

# 2026 Maroochydore Hub Activity Program 3 Catalogue



# 2026 Maroochydore Activity Program 3 Catalogue

Welcome to our Hub Activity Program! We're pleased to have you join us at the Maroochydore 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

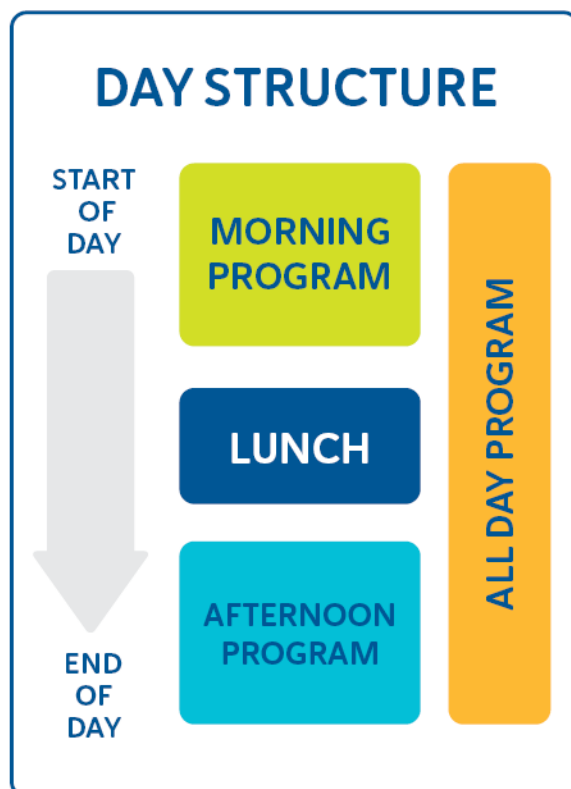
**1** For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 Abbi Kennedy or return it to Maroochydore Hub or [abbi.kennedy@multicap.org.au](mailto:abbi.kennedy@multicap.org.au) or by **Monday 25/05/2026**.

**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 0468 570 073.

**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 0468 570 073.
















# 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 &amp; wellbeing</p>	 <p>Improve emotional health &amp; wellbeing</p>	 <p>Develop social skills &amp; understanding</p>
 <p>Build independence</p>	 <p>Improve fine motor skills</p>	 <p>Explore creative pursuits</p>
 <p>Sensory Experience/ Exploration</p>	 <p>Adventure &amp; 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 &amp; understanding</p>
 <p>Develop numeracy and literacy skills</p>		



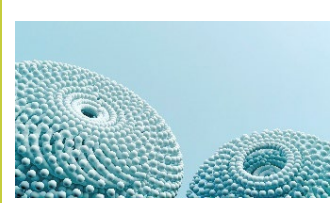







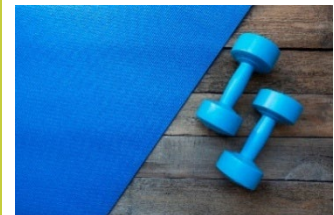



# Monday Activities













Morning		Cost	Tick one
	<p><b>Zumba</b></p> <p>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.</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	<p>*Shared kilometer charges for transport*</p> <p>FREE</p>	<input type="checkbox"/>
	<p><b>Creative Captures – Equity Works Nambour</b></p> <ul style="list-style-type: none"> <li>Weather permitting, travel to interesting locations around the Sunshine Coast.</li> <li>Locations include lookouts, gardens, waterfalls, rainforest walks, memorials, beaches, creeks, boardwalks &amp; photography studios.</li> </ul> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	<p>*Shared kilometer charges for transport*</p> <p>FREE</p>	<input type="checkbox"/>
	<p><b>Walking Group</b></p> <p>Members can choose to enjoy a nature walk amongst the forest and trees, walk along the local beach footpaths to soak up the sun and salty air, or take a stroll through one of the many local parks.</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	<p>FREE</p>	<input type="checkbox"/>













