

2025
Mackay Hub
Activity Program 4 Catalogue

2025 Mackay Hub Activity Program 3 Catalogue

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

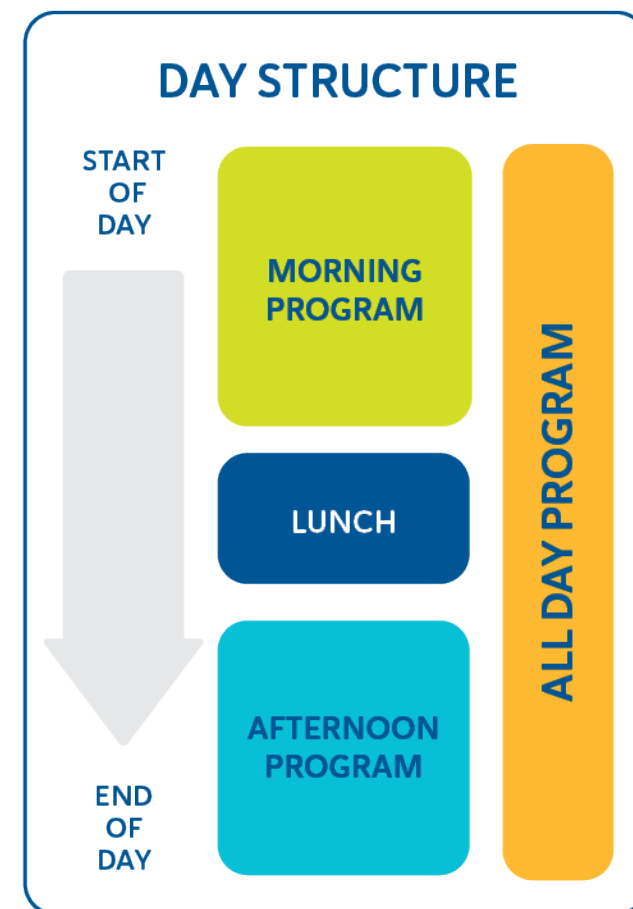
1 For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 Renae Bromley or return it to Mackay Hub or renae.bromley@multicap.org.au by 30/05/2025.

3 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) 4955 9000.

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 (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.

 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 9.00am-12.00pm (choose one)

☐ LIBRARY LENDING ADVENTURES

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.



Goals to achieve:



Cost: No Cost

☐ CAFÉ ADVENTURES: TASTES FROM AROUND THE WORLD

Join us in a new adventure each week to explore new flavors, build social skills, and enjoy fun outings. Experience diverse cafés while connecting with the community in a relaxed, supportive setting.



Goals to achieve:



Cost: Cost of Purchases

Afternoon 12.30pm-3.00pm (choose one)

☐ 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:



Cost: No Cost

☐ SENSORY CORNER

Immerse in a world of textures, sight, sound, smell and taste designed to delight and engage senses. This activity offers a relaxing and enjoyable experience to awaken sensory perception and bring a sense of calm and joy.



Goals to achieve:



Cost: No Cost

Tuesday Activities

Morning 9.00am-12.00pm (choose one)

☐ 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: Cost of Bowls \$10

☐ 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: Cost of Ticket for Cinema

Afternoon 12.30pm-3.00pm (choose one)

☐ 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:



Cost: No Cost

☐ 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:



Cost: No Cost

Wednesday Activities

Morning 9.00am-12.00pm

☐ 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:



Cost: No Cost

Afternoon 12.30pm-3.00pm

☐ 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:



Cost: No Cost

All Day 9.30am-3.00pm (choose one AM & PM or ALL DAY)

☐ EXPLORE AND ENJOY ESCAPADES

Experience a new destination each week with our All-Day Adventure Program! Explore beautiful locations like beaches and historic sites, enhance social interaction, and enjoy diverse environments in a fun, enriching setting.

*Bring along morning tea and lunch**Kms to be shared*



Goals to achieve:



Cost: No Cost

Thursday Activities

Morning 9.00am-12.00pm (choose one)

☐ MEAL MAKERS' ADVENTURE

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!



Goals to achieve:



Cost: BYO Morning Tea or Money to Purchase

☐ JEWELLERY

Learn the art of crafting beautiful, one-of-a-kind pieces using a variety of techniques and materials. Whether you're a beginner or have some experience, this hands-on workshop will help you create stunning jewellery while developing skills in design, wirework, beading and more.



Goals to achieve:



Cost: No Cost

Afternoon 12.30pm-3.00pm (choose one)

☐ PAINT AND SIP

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.



Goals to achieve:



Cost: No Cost

☐ BOARD GAME CHALLENGERS

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:



Cost: No Cost

Friday Activities

Morning 9.00am-12.00pm (choose one)

☐ 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:



Cost: \$5

☐ 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:



Cost: No Cost

Afternoon 12.30pm-3.00pm (choose one)

☐ 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:



Cost: No Cost

☐ 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:



Cost: No Cost

2025 Mackay Hub Program Dates

Office Opens 6 January 2025 | 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 Mackay Show Holiday Thursday 19 th June			King's Birthday Monday 6 th October	Christmas Closure Monday 22 nd December - Friday 2 nd January 2026