



2025

## Maroochydore Hub Activity Program 2

# 2025 Maroochydore Hub Activity Program 2 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.

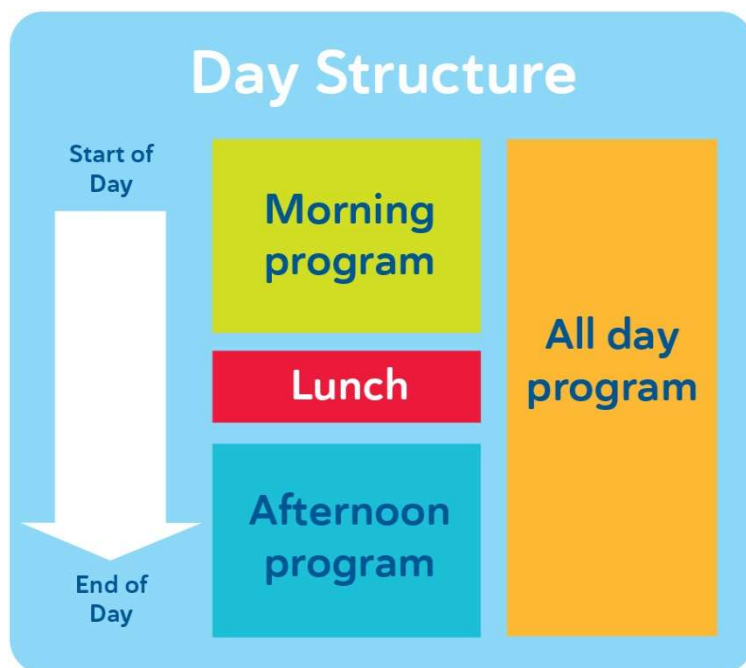
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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](mailto:camae.colnan@multicap.org.au) by 7<sup>th</sup> March 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 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			<div>✓</div> <div>chosen activity</div>
<div></div>	<div><h3>Zumba!</h3><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><div><div>Improve emotional health &amp; wellbeing</div></div><div><div>Improve physical health &amp; wellbeing</div></div><div><div>Sensory Experience/Exploration</div></div></div></div>	<div>No cost</div>	
<div></div>	<div><h3>Art with Friends – EquityWorks Nambour</h3><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><div><div>Integrate/Participate in the local community</div></div><div><div>Explore creative pursuits</div></div><div><div>Develop social skills &amp; understanding</div></div></div></div>	<div>\$10 cash per session</div>	
<div></div>	<div><h3>Walking Group</h3><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><div><div>Sensory Experience/Exploration</div></div><div><div>Integrate/Participate in the local community</div></div><div><div>Develop social skills &amp; understanding</div></div></div></div>	<div>No cost</div>	

AND

## Afternoon – Choose One



chosen  
activity



### Bowling

STRIKE! SPARE! Knock those pins down and enjoy an hour of fun at the Suncity Tenpin Bowling Centre

Goals to achieve:



Develop social skills & understanding



Improve emotional health & wellbeing



Integrate/Participate in the local community

\$10.00



### 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 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.

Goals to achieve:



Sensory Experience/Exploration



Improve emotional health & wellbeing



Improve fine motor skills

No  
Cost



### Basic Administration Skills

Members can learn basic admin skills such as answering phones, typing text messages, scanning, sending emails, shredding documents, laminating and using the printer / copier

Goals to achieve:



Develop skills to support future employment











Improve fine motor skills











Develop numeracy and literacy skills





No  
Cost

OR – choose one All Day activity below

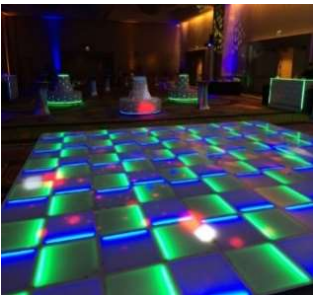



All Day – Choose One			✓ chosen activity
	<b>Paper Art</b> <i>Coolum</i>  Scrapbooking, quilling, origami, and all things paper! Join other members of the community and learn new techniques of using paper to create masterpieces!  *Companion card and pension card required  <b>Goals to achieve:</b>	\$10 per session	
	<div>            Improve fine motor skills         </div> <div>            Develop social skills &amp; understanding         </div> <div>            Explore creative pursuits         </div>		
	<b>Travel Training</b>  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**  <b>Goals to achieve:</b>	GO CARD	
	<div>            Integrate/Participate in the local community         </div> <div>            Develop social skills &amp; understanding         </div> <div>            Develop numeracy and literacy skills         </div>		


