Afternoon		Cost	Tick one
	<p><b>Bowling – Suncity Tenpin Bowling</b></p> <ul style="list-style-type: none"> <li>Lace up your bowling shoes and hit the lanes for a game of ten pin bowling at Suncity Tenpin Bowling.</li> <li>Pick your ball.</li> <li>Join a team.</li> <li>Decide if you use a ramp or not.</li> <li>Take turns.</li> <li>Have fun.</li> </ul> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Goal 1</p> </div> <div style="text-align: center;">  <p>Goal 2</p> </div> <div style="text-align: center;">  <p>Goal 3</p> </div> </div>	<p>*Shared kilometer charges for transport* \$10</p>	<input type="checkbox"/>
	<p><b>Pop Up Sensory</b></p> <ul style="list-style-type: none"> <li>Participate in our new Hub based pop-up sensory experience, which offers a wide range of sensory and tactile activities.</li> <li>Members can enjoy a wonderful atmosphere of colours, lights, scents, sounds, and textures.</li> <li>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.</li> </ul> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Goal 1</p> </div> <div style="text-align: center;">  <p>Goal 2</p> </div> <div style="text-align: center;">  <p>Goal 3</p> </div> </div>	<p>FREE</p>	<input type="checkbox"/>
	<p><b>Basic Administration Skills</b></p> <p>Members can learn basic admin skills such as answering phones, typing text messages, scanning, sending emails, shredding documents, laminating and using the printer / copier.</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Goal 1</p> </div> <div style="text-align: center;">  <p>Goal 2</p> </div> <div style="text-align: center;">  <p>Goal 3</p> </div> </div>	<p>*Shared kilometer charges for transport* FREE</p>	<input type="checkbox"/>

All Day	Cost	Tick one
 <p><b>Mixed Media Arts</b></p> <p>Members will visit their local shopping center 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.</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	<p>*Shared kilometer charges for transport* \$15</p>	<input type="checkbox"/>
 <p><b>Travelling Training</b></p> <p>Members can learn how to follow bus, train and plane timetables. Members will visit the Sunshine Coast Airport and can plan and watch scheduled flights take off or choose to experience travel firsthand by navigating their way around the Sunshine Coast by bus or train.</p> <p><b>*Companion Card / Pension Card / Go Card required</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	<p>FREE</p>	<input type="checkbox"/>
 <p><b>Paper Art - Coolum</b></p> <ul style="list-style-type: none"> <li>Members can engage in scrapbooking, quilling, origami, and all things paper!</li> <li>Join other members of the community and learn new techniques of using paper to create works of art!</li> </ul> <p><b>*Companion Card / Pension Card required</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	<p>*Shared kilometer charges for transport* \$10</p>	<input type="checkbox"/>













# Tuesday Activities































Morning		Cost	Tick one
	<p><b>Diamond Artist</b></p> <ul style="list-style-type: none"> <li>Members can improve their hand eye coordination skills while creating a brilliant work of art. Diamond Art is a form of mosaic art that involves applying small, faceted resin beads (often referred to as diamonds) onto a pre-printed canvas.</li> <li>Requiring no artistic skills, engage in this fun and relaxing hobby.</li> </ul> <p><b>Goals to achieve:</b></p>	<p>*Shared kilometer charges for transport* \$10 one-off fee</p>	<input type="checkbox"/>
<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p><b>Goal 1</b></p> </div> <div style="text-align: center;">  <p><b>Goal 2</b></p> </div> <div style="text-align: center;">  <p><b>Goal 3</b></p> </div> </div>			
	<p><b>Sailability - Mooloolaba</b></p> <p>Members will be supported to sail around the Mooloolaba marina, cruising along the ocean in a friendly, fun, and safe environment.</p> <p><b>Goals to achieve:</b></p>	<p>*Shared kilometer charges for transport* \$10</p>	<input type="checkbox"/>
<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p><b>Goal 1</b></p> </div> <div style="text-align: center;">  <p><b>Goal 2</b></p> </div> <div style="text-align: center;">  <p><b>Goal 3</b></p> </div> </div>			
	<p><b>Gym / Physiotherapy – Enhanced Living</b></p> <p>Members are supported to access their local Gym and participate in tailored physio or massage session.</p> <p><b>*Gym membership required</b></p> <p><b>Goals to achieve:</b></p>	<p>*Shared kilometer charges for transport* FREE</p>	<input type="checkbox"/>
<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p><b>Goal 1</b></p> </div> <div style="text-align: center;">  <p><b>Goal 2</b></p> </div> <div style="text-align: center;">  <p><b>Goal 3</b></p> </div> </div>			





