

2022 Mackay Hub Activity Program 2 Catalogue



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Welcome to our 2022 Hub Activity Program! We are pleased to have you join us for another great year of activities at the Mackay Hub, and we hope you enjoy what we have in store.

We have a new and improved way of planning and delivering our Hub programs in 2022, with more structure, consistency and focus on outcomes for our customers. 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.

We've introduced this structure to assist you to have a more complete program of activities, and allow you to fully develop your skills over each 12-week program thereby giving you more opportunity to see progress and reach your goals.

You'll have an opportunity to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the ability to do a one-off activity that displays your new skills or goal achievements.

What does the new program structure mean?

This means that when you turn up to the Hub each day, you will be doing the activity you selected for that day, as listed on your confirmation letter. We have made this change for a few reasons:

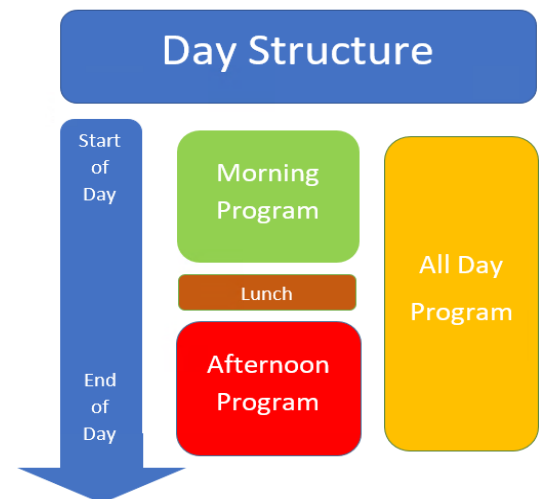
- We want to provide our customers with opportunity to fully develop skills and reach goals in your chosen activity program. This will ensure that you have a sense of completion and achievement at the end of the 12 weeks
- A 12-week program gives you the chance to develop stronger connections with other customers through consistent activities and peer interactions.
- It allows you to develop a more in-depth understanding and knowledge of the program that you choose, and give you more substantial outcomes in place of one-off activities.
- It reduces our operating costs, as there is less need to have additional staff on hand to manage changes of mind and travel changes. As these costs are ultimately passed on to customers, we expect there to be a reduction in costs over time due to the new structure.

How it works



- 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. Music every Monday, cooking every Tuesday morning and gardening 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.


- Tick the program you wish to be registered into as outlined below
- 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 0437744843.
- A confirmation letter will be sent to you with the activities you are participating in.
- 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 Jenny on 0437744843




Monday Activities

Morning – Choose One			✓ chosen activity
	Sensory Activity: Sensory activities help adults with disabilities live a more enriching life. Members will have the opportunity to explore their sense through sight, touch, hearing, smell and taste.		
	Music: Everything about music. Dance, karaoke or sing along to your favorite song, grab an instrument and make some noise. Even put on a musical.		

AND



Afternoon – Choose One			✓ chosen activity
	Recycling: Members will learn about the importance of recycling in a creative way. Making an array of different things out of recycling goods.		

OR



All Day – Choose One			✓ chosen activity
	Club House Fun: Spend the morning at Shara’s Club enjoying a variety of activities and meeting new friends at the club. Event runs from 9AM – 1PM. Bring lunch.	\$5	



Tuesday activities



Morning – Choose One			✓ chosen activity
 MasterChef	MasterChef: Members will spend the morning preparing and baking savory treats to take home. Followed by adding the recipe to their cookbook.	\$5	
	Music: Everything about music. Dance, karaoke or sing along to your favorite song, grab an instrument and make some noise. Even put on a musical to watch.	NIL	

AND



Afternoon – Choose One			✓ chosen activity
	Book worms: Members will spend the afternoon at local libraries across the Mackay region. They will have the opportunity to borrow and return books and read, among other amenities the library may offer.	NIL	
	Gardening: Gardening is a healthy and stimulating activity for all abilities. Members will establish new skills by planting and growing, decorating and learning.	\$5	




Wednesday activities

Morning – Choose One			✓ chosen activity
	<p>Local cafes: Members will commute to local cafes to enjoy their preferred food/drink whilst supporting local businesses.</p> <p>Members will be required to bring money for their purchases.</p>		
	<p>Get creative: Members will have the opportunity to develop new skills and follow step by step instructions to create their own individual masterpieces.</p>	NIL	

AND



Afternoon – Choose One			✓ chosen activity
	<p>All games: Members can spend the afternoon enjoying a series of activities from board games, coloring in, computer games.</p>	NIL	
	<p>Sensory Activity: Sensory activities help adults with disabilities live a more enriching life. Members will have the opportunity to explore their sense through sight, touch, hearing, smell and taste.</p>	NIL	

OR – choose one All Day activity below




All Day – Choose One			✓ chosen activity
	<p>Excursion day: Set out for the day and enjoy local attraction's/ amenities. For example, ten pin bowling, lagoon, pool, petting zoos. Buy or bring own lunch</p>		



Thursday activities


Morning – Choose One			 chosen activity
	Social Morning Tea: Spend the Morning preparing and baking. Members will get to enjoy their creation together as a treat after morning tea. Followed by adding the recipe to their cookbook.	\$5	

AND



Afternoon – Choose One			 chosen activity
	Outing: Members will enjoy lunch at their chosen place then spend the afternoon shopping for BBQ. Buy or bring lunch		
	Get creative: Members will have the opportunity to develop new skills and follow step by step instructions to create their own individual masterpieces.	NIL	




Friday activities

Morning – Choose One			✓ chosen activity
	Bingo: Members will spend the morning playing bingo with the opportunity to win some awesome prizes. Followed by a BBQ lunch.	\$5	

AND

Afternoon – Choose One			✓ chosen activity
	Movies: Members will Spend the afternoon unwinding with a movie of their choice.	NIL	
	All games: Members can spend the afternoon enjoying a series of activities from board games, coloring in, computer games.	NIL	

OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	Excursion day: Set out for the day and enjoy local attraction's/ amenities. Including ten pin bowling, lawn bowls, cinema and fishing (in cooler weather). Buy or bring own lunch		



2022 Mackay Hub Program Dates

Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Tuesday 4 th Jan 22	Friday 25 March 22
Hub Closed	Australia Day, Wednesday 26 January 22	

Program 2		
	Start Date	End Date
Activity Program	Monday 18 April 22	Friday 17 June 22
Hub Closed	Good Friday 15 April 22 Easter Monday 18 April 22 Anzac Day Holiday Mon 25 April 22 Labour Day Tues 3 May 22 Mackay Show Holiday Thurs 16 June 22	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 20 June 22	Friday 24 June 22

Program 3		
	Start Date	End Date
Activity Program	Monday 27 June 22	Friday 16 September 22
Hub Closed		

Program 4		
	Start Date	End Date
Activity Program	Monday 19 September 22	Friday 09 December 22
Hub Closed	Queen's Birthday Monday 3 October 22	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 12 December 22	Friday 16 December 22
Hub Closed	Monday 19 December 22– Monday 2 January 23	



Please note:

1. All transport costs are shared/divided with all customers participating in activity and invoiced as normal.
2. In the event of extreme heat or Storms in house activities will be put into place in lieu of activity
3. All monies for entry fees will be required on the day along with companion cards

