

2022 Maroochydore Hub Activity Program 2 Catalogue



MULTICAP[®]
HIGH NEEDS DISABILITY SUPPORT
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2022 Maroochydore Hub Activity Program 2 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.

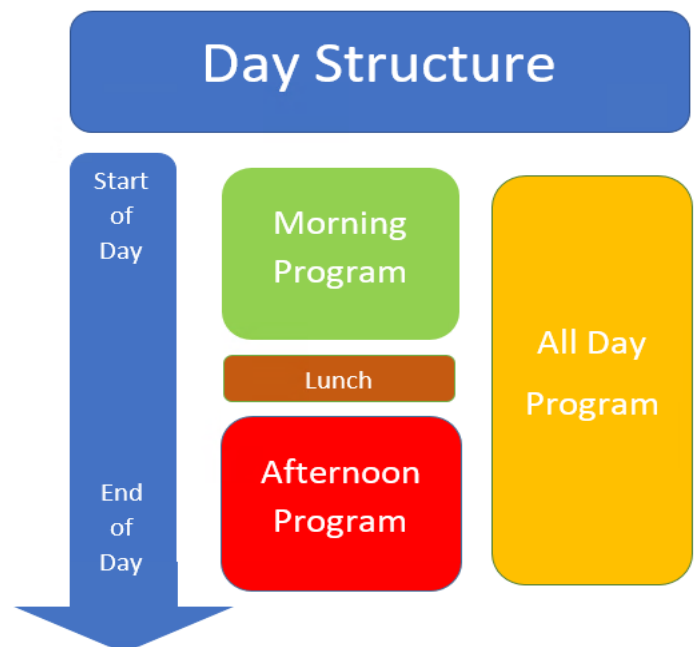
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

How it works





- 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.




- Tick the program you wish to be registered into as outlined below and either phone or email through your choices to Camae Colnan by Wednesday 4th March 2022.
- 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 0437114020.
- 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 Camae Colnan (Service Manager) to discuss alternative options.




Monday Activities

Morning – Choose One			 chosen activity
	<p>Walking Group <i>Beach/ Park Walk</i></p> <p>Members can choose to walk along the local beach footpaths and soak up the sun and salty air, or enjoy a nature walk in amongst the forest and trees</p>	No cost	
	<p>Our Sensory Space</p> <p>Members can enjoy visiting a sensory gym, activity centre and calming room all in one! Our Sensory Space offers many stimulating activities for people to engage in such as liquid tiles, lightboard, interactive screen, specialised swings, ball pit and sensory board and much more!</p>	\$10 per session 10 x session package	
	<p>Engaging in the World Around Me <i>People and Events (ASDAN)</i></p> <p>Going out for a meal, attending community events and activities, and meeting new people are all part of the range of fun experiences that members can take part in. Members will also receive an ASDAN certificate of completion at the end of the program.</p>	\$10 One off fee	

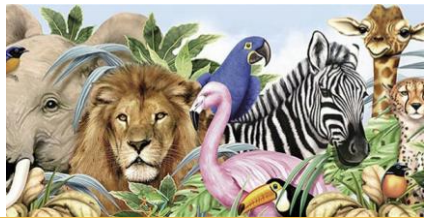

AND

Afternoon – Choose One			 chosen activity
	<p>Tenpin Bowling <i>Alexandra Headland</i></p> <p>STRIKE! SPARE! Knock those pins down and enjoy an hour of fun at the Suncity Tenpin Bowling Centre</p>	\$6.50	
	<p>Puzzlemania</p> <p>Members can engage in different educational activities which focus on numbers, letters, learning basic counting skills and stacking of items, as well as puzzles. Members are encouraged to bring in items or devices which may suit their needs</p>	No cost	






	<p>MOVIE APPRECIATION <i>Hub Based</i></p> <p>Members can enjoy an in-home movie experience at the Hub with a range of movies to choose from each week</p>	<p>No cost</p>	
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OR – choose one All Day activity below




<p>All Day – Choose One</p>		<p>✓ chosen activity</p>
	<p>Animal Mania! <i>Zoo/Sea Life Excursion</i></p> <p>Members can alternate each week and choose to visit their local Zoo, Sanctuary or Aquarium. Enjoy a fun filled daily excursion of animal appreciation and education.</p>	<p>Annual Pass or TBD</p>
	<p>Art Appreciation</p> <p>Members can travel to different Art Galleries located all over the Sunshine Coast and admire the creations of local artists - explore different art techniques, learn the stories behind each creation and enjoy a bite to eat</p> <p>**Bring or buy morning tea/lunch**</p>	<p>No cost</p>

