

# 2026 Ipswich Hub Activity Program 3 Catalogue



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

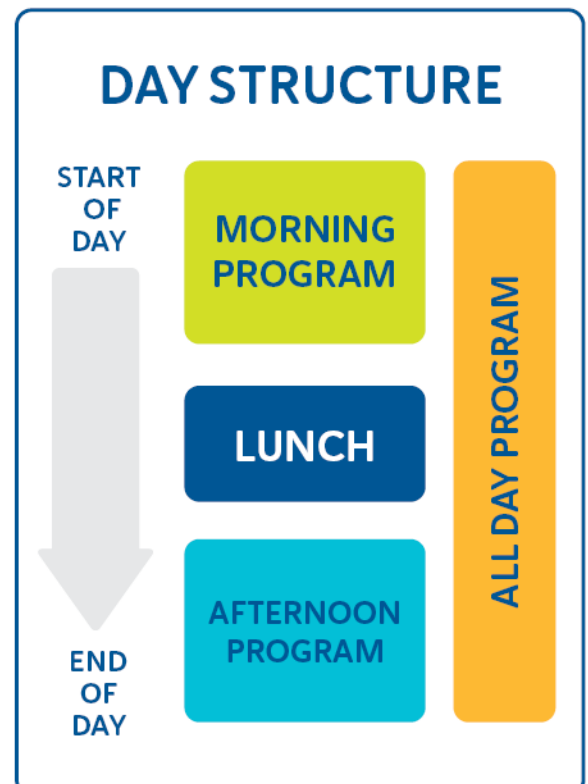
**1** For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 Mandeep Virk or return it to Ipswich Hub or [mandeep.virk@multicap.org.au](mailto:mandeep.virk@multicap.org.au) by 10/06/2026

**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 0482 134 876

**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 0482 134 876.
















# 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 9.00am-12.00pm (choose one)		Cost	Tick one
	<p><b>BBQ in Local Parks</b></p> <ul style="list-style-type: none"> <li>• Our customers will enjoy a fun morning exploring different local parks in the Ipswich community.</li> <li>• They will help plan, purchase, prepare and cook a scrumptious lunch and enjoy together.</li> </ul> <p><b>Goals to achieve:</b></p>	<p>\$5</p>	<input type="checkbox"/>
<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><b>ASDAN Craft Making</b></p> <ul style="list-style-type: none"> <li>• Get creative with Craft Making Sessions.</li> <li>• Whether you're a beginner or a pro, we'll guide you through fun hands-on projects that let your imagination run wild.</li> <li>• Perfect for expressing your artistic side and making something special.</li> </ul> <p><b>Goals to achieve:</b></p>	<p>\$3</p>	<input type="checkbox"/>
<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>			

Afternoon 12.30pm-3.00pm (choose one)		Cost	Tick one
	<p><b>Scrapbooking</b></p> <ul style="list-style-type: none"> <li>• Record some of the memories made in your very own personalised scrapbook!</li> <li>• Each week staff will guide you in choosing a fun theme and help plan your pages.</li> </ul> <p><b>Goals to achieve:</b></p>	<p>\$3</p>	<input type="checkbox"/>
<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><b>Meditation</b></p> <ul style="list-style-type: none"> <li>• Take a deep breath and unwind! Join us for a peaceful meditation session where you can relax, recharge, and find your inner calm. Perfect for all levels – lets zen out together!</li> </ul> <p><b>Goals to achieve:</b></p>	<p>Free</p>	<input type="checkbox"/>
<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>			

All Day

Cost

Tick one



### Explore Brisbane

Ready for an adventure? Explore the best spots in Brisbane. From hidden gems to popular landmarks, there's always something new to discover. Let's go on a local journey together!

