>No Cost</p>	
 Goal #1	 Goal #2	 Goal #3				

OR – choose one All Day activity below

All Day – Choose One



chosen activity



Paper Art

Coolum

Scrapbooking, quilling, origami, and all things paper! Join other members of the community and learn new techniques of using paper to create masterpieces!

*Companion card and pension card required

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$10 per session



Travel Training

Members can learn how to follow bus, train and plane timetables. Members will visit the Sunshine Coast Airport and can plan and watch the scheduled flights take off or choose to experience travel first hand by navigating their way around the Sunshine Coast by bus or train.

Bring or buy morning tea/lunch

Goals to achieve:



Goal #1
















Goal #2



Goal #3

GO CARD

Tuesday activities

Morning – Choose One		 chosen activity	
	<p>ASDAN – Baking: Sensory</p> <p>Members can learn how to practice good hygiene routines when working in the kitchen, explore tastes, smells and colour, textures, switches and sounds as well as baking techniques and learn how to successfully use baking equipment</p> <p>Goals to achieve:</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>	<p>\$10 one off fee</p>	
	<p>Gym / Physiotherapy</p> <p>Enhanced Living</p> <p>Members are supported to access their local Gym and participate in a physiotherapy and/or massage program</p> <p>Goals to achieve:</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>	<p>Cost TBD Contact Enhanced Living</p>	
	<p>Sailability</p> <p><i>Mooloolaba</i></p> <p>Members will be supported to sail around the Mooloolaba marina, cruising along the ocean in a friendly, fun and safe environment.</p> <p>** Life jacket, sling and hoist provided**</p> <p>Goals to achieve:</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>	<p>\$10 per session (pay cash on the day)</p>	

AND

Afternoon – Choose One

✓
chosen activity



Maroochydore RSL

Shake, Rattle and Roll!

Our members can enjoy live entertainment at the local RSL Club and can become a member of the RSL club to benefit from discounts on food and beverages. Members can have a boogie on the dance floor and embrace magnificent lights and sounds whilst eating a delicious lunch together.

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

Cost For lunch/beverage

Goals to achieve:



Goal #1



Goal #2



Goal #3



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.

No Cost

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.

No Cost

Goals to achieve:











Goal #1








Goal #2













OR – choose one All Day activity below

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






Wednesday activities

Morning – Choose One			 chosen activity
	<p>Community Excursion</p> <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 other community events and activities on offer around the Sunshine Coast at our local beaches, and libraries.</p> <p>Money to purchase lunch / beverage or bring own</p> <p>Goals to achieve:</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>		














AND

Afternoon – Choose One			 chosen activity
	<p>Scrapbooking</p> <p>Members can create a scrap book to decorate, and each week can include photos of the activities they participated in. Members will have their final book to take home at the end of the program.</p> <p>Goals to achieve:</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>	No cost	
	<p>Looking Smart and Living Independently (ASDAN)</p> <p>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.</p> <p>Goals to achieve:</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>	\$10 One off fee	
	<p>Walking Group</p> <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</p> <p>Goals to achieve:</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	

OR – choose one All Day activity below

All Day – Choose One		 chosen activity	
	<p>Eumundi Markets</p> <p>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.</p> <p>**Bring or buy lunch**</p> <p>Goals to achieve:</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>		

Thursday activities

Morning – Choose One			 chosen activity
	<p>Book Worms</p> <p>Members can travel to the Cotton Tree library where they are able to explore the books and discover all the wonders of the world that libraries have to offer. Members 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.</p> <p>Goals to achieve:</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>Just Keep Swimming!</p> <p><i>Cotton Tree Pool 2:1</i></p> <p>Members can enjoy a casual swim at their local pool and work towards increasing their fitness, balance and coordination.</p> <p>*Pool location subject to change pending the availability of Cotton Tree pool.</p> <p>Goals to achieve:</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>	\$5.50	
	<p>Gym / Physiotherapy</p> <p><i>Enhanced Living</i></p> <p>Members are supported to access their local gym and participate in a physiotherapy and/or massage program</p> <p>Goals to achieve:</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>	Cost TBD Contact Enhanced Living	

AND

Afternoon – Choose One


 chosen activity



Game On!

Sport / Trivia / Brain Teasers

Members can participate in a range of various activities all centred around games! These will include sporting events and activities, trivia, puzzles, board games, and other outdoor games.

No cost

Goals to achieve:



Goal #1



Goal #2



Goal #3



COCA (Centre of Creative Arts) - Painting

COCA members will be involved in all aspects of design, devising, planning, performance and presentation of their art. With a structured curriculum, members will be provided necessary and continual opportunities to enhance critical skill sets in focus and memory retention, task and time management, personal and group responsibility and emotional regulation.