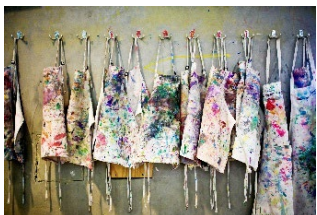







Afternoon				Cost	Tick one
	<p><b>Maroochy RSL</b></p> <ul style="list-style-type: none"> <li>• Our members can enjoy live entertainment at the local RSL Club and can become members of the RSL club to benefit from discounts on food and beverages.</li> <li>• Members can enjoy the dance floor and live music while eating a delicious lunch together.</li> </ul> <p><b>*Money to purchase food and drink</b></p> <p><b>Goals to achieve:</b></p>			<p>*Shared kilometer charges for transport*</p> <p>*Money to purchase food and drink*</p> <p>FREE</p>	<input type="checkbox"/>
 <p>Goal 1</p>		 <p>Goal 2</p>	 <p>Goal 3</p>		
	<p><b>Creations – Basic Art</b></p> <p>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.</p> <p><b>Goals to achieve:</b></p>			<p>FREE</p>	<input type="checkbox"/>
 <p>Goal 1</p>		 <p>Goal 2</p>	 <p>Goal 3</p>		
	<p><b>Community Excursion</b></p> <ul style="list-style-type: none"> <li>• Members are supported to access a wide range of activities within the Sunshine Coast community.</li> <li>• Enjoy outings to locations such as rainforest walks, memorials, beaches, creeks, boardwalks, lookouts, gardens, waterfalls.</li> </ul> <p><b>*Money to purchase food and drink or bring your own.</b></p> <p><b>Goals to achieve:</b></p>			<p>*Shared kilometer charges for transport*</p> <p>*Money to purchase food and drink*</p> <p>FREE</p>	<input type="checkbox"/>
 <p>Goal 1</p>		 <p>Goal 2</p>	 <p>Goal 3</p>		

All Day				Cost	Tick one
	<h3>Animal Mania – Zoo / Aquarium / Sanctuary</h3> <ul style="list-style-type: none"> <li>Members can alternate excursions each week and choose to visit their local Zoo, Sanctuary or Aquarium.</li> <li>Enjoy a fun filled half day excursion of animal appreciation and education.</li> <li>Some of the local Zoo's, Aquariums, and Animal Sanctuaries include Australia Zoo, Wildlife HQ, Sea Life, Bird World, Ginger Factory</li> </ul> <p><b>*Weather permitting, Companion Card / Pension Card / Membership Card required</b></p> <p><b>Goals to achieve:</b></p>			<p>*Shared kilometer charges for transport* FREE</p>	<input type="checkbox"/>
 <p>Goal 1</p>		 <p>Goal 2</p>	 <p>Goal 3</p>		
	<h3>The Cinema</h3> <p>Members can enjoy visiting the local cinema and watching the latest movies on the big screen.</p> <p><b>* Companion Card / Pension Card required</b></p> <p><b>Goals to achieve:</b></p>			<p>*Shared kilometer charges for transport* \$18.5</p>	<input type="checkbox"/>
 <p>Goal 1</p>		 <p>Goal 2</p>	 <p>Goal 3</p>		
	<h3>Pamper King and Queens</h3> <ul style="list-style-type: none"> <li>Enjoy a relaxing day full of pampering at the Hub.</li> <li>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.</li> </ul> <p><b>Goals to achieve:</b></p>			<p>FREE</p>	<input type="checkbox"/>
 <p>Goal 1</p>		 <p>Goal 2</p>	 <p>Goal 3</p>		











