

# Activity Programs

Adults

Endless opportunities for all.

2025





# Wellness Wednesday

**Inhale peace, exhale happiness.**

Enjoy a variety of mind and wellness activities structured to inspire healthy values in a fun, calming, and happy environment.

## Activity features

- Art and craft activities
- Sensory water play and swimming during summer
- Easy, friendly yoga
- Outings and day trips (nature walks and animal encounters)
- Peaceful planters (outing to the nursery for plant your own activities)
- Monthly themed outdoor adventures for wellness and grounding with BBQ / picnic lunches

**Start your adventure**

 [focal.org.au/groups](https://focal.org.au/groups)



 07 3812 2014

 [intake@focal.org.au](mailto:intake@focal.org.au)

## What you need to know

### Where

Meet at Mt Ommaney Hub  
1/76 Endeavour St, Mt Ommaney



### When

Every Wednesday  
9am - 2pm



### Ages

17+



### Activity Fees

\$35 per session  
Includes lunch  
*Refer to activity planner.*



### Support Ratio

Group support 1:2 or 1:3  
Individual support 1:1





# Gaming

## Get your game on!

Get fired up with some friendly competition. This program is for the gamers out there looking to socialize outside the online world. For the weekend warriors, we even have a Sunday session.


### Activity features

- Old and new school gaming
- Role playing games (Dungeons and Dragons)
- Strategy board games
- Themed movie marathons
- Gaming conventions (Comicon, Supernova)
- Access to Disney+
- Fantasy fiction and sci-fi reading and discussions
- Gaming tournaments and internal championships

### Start your adventure

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## What you need to know

### Where

Mt Ommaney Hub  
1/76 Endeavour St, Mt Ommaney



### When

Every Friday and Sunday  
9am - 3pm



### Ages

17+



### Activity Fees

\$5 per session

*Additional costs may apply. Refer to the activity planner.*



### Support Ratio

Group support 1:2  
Group support 1:3





# Life Skills

## Good food, great life.

Sharpen your skills in the kitchen and explore a variety of cooking techniques and cuisines. An activity that's all about boosting your independent living skills and getting your hands dirty.

A little bit of fun mixed with skills for life, you'll also learn important skills used in the hospitality industry.

### Activity features

- Start to finish menu planning and meal preparation
- Making healthy choices
- Effective team work
- Hazard and risk awareness

### Start your adventure

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 07 3812 2014

 [intake@focal.org.au](mailto:intake@focal.org.au)

### What you need to know

#### Where

North Ipswich Hub  
6 Canning St, North Ipswich



#### When

Every Monday & Friday  
9am - 3pm



#### Ages

17+



#### Activity Fees

\$10 per session

*Costs vary. Refer to activity planner.*



#### Support Ratio

Group support 1:2

Individual support 1:1





# Performing Arts

## Unleash the fun with acting, singing, and dancing!

Discover the magic of musical theatre and dance in our Performance Plus Program!

With a focus on singing, acting, dancing, and learning routines, students not only gain valuable skills but also grow in confidence.

Our supportive environment ensures that every student feels valued as they explore their artistic abilities.

Join us and unleash your talent, express yourself on stage, and experience the joy of performing. Elevate your skills, ignite your passion and shine brightly.


### Activity features

- Balance & posture
- Singing & dancing
- Performance & acting
- Meet new friends
- Teamwork
- Choreography

**Start your adventure**

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 [intake@focal.org.au](mailto:intake@focal.org.au)

### What you need to know

#### Where

**North Ipswich Hub**  
**6 Canning St. North Ipswich**



#### When

**Every Monday**  
**10am - 1pm**



#### Ages

**17+**



#### Activity Fees

**\$25 per session**



#### Support Ratio

**Group support 1:2**  
**Individual support 1:1**







# Social Club

## A little bit of this and that.

Whatever a great day means you, it can happen at Social Club. Spend time hanging out with good friends and have lots of big (and small) adventures.

Whether it's a trip to somewhere new or day in the hub, this is your day to be a social butterfly. You'll mix it up and get to try different activities from our most popular groups here at Focal.

### Activity features

- Art and craft
- Day outings
- Sports and ball games
- Music and dance
- Picnics and sharing food
- Social and emotional skills development

### Start your adventure

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## What you need to know

### Where

**North Ipswich Hub** ✓  
**6 Canning St, North Ipswich**

### When

**Every Monday and Tuesday** ✓  
**8.30am - 12pm**

### Ages

**17+** ✓

### Activity Fees

**\$5+ per session** ✓  
*Costs vary. Refer to activity planner.*

### Support Ratio

**Group support 1:2** ✓  
**Group support 1:3**



# Horizons

## Catering for complex needs.

Horizons provides centre-based catered to supporting individuals with more complex needs. We have a purpose-built space that is safe and welcoming where your loved one can explore, discover and grow.

