

2025
Maroochydore Hub
Activity Program 3 Catalogue

2025 Maroochydore Hub Activity Program 3 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

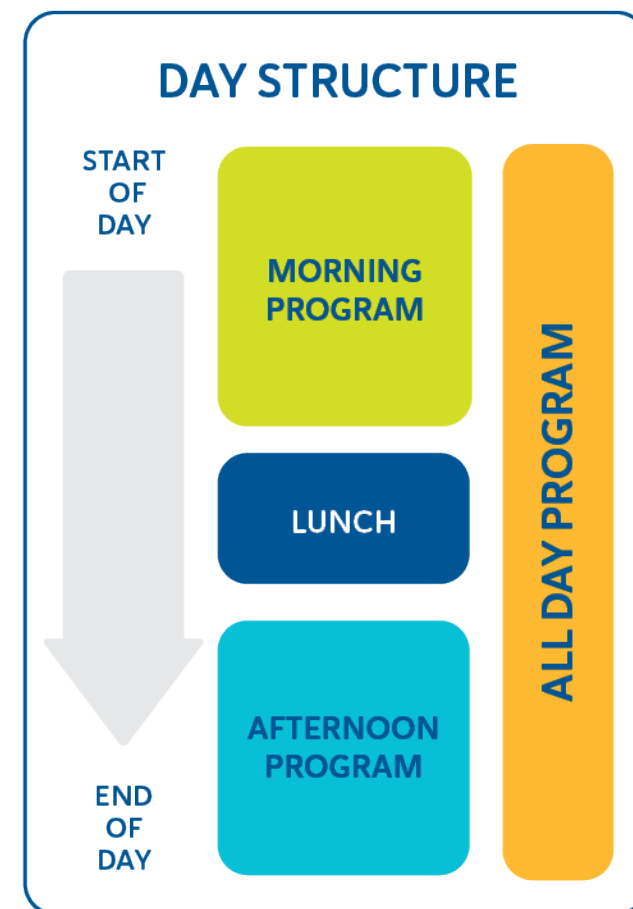
1 For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), please make sure the activities you choose are ones that align well with your NDIS goals, or are activities you are passionate about.

2 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 Maroochydore Hub or Camae.colnan@multicap.org.au by 23/05/2025

3 Program allocation is based on first-come, firstserved; so, make sure you get your selections in fast! If you need help to complete the form, please call us on 0437 114 020

4 A confirmation letter will be sent to you with the activities you are participating in.

5 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 0437 114 020












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.

 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 9.30am-12.00pm (choose one)

☐ ZUMBA

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.



Goals to achieve:



Cost: No Cost

☐ ART WITH FRIENDS – EQUITYWORKS NAMBOUR

Members can connect with other artists in the community and create their own art masterpieces. Members will be offered the opportunity to showcase their creations during showcase week and/or at an end of year at a market stall in Eumundi, or at the showroom in the Sunshine Plaza

Afternoon 12.30pm-2.30pm (choose one)

☐ BOWLING

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



Goals to achieve:



Cost: \$10.00

☐ POP UP SENSORY!

Participate in our new Hub based pop-up sensory experience, which offers a wide 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.

All Day 9.30am-2.30pm (choose one)

☐ 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 a work of art!

*Companion card and pension card required



Goals to achieve:



Cost: \$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 firsthand by navigating their way around the Sunshine Coast by bus or train.

Bring or buy morning tea/lunch



Goals to achieve:



Cost: \$10 per session

☐ 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



Goals to achieve:



Cost: No Cost



Goals to achieve:



Cost: 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:



Cost: No Cost



Goals to achieve:



Cost: Go Card

☐ MIXED MEDIA ARTS

Members will visit their local Shopping Centre to purchase items for their art pieces. Items will be brought back to the hub where members will be supported to create their pieces to take home



Goals to achieve:



Cost: \$15

Tuesday Activities

Morning 9.30am-12.00pm (choose one)

☐ DIAMOND ARTTISTS

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,

Afternoon 12.30pm-2.30pm (choose one)

☐ 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

All Day 9.30am-2.30pm (choose one)

☐ THE PICTURES

Local Cinema

Members can enjoy visiting the local the cinema and watching the latest movies on the big screen.

faceted resin beads (often referred to as diamonds) onto a pre-printed canvas.
Requiring no artistic skills engage in this fun and relaxing hobby.

Members may choose to frame their creations at their own expense.



