

2025
Toowoomba Hub
Activity Program 4
Catalogue

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Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the Toowoomba 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

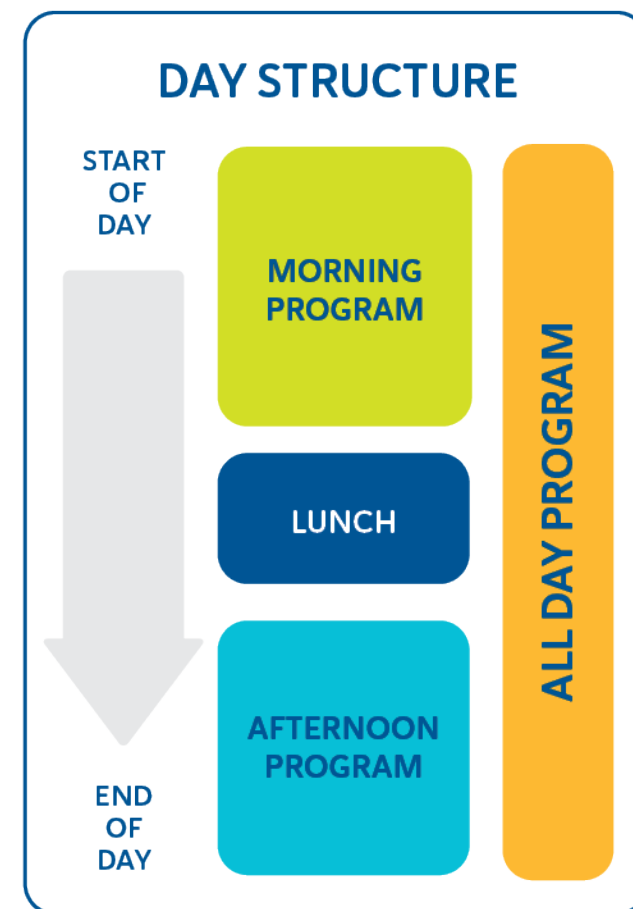
1 For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 Jigar Patel or return it to Toowoomba Hub or jigarbhai.patel@multicap.org.au or toowoombahub@multicap.org.au by **29/08/2025**.

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 4636 8600**

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 4636 8600**



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)

☐ Park explorers

"Discover the wonders of nature with our park Explorer activity! It's a fun and engaging way to explore local parks, learn about native flora and fauna, and build friendships in a relaxed, natural setting."



Goals to achieve:



Cost: No Cost

☐ Art and Craft

"Explore your creativity in a welcoming and inclusive space. This activity offers a variety of accessible materials and guided projects to suit all abilities. Whether you're painting, drawing, or crafting, it's a great way to relax, express yourself, and connect with others."



Goals to achieve:



Cost: No Cost

Afternoon 12.30pm-3.00pm (choose one)

☐ Walking Group

"Join our Walking Group for a refreshing way to stay active and social! This activity encourages gentle exercise in a supportive group setting, perfect for all fitness levels. Enjoy the fresh air, friendly conversations, and the benefits of regular movement as we explore local paths and parks together."



Goals to achieve:



Cost: No Cost

☐ All things sensory

"A calming and interactive experience designed to engage the senses. This activity includes touch, sound, sight, and scent-based elements, offering a safe and supportive space for relaxation, exploration, and self-expression. Suitable for all sensory needs and preferences."



Goals to achieve:



Cost: No Cost

Tuesday Activities

Morning 9.00am-12.00pm (choose one)

☐ Japanese Gardens

"Experience peace and beauty in a tranquil garden setting. This sensory-friendly activity offers gentle exploration, quiet reflection, and connection with nature through sights, sounds, and textures. A calming space for all abilities to enjoy."



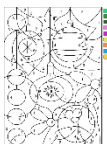
Goals to achieve:



Cost: No Cost

☐ Paint by numbers

"A relaxing and accessible way to enjoy art. With guided designs and easy-to-follow steps, this activity supports creativity, focus, and confidence—perfect for all skill levels and abilities."