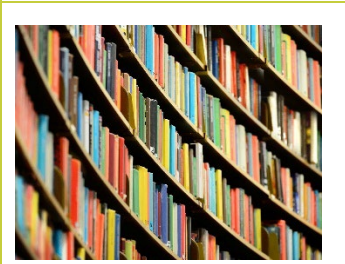









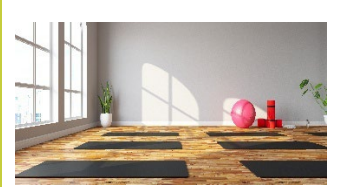









# Wednesday Activities













Morning		Cost	Tick one
	<p><b>Community Excursion</b></p> <p>Members are supported to access a wide range of activities within the Sunshine Coast community e.g. Mooloolaba Wharf and Marina (boats), Cotton Tree Park (monuments), Sunshine Coast Airport (planes), waterfalls (nature walk) and other community events and activities on offer at our local beaches and libraries.</p> <p><b>*Money to purchase food and drink or bring your own*</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	<p>*Shared kilometer charges for transport*</p> <p>FREE</p>	<input type="checkbox"/>
	<p><b>Karaoke</b></p> <ul style="list-style-type: none"> <li>• Raise your voice and get in the groove! Sing along, watch music videos and boogie!</li> <li>• Members will work towards practicing a song to perform during the showcase week.</li> </ul> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	<p>FREE</p>	<input type="checkbox"/>
	<p><b>Hydrotherapy – Enhance Living</b></p> <p>Members are supported to access Enhanced Living and participate in a hydrotherapy program.</p> <p><b>*Pool membership required*</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	<p>*Shared kilometer charges for transport*</p> <p>FREE</p>	<input type="checkbox"/>













Afternoon		Cost	Tick one			
	<p><b>Scrapbooking</b></p> <ul style="list-style-type: none"> <li>Members can create a scrap book to decorate, and each week can include photos of the activities they participated in.</li> <li>Members will have their final book to take home at the end of the program.</li> </ul> <p><b>Goals to achieve:</b></p>	FREE	<input type="checkbox"/>			
<table border="1"> <tr> <td data-bbox="442 517 700 651">  Goal 1         </td> <td data-bbox="700 517 959 651">  Goal 2         </td> <td data-bbox="959 517 1219 651">  Goal 3         </td> </tr> </table>		 Goal 1	 Goal 2	 Goal 3		
 Goal 1	 Goal 2	 Goal 3				
	<p><b>Looking Smart and Living Independently (ASDAN)</b></p> <ul style="list-style-type: none"> <li>Members can learn basic living skills such as cleaning, dressing, personal hygiene, shopping, and day-to-day tasks.</li> <li>Members will receive a certificate upon completion.</li> </ul> <p><b>Goals to achieve:</b></p>	FREE	<input type="checkbox"/>			
<table border="1"> <tr> <td data-bbox="442 999 700 1133">  Goal 1         </td> <td data-bbox="700 999 959 1133">  Goal 2         </td> <td data-bbox="959 999 1219 1133">  Goal 3         </td> </tr> </table>		 Goal 1	 Goal 2	 Goal 3		
 Goal 1	 Goal 2	 Goal 3				
	<p><b>Walking Group</b></p> <p>Members can choose to enjoy a nature walk amongst the forest and trees, walk along the local beach footpaths to soak up the sun and salty air, or take a stroll through one of the many local parks.</p> <p><b>Goals to achieve:</b></p>	*Shared kilometer charges for transport* FREE	<input type="checkbox"/>			
<table border="1"> <tr> <td data-bbox="442 1424 700 1561">  Goal 1         </td> <td data-bbox="700 1424 959 1561">  Goal 2         </td> <td data-bbox="959 1424 1219 1561">  Goal 3         </td> </tr> </table>		 Goal 1	 Goal 2	 Goal 3		
 Goal 1	 Goal 2	 Goal 3				

