MULTICAP
all ways.always

2027
MACKAY
Activity Program 1
Catalogue



2027 Mackay Activity Program 4 Catalogue

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

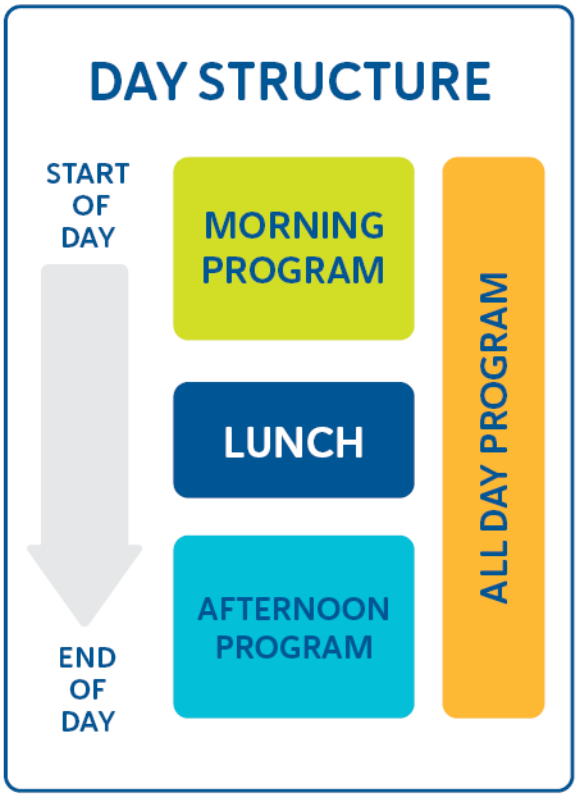
1. For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 Renae Bromley or return it to Mackay or Renae.Bromley@multicap.org.au or MackayHub@multicap.org.au by 16/11/2026

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 0492 895 787.

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 0492 895 787.



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.

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				Cost	Tick one
	**Café Connections** Step out and explore Mackay's flavours with a new adventure each week! Café Connections is a relaxed, inclusive social group where you can enjoy local cafés, build friendships, boost social confidence, and discover great bites and brews. It's perfect for anyone wanting to connect with the community, try new flavours, and enjoy meaningful outings in a supportive setting. ***Shared kilometre charges for transport*** **Goals to achieve:**			Cost of own purchases	☐
	Goal 1	**Goal 2**	**Goal 3**		
	**COCA – Collage Art** Creative Collage Creations invites participants to explore their creativity by designing unique artworks using a variety of materials such as magazines, fabric, paper, packaging, photographs, and other recycled items. Participants can experiment with colours, textures, and shapes to create personalised pieces of art while developing fine motor skills, self-expression, and creativity in a fun and supportive environment. **Goals to achieve:**			FREE	☐
	Goal 1	**Goal 2**	**Goal 3**		

Afternoon				Cost	Tick one
	**Rhythm & You Music** Rhythm & You is an inclusive music program. Through singing, instruments, movement, and sound exploration, participants are encouraged to express themselves, connect with others, and experience the joy of music, no matter their ability or experience. Because everyone deserves to find their rhythm and be heard. **Goals to achieve:**			FREE	☐
	Goal 1	**Goal 2**	**Goal 3**		
	**Creative Connections** Creative Connections provides opportunities for participants to express themselves through art, craft, and sensory activities of their choice. Participants can explore creative projects, engage in sensory play, and connect with others in a relaxed, inclusive, and supportive environment. **Goals to achieve:**			FREE	☐
	Goal 1	**Goal 2**	**Goal 3**		

Tuesday Activities

Morning				Cost	Tick one
	**Pin Pals Bowling** Join the fun with the Pin Pals Bowling Crew, a social and supportive bowling group for people of all abilities. Whether you are a seasoned striker or new to the lanes, everyone is welcome. Enjoy friendly games, build confidence and make new friends in an inclusive and relaxed space. Let's roll together and have a great time knocking down some pins! ***Shared kilometre charges for transport*** **Goals to achieve:**			$10.00	☐
	Goal 1	**Goal 2**	**Goal 3**		
	**Brunch Time!** Get ready to whip up some delicious fun in Brunch Munch! Try tasty brunch recipes like pancakes, muffins, frittatas and more while learning cooking skills in a relaxed, hands-on setting. No experience needed, just bring your appetite and creativity. Cook, share and enjoy your creations with friends in a friendly and supportive space. **Goals to achieve:**			$5.00	☐
	Goal 1	**Goal 2**	**Goal 3**		

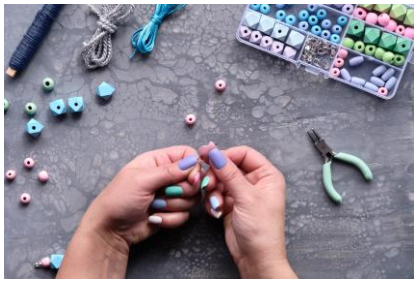
Afternoon				Cost	Tick one
	**Choco Bingo** Need a midweek pick-me-up? Join us for a fun and relaxed bingo session where the prizes are sweet and the laughs come easy! Play for free, connect with great people, and score tasty chocolate treats in a casual, feel-good setting. It's all about good times, sweet wins, and a little midweek magic! **Goals to achieve:**			FREE	☐
	Goal 1	**Goal 2**	**Goal 3**		
	**Tech Connect** Unlock your potential with Tech Connect! This fun, hands-on program helps you build digital skills, boost confidence, and explore the world of technology in a supportive, easy-to-follow setting. From everyday tech tips to interactive learning activities, each session is designed to make technology more accessible and enjoyable for everyone. **Goals to achieve:**			FREE	☐
	Goal 1	**Goal 2**	**Goal 3**		

