



# 2025 Rockhampton 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 Rockhampton 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.

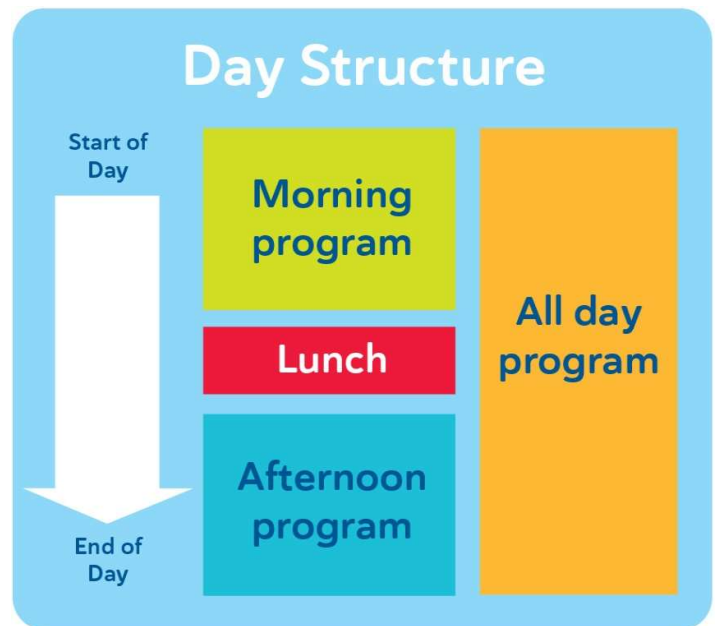
## How it works

- 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 Belinda Cronk or return it to [belinda.cronk@multicap.org.au](mailto:belinda.cronk@multicap.org.au) 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 0419 763 685 or (07) 4922 4549.
- 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 Belinda Cronk on 0419 763 685.








# 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
	<b>Sensory Program</b> Engage your senses through interactive, calming, and stimulating activities designed to spark curiosity and enjoyment. <b>Goals to achieve:</b>		No Cost
	 Goal #1	 Goal #2	





Afternoon – Choose One			✓ chosen activity
	<b>Music with Suzie</b> Join Suzie for a fun music session, exploring rhythms, melodies, and instruments. Whether you listen, sing, or play, it's a great way to connect through sound and music. <b>Goals to achieve:</b>		No Cost
	 Goal #1	 Goal #2	





All Day – Choose One			✓ chosen activity
	<b>Healthy Cooking – AM (Half Day Option) 9-12pm</b> <b>Community Volunteer Work – 12-3PM</b> Start your day with a hands-on healthy cooking session, learning new recipes and kitchen skills. In the afternoon, if you're joining us, you'll have a rewarding opportunity to give back to the community through volunteer work at Lifeline-building confidence, independence, and a sense of purpose. <b>Goals to achieve:</b>		\$5 (Cooking Only)
	 Goal #1	 Goal #2	





## Tuesday activities


Morning – Choose One			✓ chosen activity
	<b>Bingo Bango</b> Join us for a fun-filled morning of bingo, where excitement, laughter, and friendly competition come together. Enjoy morning tea while playing for prizes and the thrill of calling out “Bingo!” with friends. <b>Goals to achieve:</b>	\$5	
	<div>   Goal #1         </div> <div>   Goal #2         </div> <div>   Goal #3         </div>		

Afternoon – Choose One			✓ chosen activity
	<b>Garden Groovers</b> Get your hands dirty and your spirits high with “Garden Groovers”! Spend the afternoon planting, watering, and caring for a variety of plants while learning new skills and enjoying the fresh air. It’s the perfect way to connect with nature and watch your efforts bloom. <b>Goals to achieve:</b>	No Cost	
	<div>   Goal #1         </div> <div>   Goal #2         </div> <div>   Goal #3         </div>		





All Day – Choose One			✓ chosen activity
	<b>Flexible Program</b> Enjoy a variety of engaging activities designed to suit different interests and abilities. From getting creative with art and exploring calming sensory experiences to hands-on gardening and more-this program adapts to the group’s preferences. It’s all about choice, fun, and discovering what you enjoy most. <b>Goals to achieve:</b>	No Cost	
	<div>   Goal #1         </div> <div>   Goal #2         </div> <div>   Goal #3         </div>		