## Tuesday activities

Morning – Choose One			✓ chosen activity
	<b>Diamond Artists</b>  Members can improve their hand and eye coordination skills while creating a brilliant work of art. Diamond Art is a form of mosaic art that involves applying small, faceted resin beads (often referred to as diamonds) onto a pre-printed canvas. Requiring no artistic skills engage in this fun and relaxing hobby.  <i>Customers may choose to frame their creations at their own expense.</i>		
	<b>Goals to achieve:</b>	<div>            Improve fine motor skills         </div> <div>            Explore creative pursuits         </div> <div>            Sensory Experience/Exploration         </div>	\$10 one off fee
	<b>Gym / Physiotherapy</b> Enhanced Living  Members are supported to access their local Gym and participate in a physiotherapy and/or massage program		
	<b>Goals to achieve:</b>	<div>            Improve physical health &amp; wellbeing         </div> <div>            Improve fine motor skills         </div> <div>            Build independence         </div>	Cost TBD Contact Enhanced Living





	<b>Sailability</b> <i>Mooloolaba</i> Members will be supported to sail around the Mooloolaba marina, cruising along the ocean in a friendly, fun and safe environment.  <b>** Life jacket, sling and hoist provided**</b>  <b>Goals to achieve:</b>			\$10 per session	
	 Sensory Experience/Exploration	 Adventure & Recreation Experience/Ex ploration	 Integrate/Participate in the local community		





AND

Afternoon – Choose One				✓ chosen activity
	<b>Maroochydore RSL</b> <i>Shake, Rattle and Roll!</i> 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. <i>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</i>  <b>Goals to achieve:</b>			Money for lunch and/or drink
	 Integrate/Participate in the local community	 Sensory Experience/Exploration	 Develop social skills & understanding	





	<h3>Creations – Basic Art</h3> <p>Members can learn basic cutting, colouring, gluing, painting, drawing and work on simple art projects to showcase at the end of the program.</p> <p>Goals to achieve:</p> <table><tr><td> Explore creative pursuits</td><td> Improve fine motor skills</td><td> Improve emotional health &amp; wellbeing</td></tr></table>	 Explore creative pursuits	 Improve fine motor skills	 Improve emotional health & wellbeing	No Cost	
 Explore creative pursuits	 Improve fine motor skills	 Improve emotional health & wellbeing				
	<h3>Pamper Kings and Queens</h3> <p>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.</p> <p>Goals to achieve:</p> <table><tr><td> Improve physical health &amp; wellbeing</td><td> Improve emotional health &amp; wellbeing</td><td></td></tr></table>	 Improve physical health & wellbeing	 Improve emotional health & wellbeing		No Cost	
 Improve physical health & wellbeing	 Improve emotional health & wellbeing					









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

All Day – Choose One			<div>✓</div> <div>chosen activity</div>	
	<h3>The Pictures</h3> <p><i>Local Cinema</i></p> <p>Members can enjoy 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></div> <div>Integrate/Participate in the local community</div>	<div></div> <div>Sensory Experience/Exploration</div>	\$16.50	
				

	<h2>Animal Mania</h2> <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><b>*Companion card and pension card required</b></p>			Annual Pass or pay on the day
	<p><b>Goals to achieve:</b></p>			
	 <p>Integrate/Participate in the local community</p>	 <p>Adventure &amp; Recreation Experience/Exploration</p>	 <p>Develop social skills &amp; understanding</p>	









## Wednesday activities

Morning – Choose One			 chosen activity
	<b>Community Excursion</b>  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.  Money to purchase lunch / beverage or bring own  <b>Goals to achieve:</b>		TBA
	 Integrate/Participate in the local community	 Adventure & Recreation Experience/Exploration	