Wednesday Activities

All Day		Cost	Tick one
	**Open Roads Adventures** Experience a new destination each week across the beautiful Mackay region. From calm beaches to interesting historic sites, each outing offers something new to see and enjoy. Build friendships, explore the outdoors and have fun in a supportive and inclusive space. It is a great way to stay active, social and curious while discovering the best of our local area, one adventure at a time. Bring a packed morning tea & lunch and wear suitable attire for exploring. ***Shared kilometre charges for transport*** **Goals to achieve:** **Goal 1** | **Goal 2** | **Goal 3**	FREE	☐
SHARA'S Club 'Where friendships are made'	**Shara's Club** Enjoy a full day of fun and friendship at Shara's Club Mackay. Spend time with friends, join in a mix of creative and social activities and relax in a warm and welcoming space. It is the perfect place to stay active, connected and supported throughout the day. ***Shared kilometre charges for transport*** **Goals to achieve:** **Goal 1** | **Goal 2** | **Goal 3**	FREE	☐

Thursday activities

Morning				Cost	Tick one
	**Banging Bongo's** Get ready to drum, bang and have a blast! Banging Bongos is all about making music, moving to the rhythm and having fun, with no experience needed. Join friends in a lively, hands-on session where you can tap, shake and create great beats together. Laugh, connect and let the music move you in a supportive and energetic space. It is time to bang, play and groove! **Goals to achieve:**			FREE	☐
	Goal 1	**Goal 2**	**Goal 3**		
Caneland Central	**Caneland Central Crew** Caneland Crew is a community access program that supports participants to build independence, social skills, and confidence while exploring Caneland Central and the local community. Participants can enjoy shopping, dining, accessing services, and engaging in social and recreational activities of their choice in a supportive group environment. **Goals to achieve:**			Cost of own purchases	☐
	Goal 1	**Goal 2**	**Goal 3**		

Afternoon				Cost	Tick one
	**Giant Game Zone** Step into the Giant Game Zone for oversized fun! Play giant versions of your favourite games, enjoy friendly challenges and share lots of laughs. Work together, build teamwork and have a great time in a relaxed and supportive space. It is big, bold and full of fun for everyone. **Goals to achieve:**			FREE	☐
	Goal 1	**Goal 2**	**Goal 3**		
	**Charm & Chatter** Create, connect and have fun in Charm and Chatter. Make your own bracelets, necklaces, earrings and more with colourful beads and charms. No experience needed, just bring your imagination. Share ideas, make friends and take home your own unique creations. **Goals to achieve:**			FREE	☐
	Goal 1	**Goal 2**	**Goal 3**		

All Day				Cost	Tick one
	**Shop, Chop & Cook** An inclusive, hands-on program where participants learn essential life skills through the fun of food! From navigating the grocery store to chopping veggies and cooking delicious meals, Kitchen Crew is all about building confidence, independence and community, one recipe at a time. ***Shared kilometre charges for transport if more than 5kms*** **Goals to achieve:**			$5.00	☐
	Goal 1	**Goal 2**	**Goal 3**		

Friday Activities

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Happy Hub Bingo

Get ready for a Happy Hub Bingo like no other! Dive into the action, call your numbers loud, and play for your shot at epic prizes (and bragging rights, of course). Whether you're here for the thrill, the laughs, or just to yell "BINGO!" before anyone else, it's all about big wins, bold moves, and belly laughs. Bring your lucky charm and your game face… this is where the fun begins

Goals to achieve:

<table>
<tr><td>Goal 1</td><td>Goal 2</td><td>Goal 3</td></tr>
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</td><td>$5.00</td><td>☐</td></tr>
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FriYAY Morning Unwind

Unwind your way! Wrap up the week with relaxing, feel-good activities that suit you — from reading a good book or catching a movie, to gardening or cooking lunch. It's all about choice, comfort, and independence, the perfect way to end your week on a high note at the Hub!

Goals to achieve:

<table>
<tr><td>Goal 1</td><td>Goal 2</td><td>Goal 3</td></tr>
</table>

</td><td>FREE</td><td>☐</td></tr>
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Afternoon		Cost	Tick one
	**Funky Fiesta** Get ready to move, groove and feel the music! Join us for a fun and high energy dance and music therapy session, where everyone can shine. Build confidence, boost your mood and express yourself through rhythm and movement, with no experience needed. You can dance standing, seated or even from the couch, making it friendly for all abilities. It is all about creativity, connection and pure joy in a supportive space made for everyone **Goals to achieve:** **Goal 1** | **Goal 2** | **Goal 3**	FREE	☐
	**Line Dance Legends** Step into the rhythm with Line Dance Legends, a fun and inclusive program for people of all abilities. Learn simple dance steps, follow the music and move together as a group in a relaxed and supportive space. Build confidence, coordination and friendships while enjoying great tunes and lively routines. Everyone can be a legend on the dance floor! **Goals to achieve:** **Goal 1** | **Goal 2** | **Goal 3**	FREE	☐

2027 Mackay Program Dates

Office opens 4 January 2027 Hub closed on Public Holidays

Program 1		
	Start Date	**End Date**
Activity Program	Monday 4th January	Friday 27th March

Program 2		
	Start Date	**End Date**
Activity Program	Monday 29th March	Friday 18th June

Showcase week 1		
	Start Date	**End Date**
Showcase Program	Monday 21st June	Friday 25th June

Program 3		
	Start Date	**End Date**
Activity Program	Monday 28th June	Friday 17th September

Program 4		
	Start Date	**End Date**
Activity Program	Monday 20th September	Friday 10th December

Showcase week 2		
	Start Date	**End Date**
Showcase Program	Monday 13th December	Friday 17th December
Hub Closed	Saturday 18th December 2026 – Sunday 2nd January 2027	