Tuesday Activities

<p>Morning – Choose One</p>		<p>✓ chosen activity</p>
	<p>Skate Stars</p> <p>Skate, Grind, kickflip, Ollie!</p> <p>Members can enjoy learning to skateboard at Alley Oop Indoor Skate Park (Birtynia).</p> <p>*Hoists are available to support skaters who require assistance out of their wheelchairs or for require assistance on their feet</p>	<p>\$17.50</p>



	<p>Book Worms <i>Library Visit</i></p> <p>Members can travel to the local library where they are able to read and explore the wonders of the world. Members of the library can borrow any library book they please, take it home, to the park or back to the hub to read, and return it the following week.</p>	<p>No cost</p>	
	<p>Physiotherapy (Gym) <i>Enhanced Living</i></p> <p>Members are supported to access their local Gym and participate in a physiotherapy and/or massage program</p>	<p>Cost TBD Contact Enhanced Living</p>	

AND




<p>Afternoon – Choose One</p>		<p style="text-align: center;">✓ chosen activity</p>	
	<p>Maroochydore RSL <i>Shake, Rattle and Roll!</i></p> <p>Members can watch live entertainment at the local RSL Club, become a member and enjoy discounts on food and beverages. Members can have a boogie on the dance floor, enjoy the lights and sounds whilst eating a delicious lunch.</p> <p>Money to purchase lunch / beverage</p> <p><i>The Maroochydore RSL have asked that all participants purchase either food or a drink whilst inside the premises and have stated that no food cannot be brought in from home</i></p>	<p>Cost of lunch And/or beverage</p>	
	<p>Daily Living Skills</p> <p>Members can learn basic daily life skills – personal care, cleaning, washing, sorting, packing, folding, vacuuming and general tidying up of living spaces</p>	<p>No cost</p>	
	<p>Creations - Basic Art</p> <p>Members can learn basic cutting, colouring, gluing, painting, drawing and designing completed scrapbook to showcase at the end of the program.</p>	<p>No cost</p>	

OR – choose one All Day activity below






All Day – Choose One			✓ chosen activity
	<p>Mixed Media Arts</p> <p>Members will visit their local Shopping Centre to purchase items for their art piece (10 x art themes in total). Items will be brought back to the hub where members will be supported to create their pieces to take home</p>	\$12	
	<p>Get Snapping! Photography (ASDAN)</p> <p>Members will travel around different locations and learn the art of capturing the perfect photo. At the end of 12 weeks, members can showcase their photos and take their photo book home. Members will also receive an ASDAN certificate of completion at the end of the program.</p>	\$10	

Wednesday Activities



Morning – Choose One			✓ chosen activity
	<p>Just Keep Swimming! <i>Cotton Tree Pool 2:1</i></p> <p>Members can enjoy a swim at their local pool and will work towards improving balance, coordination, and the development of gross motor skills</p>	\$5.50	
	<p>Tactile Creations</p> <p>Members can create their own sensory activities and engage in a range of different tactile experiences such as gak, goo, slime, rice, water designs. Members are encouraged to bring in any items or devices they have at home which can assist them in their creations.</p>	No cost	
	<p>Hydrotherapy <i>Enhanced Living</i></p> <p>Members are supported to access their local Gym and participate in a Hydrotherapy program</p>	Cost TBD Contact Enhanced Living	

AND



Afternoon – Choose One			✓ chosen activity
	<p>POP UP SENSORY</p> <p>Participate in our new Hub based pop-up sensory experience, which offer a 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.</p>	No cost	
	<p>Cooking/Shopping (ASDAN)</p> <p>Become more independent in the kitchen. Learn the skills of cutting, slicing, grating, grilling, frying, and baking. Members get a cookbook to follow and when they have completed the program, they will receive a certificate of completion.</p>	\$10 One off fee	
	<p>Picnic by the River/Park</p> <p>Members can enjoy catching up with other members of Multicap at their local picnic spots by the beach/river.</p> <p>**Bring sausages/meat/salad or buy ingredients for lunch**</p>	No cost	





OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	<p>Eumundi Markets</p> <p>Members will visit the iconic Eumundi Markets on the Sunshine Coast and enjoy delicious street food, listen to live bands and watch artists create and design their fabulous pieces to sell to the public.</p> <p>**Bring or buy lunch**</p>	No cost	
	<p>Movie Appreciation</p> <p>Local Cinema</p> <p>Members can enjoy a social outing visiting the local the Cinema and watching the latest movies on the big screen.</p> <p>*Companion card and pension card required</p>	\$14.50	





	Bring or buy morning tea/lunch		
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Thursday Activities