All Day				Cost	Tick one
	<h3>Eumundi Markets</h3> <ul style="list-style-type: none"> <li>Members will visit the iconic Eumundi Markets on the Sunshine Coast.</li> <li>Enjoy delicious street food, listen to live music, and watch artists create and design their fabulous pieces to sell to the public.</li> </ul> <p><b>*Money to purchase food and drink or bring your own*</b></p> <p><b>*Weather permitting, Companion Card / Pension Card / Membership Card required*</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>			<p>*Shared kilometer charges for transport*</p> <p>*Money to purchase food and drink or bring your own*</p>	<input type="checkbox"/>
	<h3>Chony's Art Room</h3> <ul style="list-style-type: none"> <li>Members can engage in art therapy and visual art education with a variety of workshops on offer.</li> <li>Members can explore a diverse range of materials and techniques including watercolours, clay, ink, collage, printmaking, wet felting, acrylic pour and sculpture.</li> </ul> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>			<p>*Shared kilometer charges for transport*</p> <p>Cost TBA</p>	<input type="checkbox"/>
	<h3>Eumundi Markets</h3> <ul style="list-style-type: none"> <li>Members will visit the iconic Eumundi Markets on the Sunshine Coast.</li> <li>Enjoy delicious street food, listen to live music, and watch artists create and design their fabulous pieces to sell to the public.</li> </ul> <p><b>* Companion Card / Pension Card required*</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>			<p>*Shared kilometer charges for transport*</p> <p>\$18.50</p>	<input type="checkbox"/>









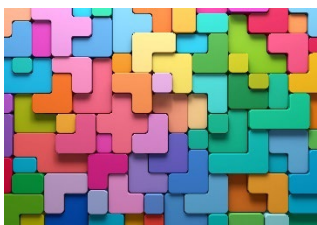



# Thursday activities

Morning		Cost	Tick one			
	<p><b>Gym / Physiotherapy – Enhanced Living</b></p> <p>Members are supported to access their local Gym and participate in tailored physio or massage session.</p> <p><b>*Gym membership required*</b></p> <p><b>Goals to achieve:</b></p>	<p>*Shared kilometer charges for transport*</p> <p>FREE</p>	<input type="checkbox"/>			
<table border="1"> <tr> <td data-bbox="443 517 700 674">  Goal 1         </td> <td data-bbox="700 517 957 674">  Goal 2         </td> <td data-bbox="957 517 1217 674">  Goal 3         </td> </tr> </table>		 Goal 1	 Goal 2	 Goal 3		
 Goal 1	 Goal 2	 Goal 3				
	<p><b>Bookworms</b></p> <ul style="list-style-type: none"> <li>Members can travel to their local library where they are able to read and explore the wonders of the world.</li> <li>Members of the library can borrow any library books, puzzles, or movies to take back to the hub or enjoy at home.</li> </ul> <p><b>*Library membership required*</b></p> <p><b>Goals to achieve:</b></p>	<p>[Insert cost]</p>	<input type="checkbox"/>			
<table border="1"> <tr> <td data-bbox="443 936 700 1198">  Goal 1         </td> <td data-bbox="700 936 957 1198">  Goal 2         </td> <td data-bbox="957 936 1217 1198">  Goal 3         </td> </tr> </table>		 Goal 1	 Goal 2	 Goal 3		
 Goal 1	 Goal 2	 Goal 3				
	<p><b>Just Keep Swimming! Cotton Tree Pool</b></p> <p>Members can enjoy a casual swim at their local pool and work towards increasing their fitness, balance and coordination.</p> <p><b>*Pool membership required*</b></p> <p><b>*Pool location subject to change pending the availability of Cotton Tree Pool*</b></p> <p><b>Goals to achieve:</b></p>	<p>*Shared kilometer charges for transport*</p> <p>No Cost</p>	<input type="checkbox"/>			
<table border="1"> <tr> <td data-bbox="443 1384 700 1693">  Goal 1         </td> <td data-bbox="700 1384 957 1693">  Goal 2         </td> <td data-bbox="957 1384 1217 1693">  Goal 3         </td> </tr> </table>		 Goal 1	 Goal 2	 Goal 3		
 Goal 1	 Goal 2	 Goal 3				













