MULTICAP
all ways. always

2027
Toowoomba Activity Program 1 Catalogue



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

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

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

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

How it works

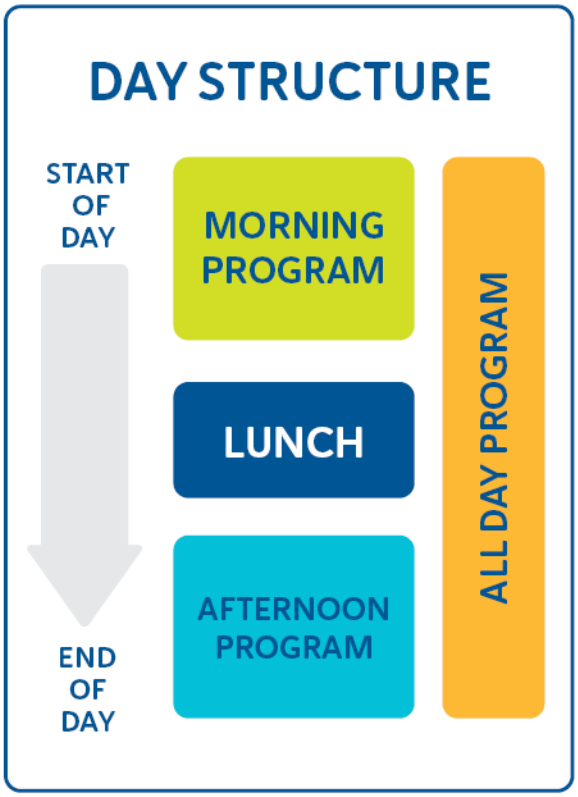
1. For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 Debbie Hage or return it to Toowoomba HUB or Debbie.hage@multicap.org.au by 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 0493465206

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 0493465206



Hub Activity Program Goal Reference Guide

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

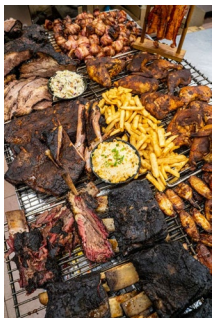
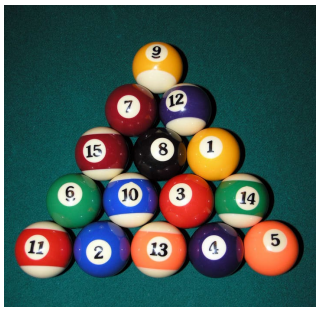
These icons show the core goals that each option is designed to help you achieve. Up to three icons may appear, highlighting the primary goals most closely linked to that option, though it may support additional goals as well.

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

All Day		Cost	Tick one
	**Visit our local parks followed by a BBQ lunch** • Visit one of our many parks for the morning • Customers will purchase BBQ lunch items with support from staff • Money handling/card handling • Social interaction • Promotes inclusion and community participation **Goals to achieve:** Goal 1 | Goal 2 | Goal 3	$10.00 for BBQ lunch **Shared km's**	☐
	**Visit our local Pubs for a game of pool and pub lunch** *Friendly game of pool or darts • Money handling/card handling when ordering lunch • Accessing the wider community and encourages community participation • Opportunities to interact with the wider community **Goals to achieve:** Goal 1 | Goal 2 | Goal 3	$20 lunch **Shared Km's**	☐

Tuesday Activities

Morning		Cost	Tick one
	**Card Games** • Engaging and social interaction • Fun and laughter • Strategic and cognitive play • Games depending on customers interests and abilities **Goals to achieve:** Goal 1 | Goal 2 | Goal 3	No cost	☐
	**MENS group (Dart competition)** • Builds friendships • Improves communication skills • Encourages movement and physical activity • Increases confidence and independence **Goals to achieve:** Goal 1 | Goal 2 | Goal 3	No cost	☐

Afternoon				Cost	Tick one
	**The EVER Popular TEN PIN Bowling (Term times)** • Challenge your peers for a game • Improve Hand Eye Coordination • Social interaction • Turn taking **Goals to achieve:**			**$12.00 + Lunch Money** **Shared km's**	☐
	 **Goal 1**	 **Goal 2**	 **Goal 3**		
	**Cinema /Movies (during school holidays)** • Experience the thrill of the cinema • Social connection with your friends • Holiday movies to experience the fun **Goals to achieve:**			**Cost : $20.00** **Shared km's**	☐
	 **Goal 1**	 **Goal 2**	 **Goal 3**		

