

# 2022 Rockhampton Hub Activity Program 2 Catalogue



**MULTICAP**<sup>®</sup>  
HIGH NEEDS DISABILITY SUPPORT  
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# 2022 Rockhampton Hub Activity Program 2 Catalogue

Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the Rockhampton 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.

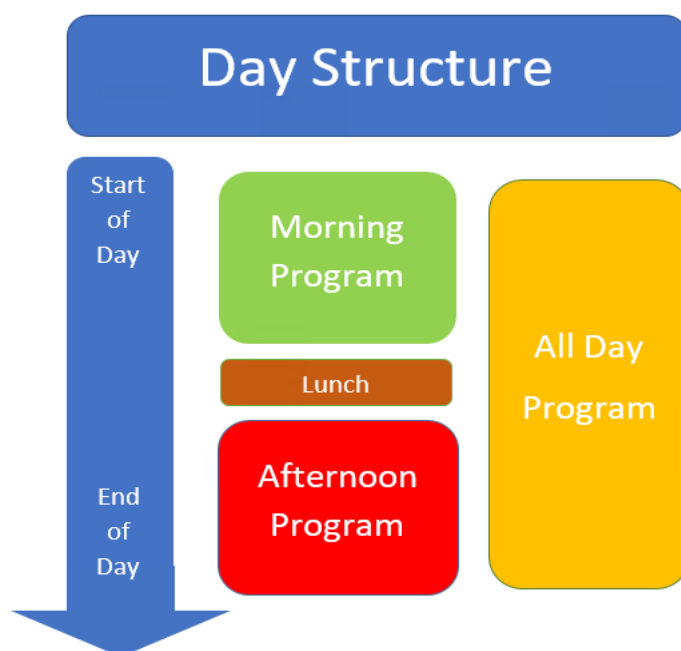
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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 (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.

- Tick the program you wish to be registered into as outlined below and either phone through your choices to Melissa Jarred at [melissa.jarred@multicap.org.au](mailto:melissa.jarred@multicap.org.au) or Ph: 0409 640 239 or return it to 90 Jardine Street, West Rockhampton. QLD 4700 by 4<sup>th</sup> 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 07 4922 4549.
- 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 Melissa Jarred [melissa.jarred@multicap.org.au](mailto:melissa.jarred@multicap.org.au) or Ph: 0409 640 239.





## Monday Activities

<b>Monday Morning – Choose One</b>			 chosen activity
	<b>Hidden Treasures – All Things Upcycling</b> <ul style="list-style-type: none"> <li>• Create art and craft projects.</li> <li>• Work with both natural and manmade items</li> <li>• Improve your art and crafting skills.</li> </ul>	\$3.00	
	<b>HUB FITNESS – Chair Yoga, Tai Chi, Meditation - Relax</b> <ul style="list-style-type: none"> <li>• Get active at your own pace – Chair Yoga, Tai Chi, Light Stroll or Park Walk.</li> <li>• Learn new techniques to move your body and get healthy</li> <li>• Learn how to improve your health</li> </ul>	No Cost	

**AND**




<b>Monday Afternoon – Choose One</b>			 chosen activity
	<b>Hidden Treasures – All Things Up cycling</b> <ul style="list-style-type: none"> <li>• Create art and craft projects.</li> <li>• Work with both natural and manmade items</li> <li>• Improve your art and crafting skills.</li> </ul>	\$3.00	
	<b>HUB FITNESS – Chair Yoga, Tai Chi, Meditation - Relax</b> <ul style="list-style-type: none"> <li>• Get active at your own pace – Chair Yoga, Tai Chi, Light Stroll or Park Walk.</li> <li>• Learn new techniques to move your body and get healthy</li> <li>• Learn how to improve your health.</li> </ul>	No Cost	

**OR – choose the All Day activity below**




<b>COCA PROGRAMS - Options - Half day option available 9 to 12 or 12 to 3</b>			 chosen activity
	<b>Centre of Creative Arts - Painting</b> <ul style="list-style-type: none"> <li>• Learn to paint/ draw in different styles, colours and textures.</li> <li>• Learn to use a variety of paints and other materials</li> <li>• Showcase your work **Bring or buy lunch**</li> </ul>	<b>All Day Option</b>  \$5.00	