Afternoon		Cost	Tick one
	<p><b>Game On – Sports / Trivia / Brain Teasers</b></p> <ul style="list-style-type: none"> <li>Members can participate in a range of various activities all focused on fun and games!</li> <li>This will include sporting events and activities, trivia, puzzles, board games, and other outdoor games.</li> </ul> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	FREE	<input type="checkbox"/>
	<p><b>Walking Group</b></p> <p>Members can choose to enjoy a nature walk amongst the forest and trees, walk along the local beach footpaths to soak up the sun and salty air, or take a stroll through one of the many local parks.</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	*Shared kilometer charges for transport* FREE	<input type="checkbox"/>
	<p><b>Bling Masters – Jewellery Makers</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>Members can embrace the opportunity to design and create stunning accessories that resonate with their individuality.</li> </ul> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	\$10 one-off fee	<input type="checkbox"/>

All Day		Cost	Tick one
	<p><b>Upbeat Arts – Choir</b></p> <ul style="list-style-type: none"> <li>By joining Upbeat Arts 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.</li> <li>Members will be given the opportunity to become involved in local choir performances or can choose to participate in casual sessions only.</li> </ul> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	<p>*Shared kilometer charges for transport* FREE</p>	<input type="checkbox"/>
	<p><b>COCA (Centre of Creative Arts) - Painting</b></p> <p>COCA members will be involved in all aspects of design, devising, planning, performance and presentation of their art. With structure 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 responsibilities and emotional regulation.</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	<p>\$70 one-off fee</p>	<input type="checkbox"/>
	<p><b>Op Shopping and Life skill</b></p> <ul style="list-style-type: none"> <li>Members will have the opportunity to visit different op shops within the local area with their peers and find some great deals.</li> <li>Support staff will assist in budgeting for the day if needed.</li> </ul> <p><b>*Money for shopping*</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	<p>*Shared kilometer charges for transport*  *Money for shopping*</p>	<input type="checkbox"/>

# Friday Activities

Morning		Cost	Tick one
	<p><b>Community Picnic</b></p> <p>Members can enjoy catching up for a BBQ lunch with their peers at their local park / picnic spots.</p> <p><b>*Money to purchase sausages/meat/salad or bring your own*</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Goal 1</p> </div> <div style="text-align: center;">  <p>Goal 2</p> </div> <div style="text-align: center;">  <p>Goal 3</p> </div> </div>	<p>*Shared kilometer charges for transport*</p>	<input type="checkbox"/>
	<p><b>Sailability</b></p> <p>Members will be supported to sail around the Mooloolaba marina, cruising along the ocean in a friendly, fun, and safe environment.</p> <p><b>*Life jacket, sling and hoist provided*</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Goal 1</p> </div> <div style="text-align: center;">  <p>Goal 2</p> </div> <div style="text-align: center;">  <p>Goal 3</p> </div> </div>	<p>*Shared kilometer charges for transport* \$10</p>	<input type="checkbox"/>
	<p><b>Puzzle Mania!</b></p> <p>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.</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Goal 1</p> </div> <div style="text-align: center;">  <p>Goal 2</p> </div> <div style="text-align: center;">  <p>Goal 3</p> </div> </div>	<p>FREE</p>	<input type="checkbox"/>