Wednesday Activities

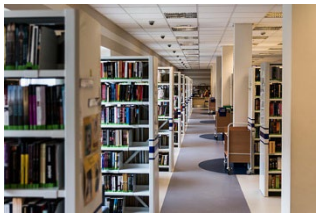
Morning		Cost	Tick one
	**Whisk mix and create cooking club** • Cooking our morning tea • Encourages decision making when choosing recipes and ingredients for simple recipes. • Supports memory and concentration by following recipes • Enhances fine motor skills through chopping, stirring, mixing and pouring • Builds confidence and self esteem through achievement **Goals to achieve:** Goal 1 | Goal 2 | Goal 3	$6.00 for ingredients	☐
	**Trip to our local Bunnings Store** • Purchase vegetables for our vegie garden • Encourages customers to access and engage with their local community • Independence and decision making customers can choose plants and gardening items to purchase • Exploring the garden scents, colours . textures at Bunnings **Goals to achieve:** Goal 1 | Goal 2 | Goal 3	Cost for vegie plants $3.00 **Shared km's**	☐ ☐

Afternoon				Cost	Tick one
	**Walking Group** • Promotes physical health • Supports community participation • Great to maintain health and fitness • Increases communication skills through conversation and engagement with peers. **Goals to achieve:**			**No cost**	☐
	 **Goal 1**	 **Goal 2**	 **Goal 3**		
	**Gardening** • Plant and watch our vegies grow • Develop life skills through planning , weeding and harvesting vegetables. • Reduces stress and promotes relaxation • Builds confidence and self esteem when customers see the results of their efforts. **Goals to achieve:**			No cost	☐
	 **Goal 1**	 **Goal 2**	 **Goal 3**		

Thursday activities

<table>
<tr><th>Morning</th><th>Cost</th><th>Tick one</th></tr>
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<h2>Morning with the stars and lunch at Café Gold (2nd Thursday and 4th Thursday of the month)</h2>

Encourages social interaction
Helps build confidence to attend events
Supports active engagement with diverse people and environments
Provides meaningful sensory experiences

Goals to achieve:
<table>
<tr><td>
Goal 1</td><td>
Goal 2</td><td>
Goal 3</td></tr>
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</td>
<td>Activity is free – monies required for lunch
$15.00 to $20.00
Shared km’s</td>
<td>☐</td>
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<h2>Visit the Library (alternate week)</h2>

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

Goals to achieve:
<table>
<tr><td>
Goal 1</td><td>
Goal 2</td><td>
Goal 3</td></tr>
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</td>
<td>No cost
Shared km’s</td>
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Afternoon				Cost	Tick one
	**Bingo Game with Picture Cards** • Let's play bingo with pictures of animals and Iconic place Let's see who will win. • Whoever has the most stars at the end of 12 weeks will receive a Prize. • Using your words when a picture comes up first and you have it you need to call out your name First one who calls out will win. **Goals to achieve:**			**Cost** $2.00	☐
	 **Goal 1**	 **Goal 2**	 **Goal 3**		
	**Music From Around the World Singing and Dancing** • Customer choice songs from around the world and dance to music and watch the song on YouTube. From Bollywood to Hip hop. **Goals to achieve:**			**No Cost**	☐
	 **Goal 1**	 **Goal 2**	 **Goal 3**		

Friday Activities

Morning		Cost	Tick one
	**Whisk, Mix, and Create cooking club** • Encourages decision making when choosing recipes and ingredients for simple recipes. • Cook our afternoon tea to enjoy at the park after lunch. • Supports memory and concentration by following recipes. • Enhances fine motor skills through chopping, stirring, mixing and pouring. • Builds confidence and self esteem through achievement. **Goals to achieve:** Goal 1 / Goal 2 / Goal 3	**$6.00 for ingredients**	☐
	**Let's get Physical with Music** • Building Endurance Muscle strength. • Health, heart lungs and wellbeing. • Stretching those muscles and building stamina **Goals to achieve:** Goal 1 / Goal 2 / Goal 3	**No cost**	☐

☐

Afternoon				Cost	Tick one
	**From Kitchen to Park** • Builds social connections. • Customers will prepare delicious afternoon tea together and enjoy it at the park. • Celebrating their cooking achievements. • Community participation. **Goals to achieve:**			**Shared km's**	☐
	Goal 1	Goal 2	Goal 3		
	**Board Games and Social Hour** • Engaging • Relaxed • Enjoying the classic board games of the past. • Encourages strategic thinking, turn taking and most of all laughter. • Challenge yourself against your mates and show your skills at Uno, connect 4. • Snakes and Ladders. • Guess Who. **Goals to achieve:**			**No cost**	☐
	Goal 1	Goal 2	Goal 3		

2027 Toowoomba Program Dates

Office opens 4 January 2027 Hub closed on Public Holidays

Program 1		
	Start Date	**End Date**
Activity Program	Monday 4th January	Thursday 25th March
Public Holidays	**26th January Australia Day- Closed**	**Friday March 26th Good Friday- Closed**

Program 2		
	Start Date	**End Date**
Activity Program	Tuesday 30th March **Monday 29th March (Easter Monday Closed) TOOWOOMBA SHOW HOLIDAY 16th APRIL (Closed) Monday 26th April ANZAC Day (Closed) 3rd May- Labour Day (Closed)**	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 **4th October Kings Birthday (Closed)**	Friday 10th December

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