\$70 one off fee for materials

Our COCA Painting Program provides members with the opportunity to explore the artistic medium of Painting. This involves the use of a variety of mediums and imagery.

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

OR – choose one All Day activity below

All Day – Choose One			 chosen activity			
	<p>Yoga in Daily Life</p> <p>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.</p> <p>Goals to achieve:</p> <table border="1" data-bbox="560 864 1262 1050"> <tr> <td data-bbox="560 864 775 1050">  Goal #1 </td> <td data-bbox="775 864 1018 1050">  Goal #2 </td> <td data-bbox="1018 864 1262 1050">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	\$17	
 Goal #1	 Goal #2	 Goal #3				
	<p>Up Beats Art Choir</p> <p>By joining Up Beats Art Choir, members will not only enjoy exhibiting their singing talents, but they will also learn singing techniques, voice warmups, and lyrics to great timeless songs. Members will be given the opportunity to become involved in choir performances or can elect to enjoy casual sessions.</p> <p>Goals to achieve:</p> <table border="1" data-bbox="560 1469 1262 1680"> <tr> <td data-bbox="560 1469 775 1680">  Goal #1 </td> <td data-bbox="775 1469 1018 1680">  Goal #2 </td> <td data-bbox="1018 1469 1262 1680">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	No cost	
 Goal #1	 Goal #2	 Goal #3				

Friday activities













Morning – Choose One			 chosen activity
	<p>Sailability <i>Mooloolaba</i></p> <p>Members will be supported to sail around the Mooloolaba marina, cruising along the ocean in a friendly, fun and safe environment.</p> <p>** Life jacket, sling and hoist provided**</p> <p>Goals to achieve:</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>		

AND










Afternoon – Choose One



chosen activity

	<p>ASDAN – Sound, Rhythm, and Music</p> <p>Let’s explore music! Members of ASDAN’s Sound, Rhythm, and Music course will learn how to produce music using their body, and various everyday items. Members will listen to different sounds and identify the source of each sound and learn how to mimic percussion in this great new program.</p> <p>Members will receive an ASDAN certificate of completion at the end of the program.</p> <p>Goals to achieve:</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>	<p>\$10 (one off fee)</p>			
	<p>Pop Up Sensory!</p> <p>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.</p> <p>Goals to achieve:</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>			<p>No cost</p>	
	<p>Move Your Body!</p> <p>Members will ‘move their body’ by engaging in basic muscle stretches and strength building activities and learn alternative techniques for how to improve flexibility. Members will be given the opportunity to take part in basic exercise regimes such as yoga, dance and aerobics, as well as how to practice good breathing techniques during movement</p> <p>Goals to achieve:</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>				

OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<p>Blackbox Drama</p> <p>Members will learn the basic skills for acting and drama and engage in other activities based around theatre, music, movement. Members will develop skills in communication, social participating and learn to build confidence in social settings.</p> <p>**Bring or buy morning tea/lunch**</p> <p>Goals to achieve:</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>	<p>Cost TBD Contact Spiral</p>	
	<p>Community Excursion</p> <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 other community events and activities on offer around the Sunshine Coast at our local beaches, and libraries.</p> <p>Money to purchase lunch / beverage or bring own</p> <p>Goals to achieve:</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>		

2025 Maroochydore Hub Program Dates

Office Opens 6 January 2025

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Hub closed on public holidays

Program 1

	Start Date	End Date
Activity Program	Monday 6 th January	Friday 28 th March
Hub Closed	Monday 27 th January – Australia Day	

Program 2

	Start Date	End Date
Activity Program	Monday 31 st March	Friday 20 th June
Hub Closed	Friday 18 th April – Good Friday Monday 21 st April – Easter Monday Friday 25 th April – Anzac Day Monday 5 th May – Labour Day	

Showcase week 1

	Start Date	End Date
Showcase Program	Monday 23 rd June	Friday 27 th June

Program 3

	Start Date	End Date
Activity Program	Monday 30 th June	Friday 19 th September
Hub Closed	Nambour Agricultural Show Day 15 th June	

Program 4

	Start Date	End Date
Activity Program	Monday 22 nd September	Friday 12 th December
Hub Closed	Monday 6 th October – Kings Birthday	

Showcase week 2

	Start Date	End Date
Showcase Program	Monday 15 th December	Friday 19 th December
Hub Closed	Monday 22 nd December 2025 – Monday 5 th January 2026	