Goals to achieve:



Cost: \$10 one off fee

☐ GYM / PHYSIOTHERAPY

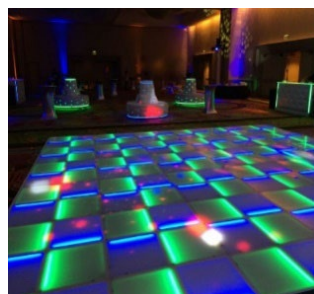
Enhanced Living

Members are supported to access their local Gym and participate in a tailored physio or massage session.

can have a bogie 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



Goals to achieve:



Cost: Money for lunch / beverage / raffles

☐ CREATIONS – BASIC ART

Members can learn basic methods of cutting, colouring, gluing, painting, drawing and work on simple art projects to showcase at the end of the program.

*Companion card and pension card required

Bring or buy morning tea/lunch



Goals to achieve:



Cost: \$16.50

☐ ANIMAL MANIA

Zoo/Sea Life Excursion/ Ginger Factory

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.

*Companion card and pension card required



Goals to achieve:



Cost: No Cost

☐ SAILABILITY

Mooloolaba

Members will be supported to sail around the Mooloolaba marina, cruising along the ocean in a friendly, fun and safe environment.

**** Life jacket, sling and hoist provided****



Goals to achieve:



Cost: \$10 each session



Goals to achieve:



Cost: No Cost

☐ COMMUNITY EXCURSION

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



Goals to achieve:



Cost: TBA



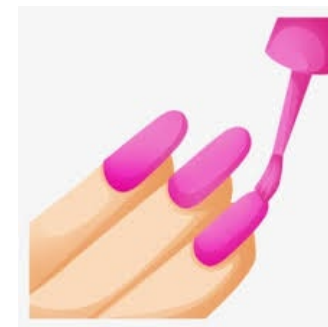
Goals to achieve:



Cost: Annual pass or ticket on the day

☐ PAMPER KINGS AND QUEENS

Enjoy a relaxing day of full pampering at the hub. Members will learn how to practice self-care, including skin and nail maintenance, the benefits of healthy eating and learn tips and tricks for how to stay happy, healthy, and refreshed all year round.



Goals to achieve:



Cost: No Cost

Wednesday Activities

Morning 9.30am-12.00pm (choose one)

☐ HYDROTHERAPY

Members are supported to access Enhanced Living and participate in a hydrotherapy program



Goals to achieve:



Cost: No Cost

☐ KARAOKE!

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

Afternoon 12.30pm-2.30pm (choose one)

☐ 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



Goals to achieve:



Cost: No Cost

☐ LOOKING SMART AND LIVING INDEPENDANTLY (ASDAN)

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.

All Day 9.30am-2.30pm (choose one)

☐ EUMUNDI MARKETS

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.

Bring or buy lunch



Goals to achieve:



Cost: No Cost

☐ THE PICTURES

Local Cinema

Members can enjoy visiting the local the cinema and watching the latest movies on the big screen.

*Companion card and pension card required

Bring or buy morning tea/lunch



Goals to achieve:



Cost: No Cost

□ COMMUNITY EXCURSION

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



Goals to achieve:



Cost: TBA



Goals to achieve:



Cost: \$10 one off fee

□ SCRAPBOOKING

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.



Goals to achieve:



Cost: No Cost



Goals to achieve:



Cost: \$16.50

□ CHONY'S ART ROOM

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, ink, collage, printmaking, wet felting, acrylic pour and sculpture



Goals to achieve:



Cost: TBA

Thursday Activities

Morning 9.30am-12.00pm (choose one)

☐ GYM / PHYSIOTHERAPST

Enhanced Living

Members are supported to access their local Gym and participate in a tailored physio or massage session.



Goals to achieve:



Cost: No Cost

☐ BOOKWORMS

Members can travel to the local library where they are able to read and explore the wonders of the world. Members of the library can borrow any library books they please and either take it home, take it to the park or beach, or simply back to the hub to read, and can return their books the following week.

Afternoon 12.30pm-2.30pm (choose one)

☐ 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



Goals to achieve:



Cost: No Cost

☐ 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.

All Day 9.30am-2.30pm (choose one)

☐ UPBEAT ART CHOIR

By joining Up Beats Art Choir, members can not only enjoy exhibiting their singing talent, 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 local choir performances or can choose to participate in casual sessions only.



Goals to achieve:



Cost: No Cost

☐ COCA (CENTE 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.

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:



Cost: No Cost

☐ JUST KEEP SWIMMING!