The objective of this service is to facilitate access to a broad range of community-based activities with the right level of support.

### Activity features

- Art, craft, cooking and sensory activities
- Outings and excursions
- Social and emotional skills development
- Experienced and supportive staff

### Start your adventure

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## What you need to know

### Where

**North Ipswich Hub** ✓  
**6 Canning St. North Ipswich**

### When

**Every Monday, Tuesday,  
Wednesday, Thursday, Friday** ✓  
**8:30am - 4:30pm**

### Ages

**17+** ✓

### Activity Fees

**\$10+ per session** ✓  
*Costs may vary - refer to activity planner*

### Support Ratio

**1:1 Individual support - centre based** ✓  
**1:2 Group support - centre based complex**



# Creative Crafters

## Let your imagination run wild.

If you are a master crafter or enjoy making things using your head and your hands then you're in the right place.

Each week you will get to work on a new project and create your own woodwork and leatherwork masterpieces.


### Activity features

- Sharing ideas
- Discussing designs and planning as a team
- Costing, budgeting, measuring and purchasing
- Tool and equipment safety
- Working well with others

### Start your adventure

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### What you need to know

#### Where

North Ipswich Hub,  
6 Canning St, North Ipswich



#### When

Every Wednesday & Thursday  
9am - 12pm



#### Ages

17+



#### Activity Fees

\$5 per session

*Includes materials and refreshments*



#### Support Ratio

Group support 1:2 or 1:3  
Individual support 1:1







# Stepping Out Men

## Make the most of every day.

Get out and about, build your confidence and explore what's out there. This activity is community-based which means you'll go wherever the adventure takes you.

At Stepping Out, you and your friends are in control and decide what comes next.


### Activity features

- Community-based outings to fun and interesting places
- Variety of indoor and outdoor activities
- Social and life skills development

### Start your adventure

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### What you need to know

#### Where

Meet at North Ipswich Hub  
6 Canning St, North Ipswich



#### When

Every Tuesday, Friday  
9am - 4pm



#### Ages

17+



#### Activity Fees

\$30 per session

*Refer to activity planner*



#### Support Ratio

Group support 1:2 or 1:3

Individual support 1:1





# Stepping Out Ladies

## Make the most of every day.

Get out and about, build your confidence and explore what's out there. This activity is community-based which means you'll go wherever the adventure takes you.

At Stepping Out, you and your friends are in control and decide what comes next.


### Activity features

- Community-based outings to fun and interesting places
- Variety of indoor and outdoor activities
- Social and life skills development

### Start your adventure

 [focal.org.au/groups](https://focal.org.au/groups)



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### What you need to know

#### Where

Meet at North Ipswich Hub  
6 Canning St, North Ipswich



#### When

Every Tuesday  
9am - 4pm



#### Ages

17+



#### Activity Fees

\$30 per session  
*Refer to activity planner*



#### Support Ratio

Group support 1:2 or 1:3  
Individual support 1:1





# Art Cookies

## Let your imagination run wild.

Channel your inner artist while exploring different types of art such as painting, sketching, sculpting, drawing, and more.

Dive straight in and create your own artwork masterpieces, visit art galleries and much more.

### Activity features

- Build friendships and social connections
- Outings to arts venues like museums and art galleries
- Explore and practice a variety of art techniques
- Get crafty across a wide range of artistic mediums

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### What you need to know

#### Where

North Ipswich Hub  
6 Canning St, North Ipswich



#### When

Every Wednesday  
9am - 12pm



#### Ages

17+



#### Activity Fees

\$10 per session  
*Includes materials*



#### Support Ratio

Group support 1:2 or 1:3  
Individual support 1:1





# Photography

## Behind the lens.

Discover photography and get hands-on experience behind the lens. Meet others who share your interests, build friendships, capture and create together.

Each week carries a new theme and technical focus so you'll watch your skills evolve and visit lots of locations.

### Activity features

- Photography techniques
- Learn how to shoot, edit and share your work
- Build your own photographic portfolio
- Learn how to use filters and effects

### Start your adventure

 [focal.org.au/groups](https://focal.org.au/groups)



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 [intake@focal.org.au](mailto:intake@focal.org.au)

## What you need to know

### Where

#### In the community

*Drop off locations vary. Refer to activity planner.*

### When

#### Every Wednesday

9am - 3pm

### Ages

17+

### Activity Fees

\$25 per session

*Costs vary. Refer to activity planner.*

### Support Ratio

Group support 1:2

Individual support 1:1





# Basketball

## Bounce, pass, dribble and dunk.

Introducing the ultimate basketball league for all abilities!

