



2025 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.

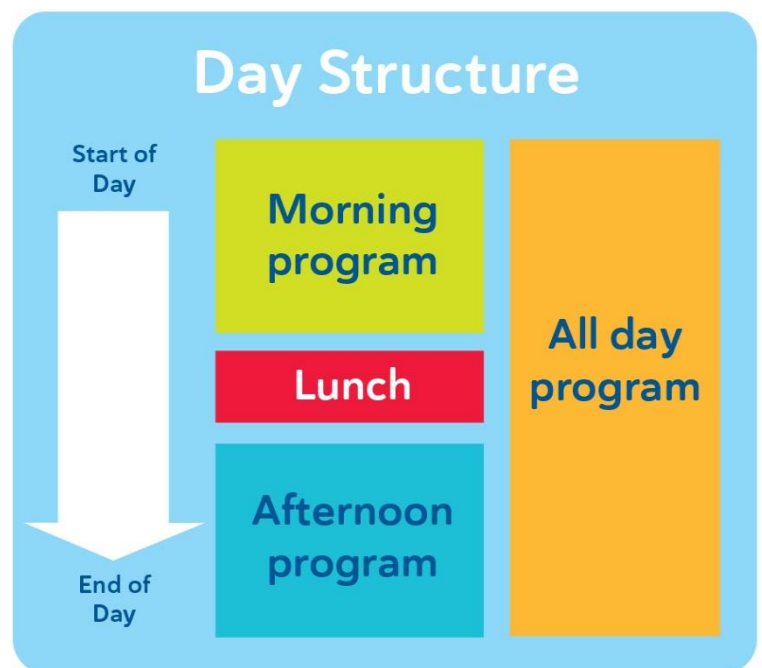
This allows you to fully develop your skills, more opportunity to see progress and reach your goals, and have a sense of completion at the end of the 12-week program. It also helps you develop stronger connections with other customers, and gain more substantial outcomes than one-off activities.

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 **Toowoomba Office** on **07 4636 8600** or return it to toowoombahub@multicap.org.au by Friday 15th of November.

- 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
 - **Service Manager 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
	Summer Warm-up Stay active and warm this winter with our indoor sports activities! Join us for creative dance-offs and lively group stretches. These fun and engaging workouts are perfect for staying fit and connected indoors. All skill levels are welcome—just bring your energy and enthusiasm!	No cost	
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3
	Art and Craft Discover your creative side and express yourself together with your friends at the Toowoomba Hub. Will you be inspired by Winter or try to bring forth Spring early with colour and warmth?	No cost	
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3

AND

Afternoon – Choose One



chosen activity



Walking Group – local parks

Join our Walking Group for a refreshing adventure through local parks of the Garden City! Each week, we'll explore a different park, enjoying scenic trails and lush greenery. It's a fantastic way to get active, meet new friends, and discover hidden gems in our community. Whether you're a seasoned hiker or just looking for a leisurely stroll, everyone is welcome.

Goals to achieve:



Goal #1



Goal #2



Goal #3

No cost



Fun and Games Fiesta

Challenge your friends to some of our most popular board games and puzzles! Our game afternoon will enable you to spend time with friends strategizing and playing a wide range of board games and completing puzzles at the Hub.

Goals to achieve:



Goal #1








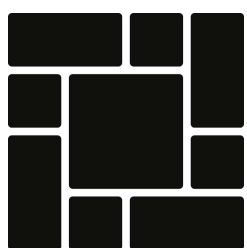



Goal #2



Goal #3

No cost

Tuesday activities

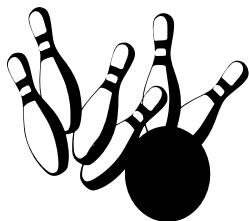
Morning – Choose One			 chosen activity
	<p>Japanese Gardens</p> <p>Take a trip with friends to the Japanese Gardens. Enjoy morning tea with friends and find peace and quiet in Toowoomba’s Japanese Gardens. Alternative activity for wet weather.</p> <p>Goals to achieve:</p> <div style="display: flex; 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>COCA – Collage</p> <p>The COCA painting module is a series of 12 sessions that will assist individuals to discover their potential as a visual artist in a fun and supportive environment.</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>	\$2 per week	

AND

Afternoon – Choose One



chosen activity



Sunset Superbowl

Join us at Sunset Superbowl and enjoy a fun-filled event of bowling with friends! Aim for strikes and spares, bond over the game, and make some great memories. Lace up your bowling shoes and let the good times roll!

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
\$11
per
game
+ lunch



ASDAN Geography

ASDAN's Geography course will allow you to explore and make new discoveries in the world around you. You'll examine your local area, learn about mapping the weather, and have a look at the far away places in the world. This course is for adventurers who want to learn what fun and exciting things the world has to offer. By the end of the course, you'll have a greater appreciation for the incredible diversity of our planet and the many ways in which we are all connected. Let Your journey start here!