Morning – Choose One			 chosen activity
	<p>Walking Group <i>Beach/ Park Walk</i></p> <p>Members may choose to walk along the Mooloolaba/Maroochydore beach footpaths and soak up the sun and salty air</p>	No cost	
	<p>Just Keep Swimming! <i>Cotton Tree Pool 2:1</i></p> <p>Members can enjoy a swim at their local pool and will work towards improving balance, coordination, and the development of gross motor skills</p>	\$5	
	<p>Physiotherapy (Gym) <i>Enhanced Living</i></p> <p>Members are supported to access their local Gym and participate in a physiotherapy and/or massage program</p>	Cost TBD Contact Enhanced Living	



AND

Afternoon – Choose One			 chosen activity
	<p>Zumba!</p> <p>Enjoy a morning of movement with Zumba! This is 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 ladder over a 12 weeks program.</p>	No cost	




	<p>Scrapbooking</p> <p>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.</p>	<p>No cost</p>	
	<p>Hydrotherapy <i>Enhanced Living</i></p> <p>Members are supported to access their local Gym and participate in a Hydrotherapy program</p>	<p>Cost TBD Contact Enhanced Living</p>	



OR – choose one All Day activity below

<p>All Day – Choose One</p>			<p>✓ chosen activity</p>
	<p>Men's Shed <i>Yandina</i></p> <p>Members will be supported to join in with other local craftsmen and learn basic skills for using tools and materials to create stylish wooden and metal masterpieces</p> <p>\$40 Initial Fee **Bring or buy lunch**</p>	<p>\$5</p>	
	<p>Basic Administration Skills</p> <p>Members can learn basic administrative skills such as answering phones, typing text messages and emails, shredding documents, laminating and printing/copying</p>	<p>No cost</p>	




Friday Activities

<p>Morning – Choose One</p>			<p>✓ chosen activity</p>
	<p>Move Your Body</p> <p>Members can participate in muscle stretches, strength building activities, improve on their flexibility and take part in</p>	<p>No cost</p>	




	<p>basic exercise regimes including basic yoga movements and breathing techniques.</p> <p>The Nintendo Wii is also on offer for those who wish to 'get active' and play Wii Sport</p>		
	<p>Garden Appreciation</p> <p>Members can learn the basics of growing their own garden, from the germinating stage to full bloom.</p> <p>Planting flowers and herbs and tending to their growth needs</p>	No cost	
	<p>Sailability</p> <p><i>Mooloolaba</i></p> <p>Members will be supported to engage in the sport of sailing, cruising along the ocean in a friendly, fun and safe environment.</p> <p>** Life jacket and sling provided**</p>	\$10	




AND

Afternoon – Choose One			 chosen activity
	<p>Sound, Rhythm and Music</p> <p><i>(ASDAN)</i></p> <p>All things musical! Members can enjoy ASDAN's Sound, Rhythm and Music course. Make music with your body, listen to different sounds and songs, and learn about percussion in this great new program. Members will also receive an ASDAN certificate of completion at the end of the program.</p>	No cost	
	<p>Basic Computer Skills</p> <p>Members can participate in educational activities and build on their computer and typing skills.</p>	No cost	



	<p>POP UP SENSORY</p> <p>Participate in our new Hub based pop-up sensory experience, which offer a 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.</p>	<p>No cost</p>	
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OR – choose one All Day activity below

All Day – Choose One		 chosen activity
	<p>Blackbox Drama</p> <p>Members will learn the basics of acting and drama and engage in activities based around theatre, music, movement. Members will develop skills in communication, social participating and learn to build confidence in social settings.</p> <p>**Bring or buy morning tea/lunch**</p>	<p>Cost TBD Contact Spiral</p>
	<p>Travel Training</p> <p>Members can learn how to follow bus, train and plane timetables. Members will visit the Sunshine Coast Airport and watch the scheduled flights take off. If members choose, they are able to purchase a GO Card and travel to other areas of the Sunshine Coast by bus or train.</p> <p>**Bring or buy morning tea/lunch**</p>	<p>GO CARD</p>



2022 Maroochydore Hub Program Dates

Office Opens 4 January 2022

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Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Tuesday 4 January	Friday 25 March
Hub Closed	Monday 3 January (Additional public holiday for New Year's Day) Australia Day Wednesday 26 January	

Program 2		
	Start Date	End Date
Activity Program	Monday 28 March	Friday 17 June
Hub Closed	Good Friday 15 April Easter Monday 18 April Anzac Day Holiday 25 April Labour Day 2 May	

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

Program 3		
	Start Date	End Date
Activity Program	Monday 27 June	Friday 16 September
Hub Closed	Nambour Agricultural Show Day Friday 10 June	

Program 4		
	Start Date	End Date
Activity Program	Monday 19 September	Friday 9 December
Hub Closed	Queen's Birthday Monday 3 October	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 12 December	Friday 16 December
Hub Closed	Monday 19 December – Tuesday 3 January 2023	