## Tuesday Activities





<b>Tuesday Morning – Choose One</b>			 chosen activity
	<b>TRAIL BLAZERS – Explore Our Local Community</b> <ul style="list-style-type: none"> <li>Explore our local community, local Op Shops and other exciting destinations! Great finds to discover for your art projects. Work on your money management, travel training and independence in the community. This program is community based or offered 1:1.</li> </ul>	No cost	
	<b>C Z Sensory Room at the HUB **NEW PROGRAM**</b> <ul style="list-style-type: none"> <li>Welcome to the C Z Sensory Room new at the HUB in 2022. Explore and discover all things sensory. This program will encourage and engage customers. Be part of the new activities on offer in the CZ Sensory Room.</li> </ul>	\$3.00	

**AND**




<b>Tuesday Afternoon – Choose One</b>			 chosen activity
	<b>TRAIL BLAZERS – Explore our local community</b> <ul style="list-style-type: none"> <li>Explore our local community, local Op Shops and other exciting destinations! Great finds to discover for your art projects. Work on your money management, travel training and independence in the community. This program is community based or offered 1:1.</li> </ul>	No Cost	
	<b>ASDAN – Cooking</b> <ul style="list-style-type: none"> <li>12 week Program. Learning new skills to plan, shop and create your meals for yourself and your friends. Ste by step cooking program to get you confident in the kitchen</li> </ul>	\$ 10.00	

**OR – choose the All Day activity below**




<b>All Day – Option – Choose One</b> <b>COCA Programs – ALL DAY - Options - Half day option available 9 to 12 or 12 to 3</b> *Note* - (one off fee \$25.00 to cover ASDAN books and admin)			 chosen activity
	<b>Centre of Creative ARTS – PRINTING</b> <ul style="list-style-type: none"> <li>Explore and create different art projects</li> <li>Printing on cards, fabric, photo frames and paper design</li> <li>Many textures colours and themes to have fun with!</li> <li>Make and create for your family and friends</li> </ul>	<b>All Day Option</b>  \$5.00	





## Wednesday Activities

<b>Wednesday Morning – Choose One</b>			 chosen activity
	<b>HUB – MUSIC and CHOIR MORNING</b> <ul style="list-style-type: none"> <li>• Get ready to move and groove</li> <li>• Singing and dancing to all your favorite songs</li> <li>• Working with the facilitator to develop vocal sounds</li> <li>• Develop friendships and participate in turn taking</li> </ul>	\$3.00	
	<b>Meet the Crew at the ZOO – Walking Tour Group</b> <ul style="list-style-type: none"> <li>• Discover our local Botanical Gardens and Zoo</li> <li>• Fauna and Animals</li> <li>• Share morning tea with us on this tour</li> <li>• BYO food/ drinks or money for money tea</li> </ul>	No Cost	

**AND**



<b>Wednesday Afternoon – Choose One</b>			 chosen activity
	<b>Music, Movement and Meditation</b> <ul style="list-style-type: none"> <li>• Music and movement can make us feel great</li> <li>• Discover and combine your passion for music</li> <li>• Learn calming, relaxing meditation techniques</li> </ul>	\$3.00	
	<b>C.Z Sensory Room at the HUB **NEW PROGRAM**</b> <ul style="list-style-type: none"> <li>• Welcome to the C Z Sensory Room new at the HUB in 2022. Explore and discover all things sensory. This program will encourage and engage customers. Be part of the new activities on offer as in CZ Sensory Room.</li> </ul>	\$3.00	

**OR – choose the All Day activity below**



<b>COCA Programs - All Day – Option – Half day option available 9 to 12 or 12 to 3</b>			 chosen activity
	<b>Centre of Creative Arts – Creative Sound and Noise</b> <ul style="list-style-type: none"> <li>• Learn to use your voice as an instrument</li> <li>• Record your own sounds and noises to be used for a mixed CD</li> </ul>	<b>All Day Option</b> <b>\$5.00</b>	




