

2026

Maroochydore Hub
Activity Program 4
Catalogue



2026 Maroochydore Activity Program 4 Catalogue

Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the Maroochydore 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 (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 Abbi Kennedy or return it to Maroochydore Hub or abbi.kennedy@multicap.org.au or by **Monday 17/11/2026**

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.

DAY STRUCTURE

START
OF
DAY

MORNING
PROGRAM

LUNCH

AFTERNOON
PROGRAM

END
OF
DAY

ALL DAY PROGRAM

Hub Activity Program Goal Reference Guide

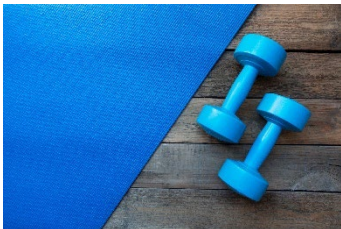
To support you in being able to identify activities in the Program Catalogue that will support you to achieve your individual goals we have added an icon/s to each activity so you can easily identify what core goals the activity is designed to support you to achieve.

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 – Choose One				✓ chosen activity	
	Zumba 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. Goals to achieve:  Goal #1  Goal #2  Goal #3			*Shared kilometre charges for transport* FREE	☐
		Bowling – Suncity Tenpin Bowling - Lace up your bowling shoes and hit the lanes for a game of ten pin bowling at Suncity Tenpin Bowling. - Pick your ball. - Have a side. - Do you have a ramp or not. - Take turns. - Have fun. Goals to achieve:  Goal #1  Goal #2  Goal #3			*Shared kilometre charges for transport* \$10
		Gym / Physiotherapy / Hydrotherapy– Enhanced Living Members are supported to access their local Gym and participate in tailored physio or massage session. *Gym membership required* Goals to achieve:  Goal #1  Goal #2  Goal #3			*Shared kilometre charges for transport* No Cost

Afternoon – Choose One



chosen
activity



Walking Group

- 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.

Shared kilometre charges for transport

Goals to achieve:



Goal #1



Goal #2



Goal #3

Shared kilometre charges for transport

FREE

☐


Creations – Basic Art

- 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.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$10 one off fee for resources

☐


Basic Administration Skills

- Members can learn basic admin skills such as answering phones, typing text messages, scanning, sending emails, shredding documents, laminating and using the printer / copier.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Shared kilometre charges for transport

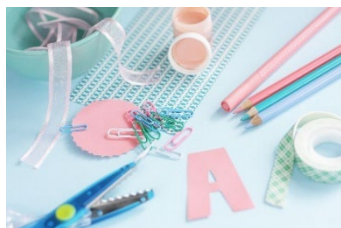
FREE

☐

All Day – Choose One



chosen
activity



Mixed Media Arts

- Members will visit their local shopping centre 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.

Goals to achieve:



Goal #1



Goal #2



Goal #3

*Shared
kilometres
charges for
transport*

\$15

☐


Travelling Training

- Members can learn how to follow bus, train, 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.

Companion Card / Pension Card / Go Card required

Goals to achieve:



Goal #1



Goal #2



Goal #3

*Companion
Card /
Pension Card
/ Go Card
required*

☐


Paper Art - Coolum

- Members can engage in scrapbooking, quilling, origami, and all things paper!
- Join other members of the community and learn new techniques of using paper to create works of art!

Companion Card / Pension Card required

Goals to achieve:



Goal #1



Goal #2



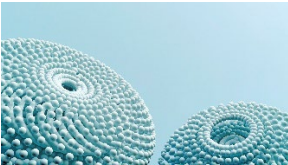
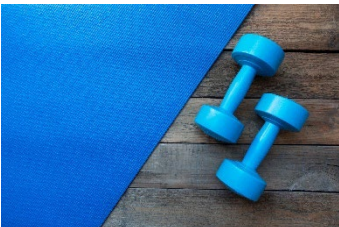
Goal #3