Goals to achieve:



Goal #1












Goal #2



Goal #3

Cost: 2\$
per
week

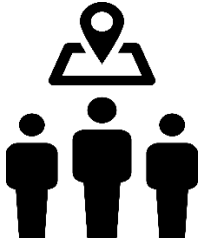
Wednesday activities

Morning – Choose One				 chosen activity
	Toowoomba Library Explore all the treasures Toowoomba's biggest library has to offer. Find entertainment and education of your choosing. Expand your knowledge and find new topics of interest. If you have a library card you can also borrow titles to take home.			No cost
	Goals to achieve:			
	 Goal #1	 Goal #2	 Goal #3	
	Painting by Numbers Unleash your inner artist with Painting by Numbers, a relaxing and enjoyable activity perfect for all skill levels. This creative session offers a delightful way to explore painting without the need for prior artistic experience. Practice your fine motor skills and watch your work take shape.			No cost
	Goals to achieve:			
	 Goal #1	 Goal #2	 Goal #3	

AND

Afternoon – Choose One

✓
chosen activity



Out and About in Our Community

Starting at our central hub location, discover and explore different sites within our Toowoomba community each week, or join in on upcoming budget-friendly activities. Choose a new location or activity each week to visit and learn more about the diverse offerings in our area.

Goals to achieve:



Goal #1



Goal #2



Goal #3

No Cost /
cost of
admission
if
applicable



Karaoke

Karaoke singing (on or off key). Sing along to your favourite songs with your friends. No matter if you like old classics or the latest songs, YOU will be the star and take the stage by storm.

Goals to achieve:



Goal #1












Goal #2



Goal #3

No cost

Thursday activities

Morning – Choose One				 chosen activity
	Café Exploration Extravaganza Embark on a delightful journey through the world of coffee and ambiance with our Café Exploration Extravaganza. This activity invites you to explore a diverse array of cafés spread throughout the region, each offering a unique taste of local coffee culture and charm.			Cost of Purchase
	Goals to achieve:			
	 Goal #1	 Goal #2	 Goal #3	
	Gardening Club With Spring just around the corner, get active in the garden. Nurture plants in a variety of settings, from seedling trays to the raised garden beds, to grow and thrive. Or maybe you just want to tend to a plant in a pot, however you garden you can do it here.			No cost
	Goals to achieve:			
	 Goal #1	 Goal #2	 Goal #3	

AND

Afternoon – Choose One

✓
chosen
activity



Op-Shopping

Discover the thrill of op-shopping with just \$10! Challenge yourself to see how many unique, stylish, or valuable items you can find and bring home. It's a fun way to stretch your creativity and budget while uncovering hidden gems and treasures at second-hand stores. From clothing and accessories to home décor and collectibles, you never know what you might find. Happy hunting!

\$10

Goals to achieve:



Goal #1



Goal #2



Goal #3



Movie Madness

What better way to wait out winter than staying indoors, under blankets with some snacks. Choose, as a group, from a wide range of sources: Freeview, Apps, Streaming, the local library, or even the Cinema*

No cost

Goals to achieve:



Goal #1


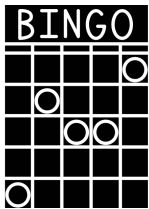





















Goal #2



Goal #3



Friday activities

Morning – Choose One			 chosen activity			
	<p>Bingo Bonanza</p> <p>Everybody loves a game of Bingo! Join the game of numbers. Are the odds in your favour? Come and enjoy a fun round of bingo with your friends at the hub.</p> <p>Goals to achieve:</p>	<table border="1"> <tr> <td style="text-align: center;">  Goal #1 </td> <td style="text-align: center;">  Goal #2 </td> <td style="text-align: center;">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	No cost
 Goal #1	 Goal #2	 Goal #3				
	<p>RSPCA</p> <p>Discover and explore the local RSPCA. Meet and make friends with puppies, cats and more. Uncover the joy and fulfillment of supporting animal welfare by visiting your local RSPCA. This visit offers a heart-warming opportunity to meet and interact with a variety of animals in need of loving homes.</p> <p>Goals to achieve:</p>	<table border="1"> <tr> <td style="text-align: center;">  Goal #1 </td> <td style="text-align: center;">  Goal #2 </td> <td style="text-align: center;">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	No cost
 Goal #1	 Goal #2	 Goal #3				

AND

Afternoon – Choose One

✓
chosen
activity

	<p>Weekend Winddown</p> <p>Unwind this weekend with our range of relaxing activities! Choose from engaging books, fun board games, soothing sensory items, or lively cards and bingo. Whether you want a cozy night in or some friendly competition, we've got everything you need for a great time with friends. Enjoy your weekend to the fullest!</p> <p>Goals to achieve:</p>	<p>No cost</p>	
	<p>Friday Fitness</p> <p>Push yourself and achieve your fitness goals and get in shape for the weekend.</p> <p>Goals to achieve:</p>	<p>No cost</p>	

2025 Toowoomba 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	Wednesday 13 th August – Royal Queensland Show (Brisbane area only)	

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	