Afternoon		Cost	Tick one
	<p><b>Pop Up Sensory</b></p> <ul style="list-style-type: none"> <li>Participate in our new Hub based pop-up sensory experience, which offers a wide range of sensory and tactile activities.</li> <li>Members can enjoy a wonderful atmosphere of colours, lights, scents, sounds, and textures.</li> <li>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.</li> </ul> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	FREE	<input type="checkbox"/>
	<p><b>ASDAN – Sound, Rhythm, and Music</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>Members will listen to different sounds and identify the source of each sound and learn how to mimic percussion in this great new program.</li> <li>Members will receive an ASDAN certificate of completion at the end of the program.</li> </ul> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	\$10 one-off fee	<input type="checkbox"/>
	<p><b>Move Your Body!</b></p> <ul style="list-style-type: none"> <li>Members will engage in basic muscle stretches and strength building activities and learn alternative techniques for how to improve flexibility.</li> <li>Members will be given the opportunity to take part in basic exercise regimes such as yoga, dance and aerobics, as well as being shown how to practice effective breathing techniques during movement</li> </ul> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	FREE	<input type="checkbox"/>

All Day		Cost	Tick one
	<p><b>Let's Capture</b></p> <p>Members will visit local places nearby to photograph scenic views, native plants and wildlife capturing the natural beauty our Sunshine Coast has to offer.</p> <p><b>*Shared kilometer charges for transport*</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	<p>*Shared kilometer charges for transport* FREE</p>	<input type="checkbox"/>
	<p><b>Blackbox Drama</b></p> <ul style="list-style-type: none"> <li>Members will learn the basic skills for acting and drama, and engage in other theatre activities such as music, and movement.</li> <li>Members will develop skills in communication, social participation, and learn to build confidence in social settings.</li> </ul> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	<p>Cost TBA</p>	<input type="checkbox"/>
	<p><b>Cookin' Up a Storm – Cooking Skills</b></p> <ul style="list-style-type: none"> <li>Members visit the IGA in Maroochydore to purchase ingredients or alternatively bring some ingredients from home.</li> <li>Members will learn healthy foods options, food preparation, methods of cooking and can enjoy their creations for lunch.</li> </ul> <p><b>*Purchase ingredients or bring your own*</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>	<p>\$15 to purchase ingredients</p>	<input type="checkbox"/>

# 2026 Maroochydore Program Dates

Office Opens 5<sup>th</sup> January 2026 | Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Monday 5 <sup>th</sup> January	Friday 27 <sup>th</sup> March
Hub Closed	Thursday 1st January – New Year's Day Monday 26 <sup>th</sup> January – Australia Day	

Program 2		
	Start Date	End Date
Activity Program	Monday 30 <sup>th</sup> March	Friday 19 <sup>th</sup> June
Hub Closed	Friday 3 <sup>rd</sup> April – Good Friday Monday 6 <sup>th</sup> April – Easter Monday Friday 25 <sup>th</sup> April – Anzac Day Monday 2 <sup>nd</sup> May 2026 – Labour Day	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 22 <sup>nd</sup> June	Friday 26 <sup>th</sup> June

Program 3		
	Start Date	End Date
Activity Program	Monday 29 <sup>th</sup> June	Friday 18 <sup>th</sup> September
Hub Closed	12 <sup>th</sup> August 2026 Ekka Show Day (Brisbane Region)	

Program 4		
	Start Date	End Date
Activity Program	Monday 21 <sup>st</sup> September	Friday 11 <sup>th</sup> December
Hub Closed	Monday 5 <sup>th</sup> October 2026 – Kings Birthday	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 14 <sup>th</sup> December	Friday 18 <sup>th</sup> December
Hub Closed	Saturday 19 <sup>th</sup> December 2026 – Sunday 3 <sup>rd</sup> January 2027	