

2026

Toowoomba

Activity Program 2 Catalogue



2026 Toowoomba Hub Activity Program 2 Catalogue

Welcome to our Hub Activity Program! We're pleased to have you join us at the Toowoomba Hub and we hope you enjoy everything we have in store.

Our 12-week Hub programs are designed to provide structure, consistency and a strong focus on achieving meaningful outcomes. When selecting your activities, you will be signing up for and committing to the full 12-week program for each day you attend the Hub.

This approach gives you the opportunity to fully develop your skills, see your progress over time and work toward your goals with a sense of completion at the end of the program. It also helps you build stronger connections with other customers and experience more substantial benefits than one-off activities can offer.

At the end of each 12-week cycle, you'll have the chance to showcase your new skills during two dedicated showcase weeks held in July and December. These weeks give you the opportunity to participate in a one-off activity that highlights your achievements or demonstrates the progress you've made.

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 (i.e. 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 Debbie Hage or return it to Toowoomba Hub or Debbie.hage@multicap.org by 06/03/2026

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

DAY STRUCTURE

START
OF
DAY

MORNING
PROGRAM

LUNCH

AFTERNOON
PROGRAM

END
OF
DAY














ALL DAY PROGRAM

Hub Activity Program Goal Reference Guide

To help identify which options best support your individual goals, we have added icons under each one.

These icons show the core goals that each option is designed to help you achieve. Up to three icons may appear, highlighting the primary goals most closely linked to that option, though it may support additional goals as well.

If you're unsure what a particular icon represents, please refer to the list below to match each icon with its related goal.

 <p>Improve physical health & wellbeing</p>	 <p>Improve emotional health & wellbeing</p>	 <p>Develop social skills & understanding</p>
 <p>Build independence</p>	 <p>Improve fine motor skills</p>	 <p>Explore creative pursuits</p>
 <p>Sensory Experience/ Exploration</p>	 <p>Adventure & Recreation Experience /Exploration</p>	 <p>Improve communication skills</p>
 <p>Integrate/ Participate in the local community</p>	 <p>Develop skills to support future employment</p>	 <p>Develop advocacy skills & understanding</p>
 <p>Develop numeracy and literacy skills</p>		



Monday Activities



Chosen activity

Morning (choose one)



Let's Get Physical with Music

- Benefits.
- Building Endurance Muscle strength.
- Health, heart lungs and wellbeing.
- Stretching those muscles and building stamina

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
Free



Board Games and Social Hour

- Engaging
- Relaxed
- Enjoying the classic board games of the past
- Encourages strategic thinking, turn taking and most of all laughter
- Challenge yourself against your mates and show your skills at Uno, connect 4.
- Snakes and Ladders.
- Guess Who.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
Free



Chosen activity

Afternoon (choose one)



Visit to the Local Library

- Visiting the Toowoomba Library.
- Overcome barriers to learning and discover new assistive support.
- Using technology Computers.
- Sensory-friendly learning environment.
- Grab a book and sit with your mates and read through the books of your choice.

Shared kilometer charges for transport

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
Free



Music From Around the World Singing and Dancing

- Customer choice songs from around the world and dance to music and watch the song on YouTube. From Bollywood to Hip hop.

Goals to achieve:



Goal #1



Goal #2



Goal #3









Cost:
Free

Tuesday Activities



Chosen activity

Morning (choose one)

	<p>Puzzles with Mates</p> <ul style="list-style-type: none"> • Mentally stimulating • Engaging in a group activity • Cognitive development • Calm and focused environment • Group participation <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	<p>Cost: Free</p>	
	<p>Painting with Implements Around the HUB</p> <ul style="list-style-type: none"> • Using sponges, fingers or other household items at the HUB • Being creative • Encourages emerging discovery • Exploration • Problem solving (what works, what doesn't work) to create that masterpiece <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	<p>Cost: Free</p>	



Chosen activity

Afternoon (choose one)



Ten Pin Bowling

- Lace up your bowling shoes and hit the lanes for a game of ten pin bowling at Sun Set Super Bowl.
- Pick your ball.
- Have a side if you need them.
- Have a ramp.
- Take turns.
- Have fun.

Shared kilometer charges for transport

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
\$12.00, plus lunch money per week



Dance and Karaoke Hour

- Builds confidence
- Sharing love of music with peers
- Promotes inclusion and enjoyment
- Having lots of fun and laughter

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
Free

Wednesday Activities



Chosen activity

Morning (choose one)



COCA Collage (Centre Of Creative Arts)

Learning all about the five sensory systems in the brain.