#### Goals to achieve:



Goal 1







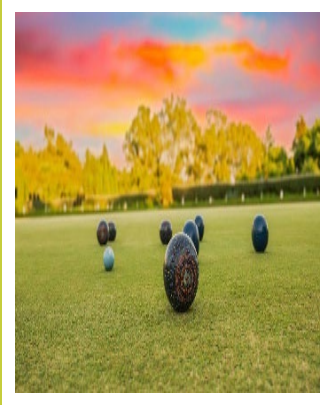











Goal 2



Goal 3

**\$0-\$20**  
varies  
with  
activity

# Tuesday Activities

Morning 9.00am-12.00pm (choose one)		Cost	Tick one
	<p><b>MasterChef – Cooking and Baking</b></p> <ul style="list-style-type: none"> <li>• Calling all food lovers! Join our MasterChef inspired cooking and baking sessions where you'll whip up delicious dishes and sweet treats.</li> <li>• Whether you're a seasoned chef or just starting out, we'll help you master the kitchen one recipe at a time.</li> </ul> <p><b>Goals to achieve:</b></p>	<p>\$5</p>	<input type="checkbox"/>
<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><b>Bowling</b></p> <ul style="list-style-type: none"> <li>• Strike up some fun with Bowling or Lawn Bowls.</li> <li>• Whether you're aiming for strikes at the lanes or perfecting your roll on the green, it's all about friendly competition and good times.</li> </ul> <p><b>Goals to achieve:</b></p>	<p>\$10</p>	<input type="checkbox"/>
<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>			
Afternoon 12.30pm-3.00pm (choose one)		Cost	Tick one
	<p><b>Jewelry Making</b></p> <ul style="list-style-type: none"> <li>• Unleash your inner designer with our Jewellery Making sessions!</li> <li>• Create stunning, one-of-a-kind pieces that are as unique as you are. Whether it's necklaces, bracelets or earrings, you'll love bringing your sparkly ideas to life!</li> </ul> <p><b>Goals to achieve:</b></p>	<p>\$0-\$20 varies with activity</p>	<input type="checkbox"/>
<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><b>Musical Instruments</b></p> <ul style="list-style-type: none"> <li>• Get ready to make some noise!</li> <li>• Whether you're strumming a guitar or rocking out with a drum, our music and musical instrument sessions let you explore your musical talents and have fun along the way.</li> </ul> <p><b>Goals to achieve:</b></p>	<p>Free</p>	<input type="checkbox"/>
<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>			

All Day 9.30am-3.00pm

Cost

Tick one



### Explore Ipswich

- Ready for an adventure? Explore the best spots in Ipswich.
- From hidden gems to popular landmarks, there's always something new to discover.
- Let's go on a local journey together!