	<b>Hydrotherapy</b> <i>Enhanced Living</i>			Cost TBD Contact Enhanced Living	
	Members are supported to access Enhanced Living and participate in a hydrotherapy program				
	Goals to achieve:				
	 Improve physical health & wellbeing	 Improve emotional health & wellbeing	 Build independence		
	<b>Karaoke!</b> 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			No cost	
	Goals to achieve:				
	 Sensory Experience/Exploration	 Improve communication skills	 Develop social skills & understanding		









AND

<b>Afternoon – Choose One</b>				 chosen activity
	<b>Scrapbooking</b>  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.			No cost
	<b>Goals to achieve:</b>	 Improve emotional health & wellbeing	 Improve fine motor skills	 Explore creative pursuits
				

	<b>Looking Smart and Living Independently (ASDAN)</b>  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.			\$10 One off fee	
	<b>Goals to achieve:</b>   Integrate/Participate in the local community	 Build independence	 Develop social skills & understanding		
	<b>Walking Group</b>  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	
	<b>Goals to achieve:</b>   Adventure & Recreation Experience/Exploration	 Improve physical health & wellbeing	 Improve emotional health & wellbeing		












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

All Day – Choose One			 chosen activity
	<b>Eumundi Markets</b>  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. <b>**Bring or buy lunch**</b> <b>Goals to achieve:</b>	No cost	









	 Integrate/Participate in the local community	 Improve communication skills	 Develop social skills & understanding		
	<b>Chony's Art Room</b>  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  <b>Goals to achieve:</b>			TBA	
 Sensory Experience/Exploration	 Improve fine motor skills	 Explore creative pursuits			





## Thursday activities

Morning – Choose One		<div>✓</div> <div>chosen activity</div>
	<div><h3>Bling Masters – Jewelry Makers</h3><p>Members can discover the art of crafting beautiful jewellery pieces that reflect their unique style. Our staff will lead members through the intricacies of working with various materials, techniques, and tools, providing guidance every step of the way. Whether you're looking to pursue a new hobby or unleash your inner entrepreneur, our jewellery making program offers a supportive and inspiring environment for all skill levels. Embrace the opportunity to design and create stunning accessories that resonate with your individuality.</p><p>Goals to achieve:</p></div>	<div><div>\$10 one off fee</div><div><div>all ways. always</div></div></div>





	 <p>Explore creative pursuits</p>	 <p>Improve fine motor skills</p>	 <p>Develop social skills &amp; understanding</p>		
	<p><b>Just Keep Swimming!</b></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><b>Goals to achieve:</b></p>			\$5.50	
	 <p>Build independence</p>	 <p>Improve physical health &amp; wellbeing</p>	 <p>Improve emotional health &amp; wellbeing</p>		
	<p><b>Gym / Physiotherapy</b></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><b>Goals to achieve:</b></p>			Cost TBD Contact Enhanced Living	
	 <p>Build independence</p>	 <p>Improve physical health &amp; wellbeing</p> <p>Goal #2</p>	 <p>Improve emotional health &amp; wellbeing</p>		




AND

Afternoon – Choose One			✓ chosen activity
	<b>Game On!</b> <b>Sport / Trivia / Brain Teasers</b>		
	<p>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.</p> <p><b>Goals to achieve:</b></p> <div> <div>             Improve physical health &amp; wellbeing         </div> <div>             Improve communication skills         </div> <div>             Develop social skills &amp; understanding         </div> </div>	No cost	
	<b>COCA (Centre of Creative Arts) - Painting</b>		
	<p>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.</p> <p>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.</p> <p><b>Goals to achieve:</b></p> <div> <div>             Integrate/Participate in the local community         </div> <div>             Explore creative pursuits         </div> <div>             Develop social skills &amp; understanding         </div> </div>	\$70 one off fee for materials	





	<h3>Walking Group</h3> <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>				No cost
	 <p>Sensory Experience/Exploration</p>	 <p>Improve physical health &amp; wellbeing</p>	 <p>Improve emotional health &amp; wellbeing</p>		

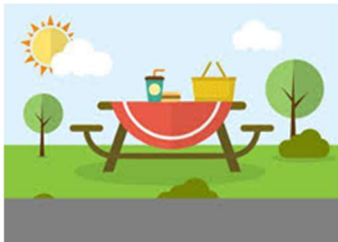



















**OR – choose one All Day activity below**

All Day – Choose One					
					
<b>Yoga in Daily Life</b>  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.					
Goals to achieve:			\$17		
 Explore creative pursuits	 Improve emotional health & wellbeing	 Sensory Experience/Exploration			