Whether you're a seasoned player or just starting out, our basketball league is the perfect platform to enhance your skills and have a blast on the court.

With a strong focus on ball handling, push and pull techniques, teamwork, and building new friendships, we offer a unique experience that caters to everyone's need.

Join us and unlock your potential by learning the fundamentals of the game.

### Activity features

- Play in a team
- Meet new friends
- Learn new skills
- Ball handling
- Team coach
- Teamwork

***Start your adventure***

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### What you need to know

#### Where

Meet at North Ipswich Hub  
6 Canning St, North Ipswich



#### When

Every Wednesday  
9am - 12pm



#### Ages

17+



#### Activity Fees

\$20 per session



#### Support Ratio

Group support 1:2 or 1:3  
Individual support 1:1





# Dance Troupe

**Dance like nobody's watching.**

Lead by a qualified dance teacher you will be encouraged to push your limits, try new moves and shake it up.

As well as dancing just for fun, the troupe rehearses for the occasional performance in front of live audiences.

## Activity features

- Chance to learn from a trained dance teacher
- Discover multiple styles of dance
- Make special requests and master that one move you're dreaming about

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## What you need to know

### Where

**North Ipswich Hub** ✓  
**6 Canning St, North Ipswich**

### When

**Every Wednesday** ✓  
**4:30pm - 6:30pm**

### Ages

**17+** ✓

### Activity Fees

**\$5 per session** ✓

### Support Ratio

**Group support 1:2** ✓  
**Individual support 1:1**



# Film & Post Production

## Lights, camera, action!

If you have ever wanted to see your ideas brought to life or just love being in the spotlight, here's an activity with your name all over it!

Offering limitless opportunities and creative control, you don't need anything but an open mind to join the fun.


### Activity features

- Filmmaking techniques
- Editing films and clips with special effects
- Build your own film portfolio and enter filming contests
- Master interview techniques on both sides of the camera

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### What you need to know

#### Where

Meet at North Ipswich Hub  
6 Canning St, North Ipswich



#### When

Every Thursday  
9am - 3pm



#### Ages

17+



#### Activity Fees

\$15 per session

*Costs vary. Refer to activity planner.*



#### Support Ratio

Group support 1:2

Individual support 1:1





# Friday Night Fever

**Music, laughter, dinner and dancing.**

Sing your heart out, dance the night away and enjoy a meal with new and old friends alike. This activity is for anyone who loves to let their hair down.

Each night follows a different theme so you can plan your outfit to match. Just don't forget to wear your dancing shoes.

## Activity features

- Confidence boosting
- Chance to make new friends and catch up with old ones
- Casual environment
- Encourages an active and independent social life
- Includes a yummy dinner

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## What you need to know

### Where

North Ipswich Hub  
6 Canning St, North Ipswich



### When

Fortnightly on Friday  
5pm - 7:30pm



### Ages

17+



### Activity Fees

\$10 per session  
*includes dinner*



### Support Ratio

Individual support 1:1  
Group support 1:2 or 1:3  
(centre-based support)







# Karaoke Night Fever

## Sing Your Heart Out

Introducing the ultimate social event of the week, designed for making memories with new and old friends.

Whether you're a shower singer ready to shine or the life of the party, everyone is invited to take the stage. So grab the mic, let loose, and don't forget your dancing shoes for a night full of laughter and great music!


### Activity features

- Singing and dancing
- Boost confidence
- Chance to make new friends and catch up with old ones
- Casual environment
- Promotes an active and independent social life
- Dinner included

### Start your adventure

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### What you need to know

#### Where

North Ipswich Hub  
6 Canning St, North Ipswich



#### When

Fortnightly on Friday  
5pm - 7:30pm



#### Ages

17+



#### Activity Fees

\$10 per session  
*includes dinner*



#### Support Ratio

Individual support 1:1  
Group support 1:2 or 1:3  
(centre-based support)





# Fish and Tips

## Wishing you were fishing?

Get ready for the great outdoors and come learn about all things fishing! Whether you're just getting into fishing or have been at it for years, this program is the place for you.

Learn how to catch fish with patience & which fish are swimming in your area. Once you have covered the basics, you might join the crew on an occasional camping and fishing trip.


### Activity features

- Fishing rod and reel safety
- Learn how to fillet and cook your catch
- The basics of casting skills, choosing bait, hooks and fishing line

### Start your adventure

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## What you need to know

### Where

**North Ipswich Hub** ✓  
6 Canning St, North Ipswich

### When

**Every Friday** ✓  
**1pm - 4:30pm**

### Ages

**17+** ✓

### Activity Fees

**\$12 per session** ✓  
*BYO lunch*

### Support Ratio

**1:2 Group support - community** ✓  
**1:1 Individual support**