#### Goals to achieve:



Goal 1



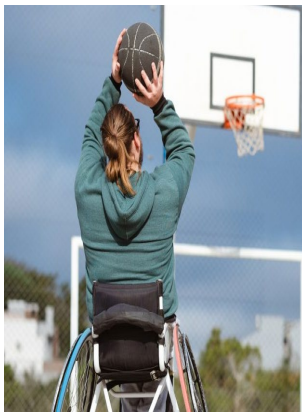









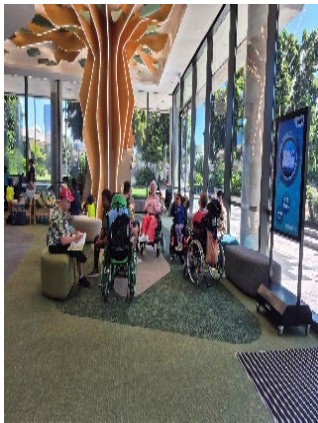









Goal 2























Goal 3

\$10-\$15

# Wednesday Activities

Morning 9.00am-12.00pm (choose one)		Cost	Tick one			
	<p><b>Park Games</b></p> <ul style="list-style-type: none"> <li>Get active and have fun with our Park Games! Whether it's shooting hoops, serving aces, or kicking around the soccer ball, we've got something for everyone.</li> <li>These games are all about having a blast, staying active, and enjoying friendly competition—perfect for people of all abilities!</li> </ul> <p><b>Goals to achieve:</b></p>	Free	<input type="checkbox"/>			
<table border="1"> <tr> <td data-bbox="539 591 699 707">  Goal 1                 </td> <td data-bbox="702 591 960 707">  Goal 2                 </td> <td data-bbox="963 591 1209 707">  Goal 3                 </td> </tr> </table>		 Goal 1	 Goal 2	 Goal 3		
 Goal 1	 Goal 2	 Goal 3				
	<p><b>Library Club</b></p> <ul style="list-style-type: none"> <li>Join the Library Club and dive into a world of books, stories, and fun!</li> <li>Whether you love reading, exploring new genres, or just chatting about your latest favourite read, there's something for everyone.</li> <li>Let's turn the page to your next adventure together!</li> </ul> <p><b>Goals to achieve:</b></p>	Free	<input type="checkbox"/>			
<table border="1"> <tr> <td data-bbox="539 1043 699 1151">  Goal 1                 </td> <td data-bbox="702 1043 960 1151">  Goal 2                 </td> <td data-bbox="963 1043 1209 1151">  Goal 3                 </td> </tr> </table>		 Goal 1	 Goal 2	 Goal 3		
 Goal 1	 Goal 2	 Goal 3				

Afternoon 12.30pm-3.00pm (choose one)		Cost	Tick one			
	<p><b>Clay Making</b></p> <ul style="list-style-type: none"> <li>Get your hands messy and your creativity flowing with Clay Making!</li> <li>Shape, mould, and craft unique pieces of art, from bowls to sculptures.</li> <li>It's the perfect way to express yourself while having fun with this hands-on art form!</li> </ul> <p><b>Goals to achieve:</b></p>	\$3	<input type="checkbox"/>			
<table border="1"> <tr> <td data-bbox="539 1653 699 1774">  Goal 1                 </td> <td data-bbox="702 1653 960 1774">  Goal 2                 </td> <td data-bbox="963 1653 1209 1774">  Goal 3                 </td> </tr> </table>		 Goal 1	 Goal 2	 Goal 3		
 Goal 1	 Goal 2	 Goal 3				
	<ul style="list-style-type: none"> <li><b>General Public</b></li> <li>Step into the ultimate fun zone!</li> <li>Challenging your friends to an arcade game or a pool match, there's something for everyone.</li> </ul>	\$10-\$20 depending upon activity	<input type="checkbox"/>			
<table border="1"> <tr> <td data-bbox="539 1980 699 2101">  Goal 1                 </td> <td data-bbox="702 1980 960 2101">  Goal 2                 </td> <td data-bbox="963 1980 1209 2101">  Goal 3                 </td> </tr> </table>		 Goal 1	 Goal 2	 Goal 3		
 Goal 1	 Goal 2	 Goal 3				



### Movies and Lunch

- Grab your popcorn and get comfy!
- Join us for a relaxing Movie and Lunch session, where you can enjoy a great film and delicious meal all in one go.
- It's the perfect way to unwind, catch up with friends, and enjoy a fun afternoon!