## Wednesday activities

Morning – Choose One				✓ chosen activity
	<b>Kicking It With Karaoke</b> Get ready to shine and have a blast with Kicking it with Karaoke! Whether you're a seasoned singer or just love to have fun, this program lets you belt out your favourite tunes and enjoy a lively atmosphere with friends. It's all about having a good time and celebrating the joy of music together. <b>Goals to achieve:</b>	No Cost		
	<div>Goal #1</div> <div>Goal #2</div> <div>Goal #3</div>			
	<b>Signing Group</b> Join our Signing Stars group and explore the expressive world of sign language. Whether you're learning the basics or practicing your skills, this group offers a welcoming space to connect, communicate, and grow in a fun, supportive environment. <b>Goals to achieve:</b>	No Cost		
	<div>Goal #1</div> <div>Goal #2</div> <div>Goal #3</div>			

Afternoon – Choose One				✓ chosen activity
	<b>Music with Suzie</b> Unleash your inner music lover with Suzie in a fun, interactive session exploring different instruments, sounds and styles. Whether you enjoy rocking out to classic hits or discovering new rhythms, this session offers a supportive space to express yourself through the power of music. <b>Goals to achieve:</b>	No Cost		
	<div>Goal #1</div> <div>Goal #2</div> <div>Goal #3</div>			









## Thursday activities





Morning – Choose One			✓ chosen activity
	<b>COCA Ceramic</b> Unleash your creativity with COCA Ceramics! Spend the morning exploring the art of ceramics, from shaping clay to glazing your own masterpiece. It's a relaxing and rewarding way to express yourself while learning new skills. <b>Goals to achieve:</b>	\$5	
	<div>  Goal #1           </div> <div>  Goal #2           </div> <div>  Goal #3           </div>		

Afternoon – Choose One			✓ chosen activity
	<b>COCA Eco Art</b> Get creative with Eco Art! Spend the afternoon making beautiful art using sustainable materials, learning how to turn everyday items into something unique and eco-friendly. It's a fun way to express your artistic side while caring for the planet. <b>Goals to achieve:</b>	\$5	
	<div>  Goal #1           </div> <div>  Goal #2           </div> <div>  Goal #3           </div>		

All Day – Choose One			✓ chosen activity
	<b>Ceramics and Community Volunteer</b> Start your day with COCA Ceramics, where you'll create your own ceramic works of art. In the afternoon, join us for community volunteer work at Lifeline, giving back and making a difference while developing confidence and independence. <b>Goals to achieve:</b>	\$5 (Ceramics)	
	<div>  Goal #1           </div> <div>  Goal #2           </div> <div>  Goal #3           </div>		





## Friday activities

Morning – Choose One			✓ chosen activity
	<b>Culture Group</b> Embark on a global journey with our World Explorers Club as we dive into a different country each week. Explore its culture through cooking, activities, and learning about its traditions. From making a dish to discovering fun facts, each session offers a unique experience that takes you around the world – right here. <b>**Shared Kilometres Cost**</b> <b>Goals to achieve:</b>	\$5	
	<div>  Goal #1           </div> <div>  Goal #2           </div> <div>  Goal #3           </div>		
	<b>Fitness Group</b> Join Fitness Adventurers for a fun and energizing session focused on improving your fitness and well-being. Whether indoors or outdoors, we'll explore different exercises designed to get you moving and feeling great. Enjoy a supportive atmosphere where everyone can work at their own pace. <b>**Shared Kilometres Cost**</b> <b>Goals to achieve:</b>	No Cost	
	<div>  Goal #1           </div> <div>  Goal #2           </div> <div>  Goal #3           </div>		

Afternoon – Choose One			✓ chosen activity
	<b>Social Group</b> Join our Social Connection group for an afternoon of fun and interaction with others! This relaxed program offers a chance to get out and about, enjoy socializing, and participate in various activities. Bring your enthusiasm, a bit of pocket money and be ready to enjoy a great time with friends. <b>**Shared Kilometres Cost**</b> <b>Goals to achieve:</b>	BYO Money	
	<div>  Goal #1           </div> <div>  Goal #2           </div> <div>  Goal #3           </div>		



OR

All Day – Choose One				✓ chosen activity
	<b>Flexi Friday</b> Make the most of your Friday with Flexi Fridays! Enjoy a full day of choice and flexibility with activities like creative arts, gardening, or sensory experiences. Whether you're in the mood for something hands on or relaxing, this program offers something for everyone to enjoy in a fun, supportive setting. <b>Goals to achieve:</b>			No Cost
	 Goal #1	 Goal #2	 Goal #3	

# 2025 Rockhampton 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	Thursday 12 <sup>th</sup> June Rockhampton Agricultural Show Holiday	

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	