- Understanding our sensory and recognizing our experiences to our emotions.
- Fine Motor Skills
- Hand eye Coordination.
- Developing creativity

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
\$5.00



Queens Park Ability Garden

- Promotes inclusion
- Musical instruments and park activities that are fun for all ages and abilities
- Engaging in light physical activities
- Bring your morning tea and have morning tea in beautiful Queens Park (weather permitting)

Shared kilometer charges for transport

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
Free



Chosen activity

Afternoon (choose one)



Improve Health and Wellbeing

- Enjoy the relaxing experience of having a pamper
- Enjoy gentle activities such as hand massages, aromatherapy, and foot spas
- Have calming gentle music playing in the background to promote a peaceful environment
- Reduce stress and anxiety

Cost:
Free

Goals to achieve:



Goal #1



Goal #2



Goal #3

BINGO

14	24	44	53	68
7	28	31	54	73
2	26	★	51	67
3	22	39	57	75
9	20	37	50	71

Bingo Game with Picture Cards

- Let's play bingo with pictures of animals and iconic place Let's see who will win.
- Whoever has the most stars at the end of 12 weeks will receive a Prize.
- Using your words when a picture comes up first and you have it you need to call out your name First one who calls out will win.

Cost:
\$2.00

Goals to achieve:



Goal #1



Goal #2



Goal #3

Thursday Activities



Chosen activity

Morning (choose one)



Fun Fitness at Toowoomba Hub

- Each week we will focus on different exercises in the hub.
- Walking
- Seated exercise.
- Konga.
- Ball coordination skills and Yoga.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
Free



Card Games

- Engaging and social interaction
- Fun and laughter
- Strategic and cognitive play
- Games depending on customers interests and abilities

Goals to achieve:



Goal #1



Goal #2



Goal #3


Cost:
Free



Chosen activity

Afternoon (choose one)

❖ **SOUNDS** are everywhere. They are composed of vibrations transmitted through the air. For sound, the symbol is:



ASDAN Sound Rhythm and Music

- Discover the everyday sounds that make up our world.
- Listening to different sounds and describing what that sound means to you
- Group interaction and inclusion
- Discovering likes and dislikes within our group

Cost:
Free

Goals to achieve:



Goal #1



Goal #2



Goal #3



Social Catch Up for the Afternoon

- Social interaction with a cupper
- Relaxed and informal
- Connecting with our community
- Building relationships

Cost:
\$6.00

Shared kilometer charges for transport

Goals to achieve:



Goal #1



Goal #2



Goal #3

Friday Activities



Chosen activity

All Day (choose one)



Exploration Toowoomba & Surrounds Explore With Our Peers

Week 1 – Warwick Art (Warwick Art Gallery)
Please bring lunch to have at a park at Warwick. **Shared kms up to 160kms for transport for this activity ONLY.**

Week 2 – Picnic Point & BBQ

Week 3 – Cobb n Co and BBQ at Queens Park

Week 4 – Japanese Gardens & BBQ

Week 5 – Regional Art Gallery & lunch in the park. (Please bring lunch to have at a park) - no cost today.

Week 6 – First Coat Outdoor Gallery & BBQ lunch

Week 7 – Boyce Gardens & BBQ lunch.

Week 8 – RSPCA visit and BBQ lunch

Week 9 – Lake Annand & BBQ at the park

Week 10 – Toowoomba Railway Station Memorial

Week 11 – Toowoomba Wellcamp Airport & BBQ lunch.

Week 12 – Customer's will choose with their peers.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
Up to \$10.00
Shared kilometers from 50 to 90kms charges for transport
All external activities in the community require the customers to bring a hat, and water, as well as lunch if stated.



Cobb N Co Museum/ Library Visit and BBQ In The Community

- Providing education and social exploration
- Social connection
- Literacy and numeracy
- Promotes inclusion and community participation

Shared kilometer charges for transport



Goal #1



Goal #2



Goal #3

Cost:
\$7.00

Toowoomba Hub Program Dates

Office Opens 2nd January 2026 Hub closed on public holidays

Program 1

	Start Date	End Date
Activity Program	Monday 5 th January 2026	Friday 27 th March 2026
Hub Closed	Monday 26 th January 2026 – Australia Day	

Program 2

	Start Date	End Date
Activity Program	Monday 30 th March 2026	Friday 19 th June 2026
Hub Closed	Friday 3 rd April 2026 – Good Friday Monday 6 th April 2026 – Easter Monday Friday 25 th April – Anzac Day Monday 4 th May 2026 – Labour Day	

Showcase week 1

	Start Date	End Date
Showcase Program	Monday 22 nd June 2026	Friday 26 th June 2026

Program 3

	Start Date	End Date
Activity Program	Monday 29 th June 2026	Friday 18 th September 2026
Hub Closed	12 th August 2026 Ekka Show Day (Brisbane Region)	

Program 4

	Start Date	End Date
Activity Program	Monday 21 st September	Friday 11 th December
Hub Closed	Monday 5 th October 2026 – Kings Birthday	

Showcase week 2

	Start Date	End Date
Showcase Program	Monday 14 th December	Friday 18 th December
Hub Closed	Monday 21 st December 2026 – Sunday 3 rd January 2027	