



2025 Mackay Hub
Activity Program 2
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.

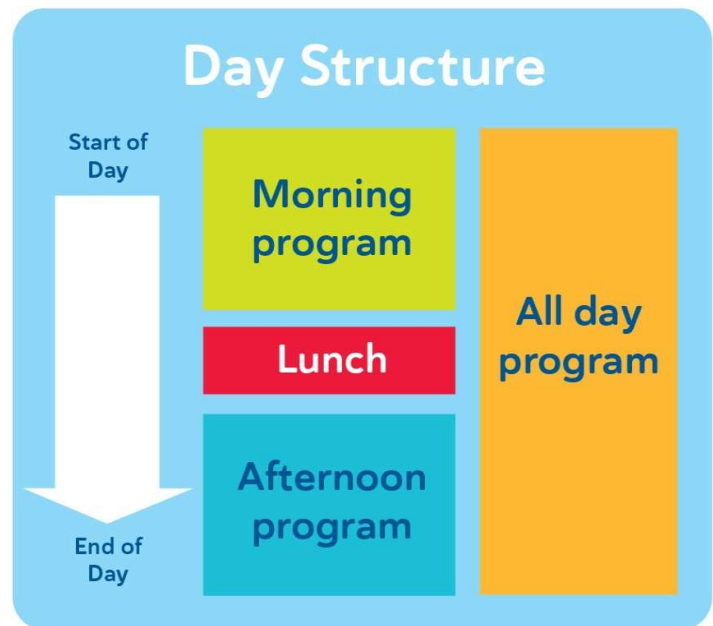
How it works

- 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 Mackay Hub by Friday 07/03/2025.
- 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
	Club House Fun @ Shara's Spend the morning participating in skill-building activities designed to enhance social skills and foster friendships. Enjoy morning tea and lunch with friends while engaging in group interactions that encourage social development and rapport. Goals to achieve:		No Cost
	 Goal #1	 Goal #2	
	ASDAN – Sound, Rhythm and Music Foster creativity and self-expression through interactive music sessions. This activity supports sensory engagement, emotional well-being and skill development, enriching participants' lives through joyful musical exploration. Goals to achieve:		\$2.50
	 Goal #1	 Goal #2	









Afternoon – Choose One			✓ chosen activity
	Board Game Changers 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. Goals to achieve:		No Cost
	 Goal #1	 Goal #2	
	Monday Wellness & Motion End the Monday with gentle movements with a fun mix of Yoga, Zumba and seated exercises with ball games promoting flexibility, coordination, and well-being in a relaxing and engaging environment. Goals to achieve:		No Cost
	 Goal #1	 Goal #2	









Tuesday activities

Morning – Choose One			 chosen activity
	Strike it Fun Bowling Enjoy a fun and engaging session of bowls, perfect for improving coordination, building social connections, and boosting confidence in a supportive and lively environment. Goals to achieve:		Cost Of Bowls \$10
	 Goal #1	 Goal #2	
	Cinematic Journeys Experience Cinematic Journeys to enjoy a trip to the cinema for half price Tuesday or a fun movie experience in our hub. Relax, socialize and explore diverse films in a supportive, enjoyable setting. Goals to achieve:		Cost of Ticket for Cinema
	 Goal #1	 Goal #2	










Afternoon – Choose One			 chosen activity
	Green Thumb Crew Join us for a hands-on gardening adventure, exploring nature, planting, and nurturing flowers, herbs, and veggies. Enjoy sensory experiences, creative garden projects, and the joy of growing together. Goals to achieve:		No Cost
	 Goal #1	 Goal #2	
	All-Star Ballers 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. Goals to achieve:		No Cost
	 Goal #1	 Goal #2	










Wednesday activities

Morning – Choose One			✓ chosen activity
	Tea & Trails Enjoy a refreshing walk-through Mackay’s scenic paths, from Woodlands to the Botanic Gardens, followed by a relaxing morning tea – socialize, unwind, and connect in a supportive, uplifting environment. Goals to achieve:	No Cost	
	<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>		
	Gone Fishin Enjoy the serenity and learn fishing skills, improve fitness, build confidence, and relax in nature-enhancing independence, focus and emotional well-being in a supportive setting. Goals to achieve:	No Cost	
	<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>		







Afternoon – Choose One			✓ chosen activity
	Tech Explorers Discover new skills with Tech Explorer! Engage with digital tools to enhance tech literacy, build confidence, and enjoy interactive learning in a supportive and stimulating environment. Goals to achieve:	No Cost	
	<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>		
	Choco Bingo A relaxed and fun midweek bingo session with sweet rewards! Enjoy free games, social connection and the joy of winning small treats like chocolate in a casual setting. Goals to achieve:	No Cost	
	<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>The Creative Hub</p> <p>Unleash your creativity in this 12-week Artistic Expressions program! From Easter crafts to recycled sculptures and pottery, explore new techniques, express yourself, and create unique masterpieces in a fun, 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>	\$5
	<p>Meal Makers' Adventure</p> <p>Join us for a fun foodie adventure - plan the menu, shop the ingredients, enjoy morning tea out, and help prepare a delicious Friday lunch. Build life skills, socialize and savor the experience!</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>	BYO Morning Tea or Money to Purchase

Afternoon – Choose One			 chosen activity
	<p>Paint and Sip</p> <p>Explore your creativity and create beautiful artwork while making tasty mocktails. Improve fine motor skills, enhance creativity, whilst encouraging social interaction in a fun atmosphere.</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
	<p>Library Lending Adventures</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>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

Friday activities

Morning – Choose One			✓ chosen activity
	Bingo Palooza A thrilling bingo experience with exciting prizes! Play for a chance to win big while enjoying a lively atmosphere. Join the fun and test your luck. Goals to achieve:		\$5
	 Goal #1	 Goal #2	
	Morning Friday Unwind 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. Goals to achieve:		No Cost
	 Goal #1	 Goal #2	

Afternoon – Choose One			✓ chosen activity
	Dance Vibes Fiesta Join us for an upbeat dance and music therapy session designed to enhance mood, coordination, and self-expression, while fostering creativity and fun in a supportive environment designed for creative enjoyment. Goals to achieve:		No Cost
	 Goal #1	 Goal #2	
	Afternoon Friday Freedom 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. Goals to achieve:		No Cost
	 Goal #1	 Goal #2	

2025 Mackay 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 Thursday 19 th June – Mackay Show Holiday	

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

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	