#### Goals to achieve:



Goal 1



















Goal 2



Goal 3

\$20

# Thursday activities

Morning 9.00am-12.00pm (choose one)		Cost	Tick one
	<p><b>Café Hopping</b></p> <ul style="list-style-type: none"> <li>• Ready for a tasty adventure? Join us for a Cafe Hopping experience around the local area!</li> <li>• Explore charming spots, sip on delicious coffees, and indulge in sweet treat.</li> <li>• It's the perfect way to discover hidden gems and enjoy a day of delicious fun! We also check out the local entertainment at different venues.</li> </ul> <p><b>Goals to achieve:</b></p>	<p><b>\$0-\$20</b> Depending upon purchases</p>	<input type="checkbox"/>
 Goal 1	 Goal 2	 Goal 3	
	<p><b>Touch, Discover, Feel</b></p> <ul style="list-style-type: none"> <li>• Immerse in a world of textures, sight, sound, smell and taste designed to delight and engage senses.</li> <li>• This activity offers a relaxing and enjoyable experience to awaken sensory perception and bring a sense of calm and joy.</li> </ul> <p><b>Goals to achieve:</b></p>	<p><b>\$3</b></p>	<input type="checkbox"/>
 Goal 1	 Goal 2	 Goal 3	
Afternoon 12.30pm-3.00pm (choose one)		Cost	Tick one
	<p><b>Pamper me Thursday's</b></p> <ul style="list-style-type: none"> <li>• A relaxing way to end the week.</li> <li>• Pampering includes hand and arm massages, foot spa in Epson salts, nail painting and head and shoulder massage.</li> <li>• General relaxation time.</li> </ul> <p><b>Goals to achieve:</b></p>	<p><b>\$3</b></p>	<input type="checkbox"/>
 Goal 1	 Goal 2	 Goal 3	
	<p><b>Gardening</b></p> <ul style="list-style-type: none"> <li>• Dig in and get your hands dirty with our Gardening sessions! Whether you're a seasoned green thumb or a total beginner, you'll love planting, growing, and nurturing your own little green space.</li> <li>• Let's make your garden bloom with creativity and care!</li> </ul> <p><b>Goals to achieve:</b></p>	<p><b>\$5</b></p>	<input type="checkbox"/>
 Goal 1	 Goal 2	 Goal 3	

All Day 9.30am-3.00pm

Cost

Tick one



### Flexible in Hub Activities

- These activities will give our customers the flexibility to choose from a variety of organised activities.
- Each week 2 different tailored activities will be on offer with customers given the option to select an activity.

Goals to achieve:



Goal 1







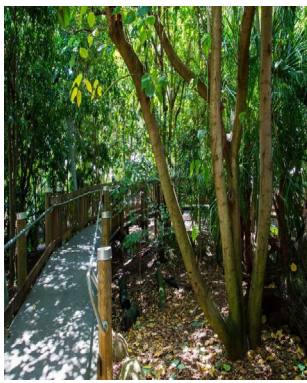



Goal 2











Goal 3

\$3

# Friday Activities

Morning 9.00am-12.00pm (choose one)		Cost	Tick one
	<p><b>COCA Painting</b></p> <p>All programs have been designed to fit within the Multicap Hub 12-week program model and customers can participate in the program together regardless of their individual skill level to promote an inclusive environment where all customers can advance their artistic capabilities.</p> <p><b>Goals to achieve:</b></p>	\$5	<input type="checkbox"/>
<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><b>Exploring Animal's in the local area</b></p> <ul style="list-style-type: none"> <li>Explore the local wildlife and discover fascinating creatures in their natural habitats.</li> <li>From furry friends to feathered wonders, there's always something new to learn and see!</li> </ul> <p><b>Goals to achieve:</b></p>	Free	<input type="checkbox"/>
<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>			

Afternoon		Cost	Tick one
	<p><b>Fun Fitness</b></p> <ul style="list-style-type: none"> <li>Get moving and have a blast with Fun Fitness at the Hub!</li> <li>Whether you're into high-energy workouts, relaxing stretches, or something in between, our sessions are all about staying active while having a great time.</li> <li>Let's break a sweat and enjoy every minute of it!</li> </ul> <p><b>Goals to achieve:</b></p>	Free	<input type="checkbox"/>
<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><b>In Hub Relaxation</b></p> <ul style="list-style-type: none"> <li>Movie appreciation &amp; Relaxation.</li> <li>Customers will choose different movies that they enjoy for downtime on a Friday afternoon</li> </ul> <p><b>Goals to achieve:</b></p>	Free	<input type="checkbox"/>
<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>			

All Day 9.30am-3.00pm

Cost

Tick one



### Travel Training

- Members will learn how to read a timetable.
- We will learn how to use a Go Card and how to put money onto the go card.
- You will enjoy the pleasure of a train ride or bus to the city followed by a city cat ride around Brisbane and a bit of sightseeing.

#### Goals to achieve:



Goal 1



Goal 2



Goal 3

\$0 - \$20

# 2026 Ipswich Hub Program Dates

Office Opens 2 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 Monday 4 <sup>th</sup> May – Labour Day Friday 15 <sup>th</sup> May – Ipswich Show 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

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 – 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	