	<b>Up Beats Art Choir</b> 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.	No cost	
	<b>Goals to achieve:</b>		
	 Integrate/Participate in the local community	 Develop social skills & understanding	 Improve emotional health & wellbeing

## Friday activities

Morning – Choose One				✓ chosen activity
	<b>Sailability</b> <i>Mooloolaba</i>  Members will be supported to sail around the Mooloolaba marina, cruising along the ocean in a friendly, fun and safe environment.  <b>** Life jacket, sling and hoist provided**</b>			\$10 per session
	<b>Goals to achieve:</b>	 Sensory Experience/Exploration	 Adventure & Recreation Experience/Exploration	 Integrate/Participate in the local community





	<h3>Community Picnic</h3> <p>Members can enjoy catching up with other members of Multicap at their local BBQ picnic spots by the beach/river.</p> <p><b>**Bring packed lunch or buy sausages/meat/salad ingredients for lunch**</b></p> <p><b>Goals to achieve:</b></p> <table><tr><td> Improve communication skills</td><td> Develop social skills &amp; understanding</td><td> Integrate/Participate in the local community</td></tr></table>	 Improve communication skills	 Develop social skills & understanding	 Integrate/Participate in the local community	No cost	
 Improve communication skills	 Develop social skills & understanding	 Integrate/Participate in the local community				
	<h3>Puzzlemania!</h3> <p>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</p> <p><b>Goals to achieve:</b></p> <table><tr><td> Improve emotional health &amp; wellbeing</td><td> Develop numeracy and literacy skills</td><td> Improve fine motor skills</td></tr></table>	 Improve emotional health & wellbeing	 Develop numeracy and literacy skills	 Improve fine motor skills	No cost	
 Improve emotional health & wellbeing	 Develop numeracy and literacy skills	 Improve fine motor skills				











AND

Afternoon – Choose One			 chosen activity
	<b>ASDAN – Sound, Rhythm, and Music</b>		
	<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>            Improve fine motor skills         </div> <div>            Explore creative pursuits         </div> <div>            Sensory Experience/Exploration         </div>	\$10 (one off fee)
	<b>Pop Up Sensory!</b>		
	<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>            Sensory Experience/Exploration         </div> <div>            Improve emotional health &amp; wellbeing         </div> <div>            Improve fine motor skills         </div>	No cost

	<h2>Move Your Body!</h2> <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><b>Goals to achieve:</b></p>			No cost
	 <p>Improve emotional health &amp; wellbeing</p>	 <p>Improve physical health &amp; wellbeing</p>	 <p>Sensory Experience/Exploration</p>	

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

All Day – Choose One				<div>✓</div> <div>chosen activity</div>	
	<h3>Blackbox Drama</h3> <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><b>**Bring or buy morning tea/lunch**</b></p> <p><b>Goals to achieve:</b></p>		Cost TBD Contact Spiral		
	<div></div> <div>Explore creative pursuits</div>	<div></div> <div>Develop social skills &amp; understanding</div>			<div></div> <div>Improve communication skills</div>

	<h3>Community Excursion</h3> <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><b>Goals to achieve:</b></p> <table><tr><td> Integrate/Participate in the local community</td><td> Develop social skills &amp; understanding</td><td> Adventure &amp; Recreation Experience/Exploration</td></tr></table>	 Integrate/Participate in the local community	 Develop social skills & understanding	 Adventure & Recreation Experience/Exploration	<p>Cost TBA</p>	
 Integrate/Participate in the local community	 Develop social skills & understanding	 Adventure & Recreation Experience/Exploration				

# 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 <sup>th</sup> January	Friday 28 <sup>th</sup> March
Hub Closed	Monday 27 <sup>th</sup> January – Australia Day	

## Program 2

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

## Showcase week 1

	Start Date	End Date
Showcase Program	Monday 23 <sup>rd</sup> June	Friday 27 <sup>th</sup> June

## Program 3

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

## Program 4

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

## Showcase week 2

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