*Shared
kilometres
charges for
transport*

\$10

☐

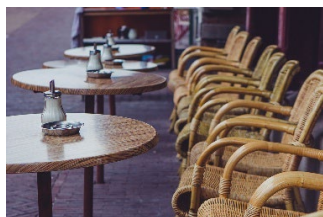
Tuesday activities

Morning – Choose One					chosen activity
	Diamond Artist - 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. - Requiring no artistic skills, engage in this fun and relaxing hobby.			*Shared kilometre charges for transport* \$10 one off fee	
	Goals to achieve:				
	Goal #1	Goal #2	123 A B C Goal #3		
	Sailability - Mooloolaba Members will be supported to sail around the Mooloolaba marina, cruising along the ocean in a friendly, fun, and safe environment. *Life jacket, sling and hoist provided*			*Shared kilometre charges for transport* \$10	
	Goals to achieve:				
	Goal #1	Goal #2	Goal #3		
	Gym / Physiotherapy – Enhanced Living Members are supported to access their local Gym and participate in tailored physio or massage session. *Gym membership required*			*Shared kilometre charges for transport* No Cost	
	Goals to achieve:				
	Goal #1	Goal #2	Goal #3		

Afternoon – Choose One



chosen
activity



Maroochydore RSL

- Our members can enjoy live entertainment at the local RSL Club and can become a member of the RSL club to benefit from discounts on food and beverages.
- Members can enjoy the dance floor and live music while eating a delicious lunch together.

Money to purchase food and drink

Goals to achieve:



Goal #1



Goal #2



Goal #3

Shared kilometre charges for transport
Money to purchase food and drink

☐


Creations – Basic Art

- 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.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$10 one off fee for resources

☐


Community Excursion

- Members are supported to access a wide range of activities within the Sunshine Coast community.
- Enjoy outings to locations such as rainforest walks, memorials, beaches, creeks, boardwalks, lookouts, gardens, waterfalls.

Money to purchase food and drink or bring your own

Goals to achieve:



Goal #1



Goal #2



Goal #3

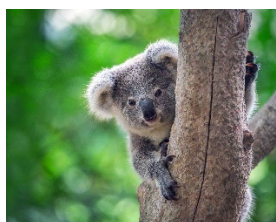
Shared kilometre charges for transport
Money to purchase food and drink or bring your own
FREE

☐

All Day – Choose One



chosen
activity



Animal Mania – Zoo / Aquarium / Sanctuary

- Members can alternate excursions each week and choose to visit their local Zoo, Sanctuary or Aquarium.
- Enjoy a fun filled half day excursion of animal appreciation and education.
- Some of the local Zoo's, Aquariums, and Animal Sanctuaries include Australia Zoo, Wildlife HQ, Sea Life, Bird World, Ginger Factory

Weather permitting, Companion Card / Pension Card / Membership Card required

Goals to achieve:



Goal #1



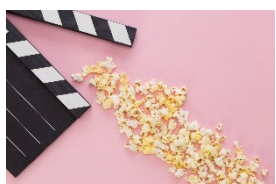
Goal #2



Goal #3

Shared kilometre charges for transport

No Cost

☐


The Cinema

- Members can enjoy visiting the local cinema and watching the latest movies on the big screen.

Companion Card / Pension Card required

Goals to achieve:



Goal #1



Goal #2



Goal #3

Shared kilometre charges for transport

\$18.50

☐


Pamper King and Queens

- Enjoy a relaxing day full of pampering at the Hub.
- 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.

Goals to achieve:



Goal #1



Goal #2

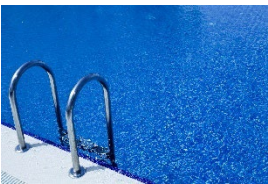


Goal #3

FREE

☐

Wednesday activities

Morning – Choose One				chosen activity	
	Community Excursion 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. *Money to purchase food and drink or bring your own* Goals to achieve:  Goal #1  Goal #2  Goal #3			*Shared kilometre charges for transport* FREE	
	Karaoke Raise your voices and get in the groove! Sing along, watch music videos and boogie! Members will work towards practicing a song to perform during the showcase week. Goals to achieve:  Goal #1  Goal #2  Goal #3			FREE	
	Hydrotherapy / Physiotherapy – Enhance Living Members are supported to access Enhanced Living and participate in a hydrotherapy program *Pool membership required* Goals to achieve:  Goal #1  Goal #2  Goal #3			*Shared kilometre charges for transport* No Cost	

Afternoon – Choose One



chosen
activity



Scrapbooking

- Members can create a scrap book to decorate, and each week can include photos of the activities they participated in.
- Members will have their final book to take home at the end of the program.

Goals to achieve:



Goal #1



Goal #2



Goal #3

FREE

☐


Looking Smart and Living Independently (ASDAN)

- Members can learn basic living skills such as cleaning, dressing, personal hygiene, shopping, and day-to-day tasks.
- Members will receive a certificate upon completion.