## Thursday Activities

<b>Thursday Morning – Choose One</b>			✓ chosen activity
	<b>Hidden Treasures – All Things Up cycling</b> <ul style="list-style-type: none"> <li>• Create art and craft projects</li> <li>• Work with both natural and manmade items</li> <li>• Improve your art and crafting skills</li> </ul>	\$3:00	
	<b>Baker's Delight at the HUB – Morning Tea</b> <ul style="list-style-type: none"> <li>• Bake some treats for afternoon tea. Learn how to make simple snack foods to take out and about</li> </ul>	\$10.00	




**AND**

<b>Thursday Afternoon – Choose One</b>			✓ chosen activity
	<b>Meet the Crew at the ZOO – Walking Tour Group</b> <ul style="list-style-type: none"> <li>• Discover our local Botanical Gardens and Zoo</li> <li>• Fauna and Animals</li> <li>• Share morning tea with us on this tour</li> <li>• BYO food/ drinks or money for money tea</li> </ul> <p>Gentle form of exercise getting to build friendships</p>	\$3.00	
	<b>Baker's Delight at the HUB – Afternoon Tea</b> <ul style="list-style-type: none"> <li>• Bake some treats for afternoon tea. Learn how to make simple snack foods to take out and about</li> </ul>	\$10.00	




**OR – choose the All Day activity below**

<b>COCA Programs – All Day - Option – Half day option available 9 to 12 or 12 to 3</b>			✓ chosen activity
	<b>Centre of Creative Arts – PAINTING WITH SCISSORS.</b> <ul style="list-style-type: none"> <li>• Calling all lovers of scrapbooking and painting. This new program is a modern version of the two</li> <li>• Create a portfolio of work using different materials, colours, patterns and textures</li> <li>• Work on different themes for special occasions and create beautiful memories to display</li> </ul>	<b>All Day Option</b>  \$5.00	


## Friday Activities

<b>Friday Morning – Choose One</b>			 chosen activity
	<b>Centre of Creative Arts – Creative Cookery</b> <ul style="list-style-type: none"> <li>Learn how to bake a variety of goodies including bre</li> <li>Learn safe and hygienic kitchen practices</li> <li>Learn how to read and interpret recipes</li> </ul>	\$5.00	
	<b>Friday Fun Day!</b> <ul style="list-style-type: none"> <li>Friday afternoon – engage in our HUB games, movies and easy listening music</li> <li>Enjoy participating in our HUB facilities – share your afternoon tea among your friends. UNO, Bingo, Word search, Music Trivia</li> </ul>	No Cost	

**AND**

<b>Friday Afternoon – Choose One</b>			 chosen activity
	<b>Centre of Creative Arts – Creative Cookery</b> <ul style="list-style-type: none"> <li>Learn how to bake a variety of goodies including breads, cakes, biscuits and slices</li> <li>Learn safe and hygienic kitchen practices</li> <li>Learn how to read and interpret recipes</li> </ul>	\$5.00	
	<b>Friday Fun Day!</b> <ul style="list-style-type: none"> <li>Friday afternoon – engage in our HUB games, movies and easy listening music</li> <li>Enjoy participating in our HUB facilities – share your afternoon tea among your friends. UNO, Bingo, Word search, Music Trivia</li> </ul>	No Cost	

**OR – choose the All Day activity below**

<b>COCA Programs - All Day – Option – Half day option available 9 to 12 or 12 to 3</b> <b>*Note* - (one off fee \$25.00 to cover ASDAN books and admin)</b>	 chosen activity
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**ASDAN- Engaging with the world around me (People and Events)**

Do you like to be out and about in the community? Meeting new people? Have fun and work towards your ASDAN certificate.

\$10.00

## 2022 Rockhampton Hub Program Dates

**Hub closed on public holidays**



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Program 1		
	Start Date	End Date
Activity Program	Monday 4 January	Friday 26 March
Hub Closed	Australia Day, Tuesday 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 26 April Labour Day 2 May	

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

Program 3		
	Start Date	End Date
Activity Program	Monday 28 June	Friday 17 September
Hub Closed	Rockhampton Agricultural Show Thursday 9 <sup>th</sup> June 2022	

Program 4		
	Start Date	End Date
Activity Program	Monday 20 September	Friday 10 December
Hub Closed	Queen's Birthday Monday 4 October	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 13 December	Friday 17 December
Hub Closed	Monday 20 December – Tuesday 4 January 2023	