Cotton Tree Pool 2:1

Members can enjoy a casual swim at their local pool and work towards increasing their fitness, balance and coordination.

*Pool location subject to change pending the availability of Cotton Tree pool.



Goals to achieve:



Cost: No Cost

☐ BLING MASTERS – JEWELLERY MAKERS

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 members are looking to pursue a new hobby or unleash their inner entrepreneur, our jewellery making program offers a supportive and inspiring environment for all skill levels. Members can embrace the opportunity to design and create stunning accessories that resonate with their individuality.



Goals to achieve:



Cost: \$70 one off fee

☐ YOGA IN DAILY LIFE

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 all can attend and discover the benefits of yoga.



Goals to achieve:



Cost: \$5.50 per session



Goals to achieve:



Cost: \$10 one off fee



Goals to achieve:



Cost: \$17 per session

Friday Activities

Morning 9.30am-12.00pm (choose one)

☐ SAILABILITY

Mooloolaba

Members will be supported to sail around the Mooloolaba marina, cruising along the ocean in a friendly, fun and safe environment.

**** Life jacket, sling and hoist provided****

Afternoon 12.30pm-2.30pm (choose one)

☐ ASDAN – SOUND, RHYTHM, AND MUSIC

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.

Members will receive an ASDAN certificate of completion at the end of the program.

All Day 9.30am-2.30pm (choose one)

☐ BLACKBOX DRAMA

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.

****Bring or buy morning tea/lunch****



Goals to achieve:

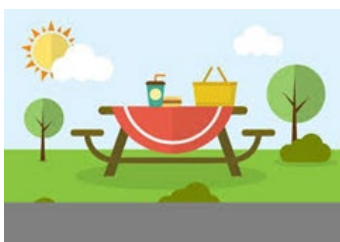


Cost: \$10 fee each session

☐ COMMUNITY PICNIC

Members can enjoy catching up with other members of Multicap at their local BBQ picnic spots by the beach/river.

****Bring packed lunch or buy sausages/meat/salad ingredients for lunch****



Goals to achieve:



Cost: \$10 if purchasing lunch



Goals to achieve:



Cost:
\$10 one off fee

☐ POP UP SENSORY!

Participate in our new Hub based pop-up sensory experience, which offers a wide 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:



Cost: No Cost



Goals to achieve:



Cost: TBA

☐ COOKIN' UP A STORM

Cooking skills and development

Members can visit the IGA in Maroochydore to purchase ingredients or alternatively bring some ingredients from home. Members will learn healthy food options, food preparation, methods of cooking and can enjoy their creations for lunch

**** Purchase ingredients or bring your own ****



Goals to achieve:



Cost: \$10 each session towards the purchase of ingredients

☐ PUZZLEMANIA!

Members can engage in different educational activities which focus on numbers, letters, and basic problem solving, as well as learn how to successfully complete puzzles. Members are encouraged to bring in items from home or devices which may suit their individual needs



Goals to achieve:



Cost: No Cost

☐ MOVE YOUR BODY!

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 effective breathing techniques during movement



Goals to achieve:

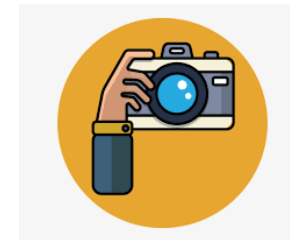


Cost: No Cost

☐ LET'S CAPTURE!

Members will visit local places nearby to photograph scenic views, native plants and wildlife and capture the natural beauty our Sunshine Coast has to offer.

****Bring or buy lunch****



Goals to achieve:



Cost: No Cost

2025 Maroochydore Hub Program Dates

Office Opens 6 January 2026 | Hub closed on public holidays

	Program 1	Program 2	Showcase Week 1	Program 3	Program 4	Showcase Week 2
Start Date	Monday 6 th January	Monday 31 st March	Monday 23 rd June	Monday 30 th June	Monday 22 nd September	Monday 15 th December
End Date	Friday 28 th March	Friday 20 th June	Friday 27 th June	Friday 19 th September	Friday 12 th December	Friday 19 th December
Hub Closed	New Year Holiday Wednesday 1 st January Australia Day Monday 27 th January	Good Friday Friday 18 th April Easter Monday Monday 21 st April Anzac Day Holiday Friday 25 th April Labour Day Monday 5 th May		EKKA Show Day Friday 6 th June	King's Birthday Monday 6 th October	