Goals to achieve:



Goal #1

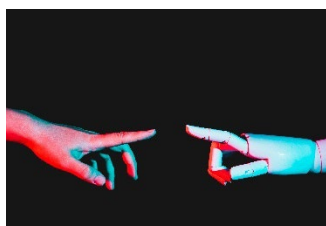


Goal #2



Goal #3

FREE

☐


Pop Up Sensory

- Participate in our new Hub based pop-up sensory experience, which offers a wide range of sensory and tactile activities.
- Members can enjoy a wonderful atmosphere of colours, lights, scents, sounds, and textures.
- 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.

Goals to achieve:



Goal #1



Goal #2



Goal #3

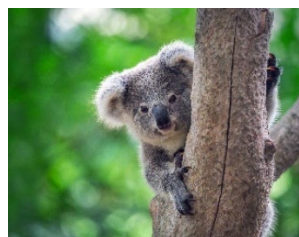
\$10 one
off fee for
resources

☐

All Day – Choose One



chosen
activity



Eumundi Markets

- Members will visit the iconic Eumundi Markets on the Sunshine Coast.
- Enjoy delicious street food, listen to live music, and watch artists create and design their fabulous pieces to sell to the public.

Money to purchase food and drink or bring your own

Weather permitting, Companion Card / Pension Card / Membership Card required

Goals to achieve:



Goal #1

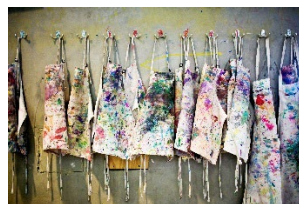


Goal #2



Goal #3

Shared kilometre charges for transport
Money to purchase food and drink or bring your own

☐


Chony's Art Room

- Members can engage in art therapy and visual art education with a variety of workshops on offer.
- Members can explore a diverse range of materials and techniques including watercolours, clay, ink, collage, printmaking, wet felting, acrylic pour and sculpture.

Goals to achieve:



Goal #1



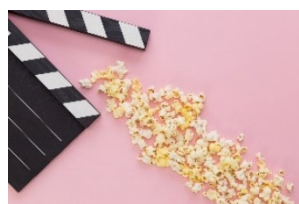
Goal #2



Goal #3

Shared kilometre charges for transport

Cost TBA

☐


The Cinema

- Members can enjoy visiting the local cinema and watching the latest movies on the big screen.

Companion Card / Pension Card required

Goals to achieve:



Goal #1



Goal #2



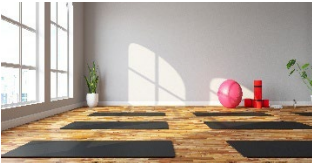
Goal #3

Shared kilometre charges for transport

\$18.50

☐

Thursday activities

Morning – Choose One				 chosen activity
	Gym / Physiotherapy – Enhanced Living Members are supported to access their local Gym and participate in tailored physio or massage session. *Gym membership required* Goals to achieve:  Goal #1  Goal #2  Goal #3	*Shared kilometre charges for transport* No Cost	☐	
	Bookworms - Members can travel to their local library where they are able to read and explore the wonders of the world. - Members of the library can borrow any library books, puzzles, or movies to take back to the hub or enjoy at home. *Library membership required* Goals to achieve:  Goal #1  Goal #2  Goal #3	FREE	☐	
	Just Keep Swimming! Cotton Tree Pool Members can enjoy a casual swim at their local pool and work towards increasing their fitness, balance and coordination. *Pool membership required* *Pool location subject to change pending the availability of Cotton Tree Pool* Goals to achieve:  Goal #1  Goal #2  Goal #3	*Shared kilometre charges for transport* *Pool membership required* No Cost	☐	

Afternoon – Choose One



chosen
activity



Game On – Sports / Trivia / Brain Teasers

- Members can participate in a range of various activities all centred around games!
- This will include sporting events and activities, trivia, puzzles, board games, and other outdoor games.

Goals to achieve:



Goal #1



Goal #2



Goal #3

FREE

☐


Walking Group

- 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.

Shared kilometre charges for transport

Goals to achieve:



Goal #1



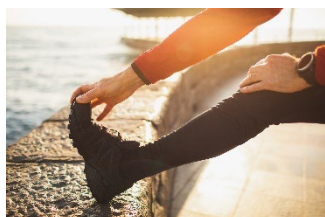
Goal #2



Goal #3

Shared
kilometre
charges
for
transport*

FREE

☐


Move Your Body!