Goals to achieve:



Cost: No Cost

Afternoon 12.30pm-3.00pm (choose one)

☐ Ten Pin Bowling

"A fun and social outing for all abilities! Enjoy friendly games in an accessible environment with ramps, bumpers, and support available. Great for building confidence, coordination, and connection with others."



Goals to achieve:



Cost: \$11.00 + lunch money

☐ Karaoke

"Sing your heart out in a fun and supportive environment! Whether you're a seasoned performer or just love music, karaoke is a great way to build confidence, express yourself, and enjoy time with friends."



Goals to achieve:



Cost: No Cost

Wednesday Activities

Morning 9.00am-12.00pm (choose one)

☐ Gardening Club

"Connect with nature through hands-on gardening in a calm and accessible environment. This activity supports wellbeing, sensory engagement, and social connection while learning about plants and growing your own garden."



Goals to achieve:



Cost: No Cost

☐ Op Shopping

"Explore local op shops in a fun and supportive group outing! Discover unique treasures, practice money skills, and enjoy social time while browsing for clothes, books, and more."



Goals to achieve:



Cost: No Cost

Afternoon 12.30pm-3.00pm (choose one)

☐ Bingo Bonanza

"Enjoy a lively and inclusive game of bingo with friends! This activity is easy to follow, full of fun, and great for building focus, social connection, and excitement."



Goals to achieve:



Cost: No Cost

☐ RSPCA

"Connect with animals and enjoy meaningful experiences through RSPCA Queensland's inclusive programs."



Goals to achieve:



Cost: No Cost

Thursday Activities

Morning 9.00am-12.00pm (choose one)

☐ Games Galore

"Enjoy a variety of fun and accessible games in a friendly group setting! From board games to card games and more, this activity encourages social interaction, cognitive skills, and lots of laughter."



Goals to achieve:



Cost: No Cost

☐ Puzzles

"Challenge your friends to some of the more challenging board games or collaborate to complete 250+ piece puzzles in an afternoon. The hub provides a wide range of board games and puzzles to try."



Goals to achieve:



Cost: No Cost

Afternoon 12.30pm-3.00pm (choose one)

☐ Library visit

"Explore your local library in a calm and welcoming environment. This activity offers access to books, audiobooks, and quiet spaces for reading, learning, and relaxing."



Goals to achieve:



Cost: No Cost

☐ Book Club

"Share stories, ideas, and conversations in a relaxed and welcoming group. Whether you love reading or listening to books, this activity encourages connection, self-expression, and enjoyment of literature."



Goals to achieve:



Cost: No Cost

Friday Activities

Morning 9.00am-12.00pm (choose one)

☐ **Gardening**

"Get your hands in the soil and enjoy the calming benefits of nature. This activity supports wellbeing, sensory engagement, and learning through planting, watering, and caring for plants."



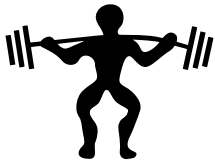
Goals to achieve:



Cost: No Cost

☐ **Friday Fitness**

"Kickstart the weekend with fun, accessible fitness activities designed for all abilities! Whether it's stretching, dancing, or light exercises, this session promotes movement, wellbeing, and social connection in a supportive environment."



Goals to achieve:



Cost: No Cost

Afternoon 12.30pm-3.00pm (choose one)

☐ **Weekend Winddown**

"Relax and recharge with gentle activities to end the week on a calm note. Enjoy music, movies, quiet games, or simply social time in a peaceful and supportive environment."



Goals to achieve:



Cost: No Cost

☐ **Movie Madness**

"Enjoy a fun and relaxing movie experience in a comfortable and inclusive setting. With a variety of films to choose from, this activity offers entertainment, social connection, and a chance to unwind."



Goals to achieve:



Cost: No Cost

2025 Toowoomba 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 6th January	Monday 31st March	Monday 23rd June	Monday 30th June	Monday 22nd September	Monday 15th December
End Date	Friday 28th March	Friday 20th June	Friday 27th June	Friday 19th September	Friday 12th December	Friday 19th December
Hub Closed	Australia Day Monday 27th January	Good Friday Friday 18th April Easter Monday Monday 21st April Anzac Day Holiday Friday 25th April Labour Day Monday 5th May			King's Birthday Monday 6th October	