- Members will engage in basic muscle stretches and strength building activities and learn alternative techniques for how to improve flexibility.
- Members will be given the opportunity to take part in basic exercise regimes such as yoga, dance and aerobics, as well as how to practice effective breathing techniques during movement

Goals to achieve:



Goal #1



Goal #2



Goal #3

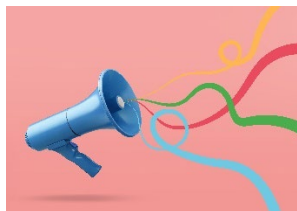
\$10 one
off fee

☐

All Day – Choose One



chosen
activity



Upbeat Arts – Choir

- 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.
- Members will be given the opportunity to become involved in local choir performances or can choose to participate in casual sessions only.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Shared kilometre charges for transport

FREE

☐


COCA (Centre of Creative Arts) - Painting

- 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.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$70 one off fee

☐


Op Shopping and Life skill

- Members will have the opportunity to visit different op shops within the local area with their peers and find some great deals.
- Support staff will assist in budgeting for the day if needed.

Money for shopping

Goals to achieve:



Goal #1



Goal #2

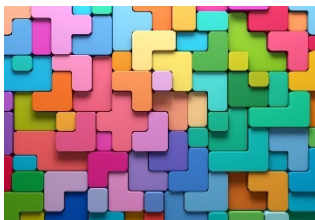


Goal #3

Shared kilometre charges for transport
Money for shopping

☐

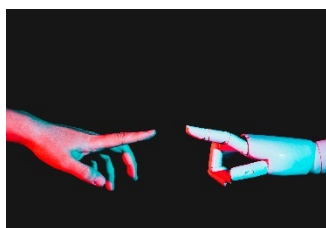
Friday activities

Morning – Choose One				✓ chosen activity
	Community Picnic Members can enjoy catching up for a BBQ lunch with their peers at their local park / picnic spots. *Money to purchase sausages/meat/salad or bring your own* Goals to achieve:		*Shared kilometre charges for transport*	☐
	 Goal #1  Goal #2  Goal #3			
	Sailability Members will be supported to sail around the Mooloolaba marina, cruising along the ocean in a friendly, fun, and safe environment. *Life jacket, sling and hoist provided* Goals to achieve:		*Shared kilometre charges for transport*	☐
	 Goal #1  Goal #2  Goal #3		\$10	
	Puzzle Mania! 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. Goals to achieve:		FREE	☐
	 Goal #1  Goal #2  Goal #3			

Afternoon – Choose One



chosen
activity



Pop Up Sensory

- Participate in our new Hub based pop-up sensory experience, which offers a wide range of sensory and tactile activities.
- Members can enjoy a wonderful atmosphere of colours, lights, scents, sounds, and textures.
- 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.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$10 one
off fee for
resources

☐


Basic Administration Skills

- Members can learn basic admin skills such as answering phones, typing text messages, scanning, sending emails, shredding documents, laminating and using the printer / copier.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$10 one
off fee
for
resources

☐


Bling Masters – Jewellery Makers

- 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.
- Members can embrace the opportunity to design and create stunning accessories that resonate with their individuality.

FREE



Goal #1



Goal #2



Goal #3

☐

All Day – Choose One



chosen
activity



Let's Capture

- Members will visit local places nearby to photograph scenic views, native plants and wildlife and capture the natural beauty our Sunshine Coast has to offer.

Shared kilometre charges for transport

Goals to achieve:



Goal #1



Goal #2



Goal #3

Shared kilometre charges for transport

FREE

☐


Animal Mania

- Members will learn all about the amazing animals in our world today
- Whether that's explore under the sea at an aquarium or Australia Zoo, there is so much to see and admire
- Members will develop skills in communication, social participation, and learn to build confidence in social settings.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost TBA

☐


Cookin' Up a Storm – Cooking Skills

- Members visit the IGA in Maroochydore to purchase ingredients or alternatively bring some ingredients from home.
- Members will learn healthy foods options, food preparation, methods of cooking and can enjoy their creations for lunch.

Purchase ingredients or bring your own

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$15 to purchase ingredients

☐

2026 Maroochydore Hub Program Dates

Office Opens 5th 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 2 nd 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	