2022 Aspley Hub Activity Program 4 Catalogue

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HIGH NEEDS DISABILITY SUPPORT

2022 Aspley Hub Activity Program 4 Catalogue

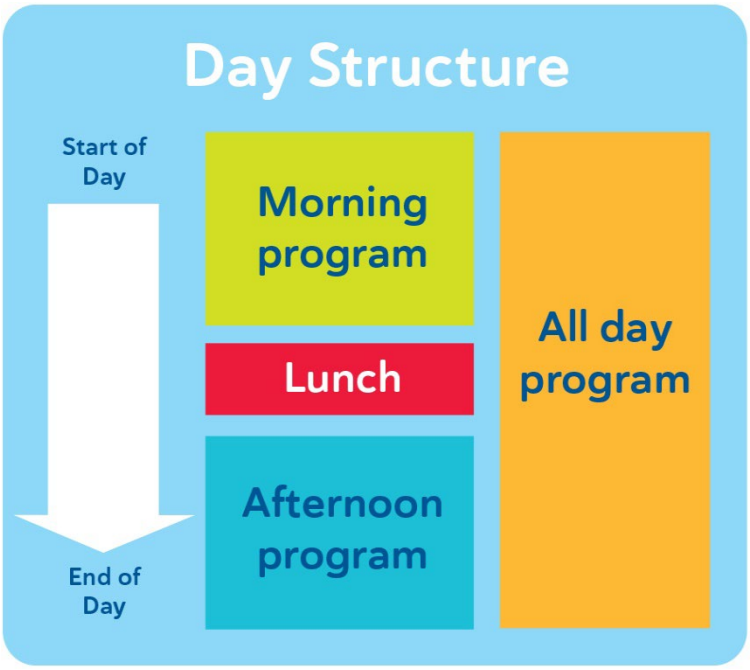
Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the Aspley Hub, and we hope you enjoy what we have in store.

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 Merv Roberts 0409326707 or return it to Aspley Hub by 19 Aug 22.
- 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 31533046.
- 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 Merv Roberts 0409326707

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Hub Activity Program Goal Reference Guide

To support you in being able to identify activities in the Program Catalogue that will support you to achieve your individual goals we have added an icon/s to each activity so you can easily identify what core goals the activity is designed to support you to achieve.

A maximum of 3 core goals can be shown even though some activities may support you to achieve more than 3 goals. Those identified are the core goals that the activity supports.

If you are unsure of what goal an icon relates to then please refer to the below list which will allow you to identify the related goal and icon.

Icon	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

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Monday Activities

Morning – Choose One				✓ chosen activity
	Beading Group 9am-12pm **Zillmere Neighbourhood Centre** **Max 6 Attendees** Customers will learn the art of beading, creating their own master pieces such as bracelets. Necklaces and other creative master pieces. (KM's to & from Venues invoiced as per Schedule of Supports) **Goals to achieve:**			$10 to cover beads/instruction	
	Goal #1	Goal #2	Goal #3		
	Hub Adventures around the world. **9am-12pm On Site.** Watch and learn via You Tube the beautiful countries around the world. Scrap book your findings make large posters and learn about international cuisine with cooking basic recipes from that country. **Goals to achieve:**			No Cost	
	Goal #1	Goal #2	Goal #3		

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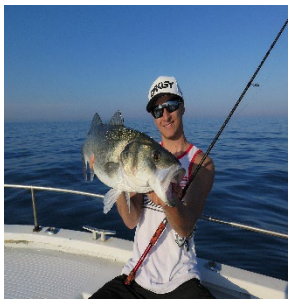
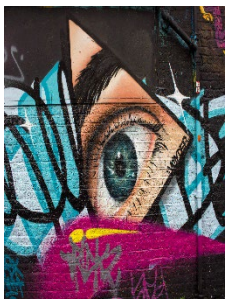
Lunch 12pm – 1pm

Afternoon – Choose One					✓ chosen activity
	Gardening 1pm-3pm On Site Grow your own veggies, plants and flowers. Enjoy the fruits of your labour, the colours of the flowers. **Goals to achieve:**			No cost	
	Goal #1	Goal #2	Goal #3		
	Ten Pin Bowling 1pm–3pm Aspley Bowling Club Try your luck, bring out your competitive streak with a big strike. (KM's to & from Venues invoiced as per Schedule of Supports) **Goals to achieve:**			$7	
	Goal #1	Goal #2	Goal #3		

OR – choose one All Day activity below

All Day – Choose One					✓ chosen activity
	**Fishing & Lunch 9am–3pm. Pre-selected venues** Can you snare the big one ?,Try your luck. (Fishing Gear supplied) Max 6 attendees. (KM's to & from Venues invoiced as per Schedule of Supports) *Bring or buy lunch** **Goals to achieve:**			$15	
	Goal #1	Goal #2	Goal #3		

Tuesday activities

Morning – Choose One					✓ chosen activity
	**Artrageous Creative Arts Community Deagon 9am-12pm** Socialise with your friends in this gathering enjoying a cuppa and biscuits and being creative with help from experienced arts facilitators (KM's to & from Venues invoiced as per Schedule of Supports) **Goals to achieve:**			$10	
	Goal #1	Goal #2	Goal #3		
	ASDAN-Meal Prep & Cooking Introduction 9am -12pm Learn new culinary skills & develop your existing ones while making some tasty treats with Multicaps ASDAN Introductory Cooking Course. **Goals to achieve:**			$5	
	Goal #1	Goal #2	Goal #3		

Lunch 12pm – 1pm

Afternoon – Choose One					✓ chosen activity
	Visit to the local library 1pm-3pm Max 6 Attendees Visit the local library and gain knowledge about any subject you choose through books, and videos. **Goals to achieve:**			No Cost	
	Goal #1	Goal #2	Goal #3		
	Movie Appreciation On Site 1pm–3pm Members will choose as a group each week a movie from our Netflix Library and have a discussion around the movie. **Goals to achieve:**			No Cost	
	Goal #1	Goal #2	Goal #3		

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OR – choose one All Day activity below

All Day – Choose One					✓ chosen activity
	Lord Mayors Concert. Brisbane City Hall 9am–3pm variety of entertainers belt out their hits from classical to rock/pop concert is free: Travel training incorporated and enjoy walk through the shops and lunch. **Require companion card/Go card.** (KM's to & from Venues invoiced as per Schedule of Supports) **Goals to achieve:**			$10	
	Goal #1	Goal #2	Goal #3		

Wednesday activities

Morning – Choose One					✓ chosen activity
	Music Therapy: 9am to 1230pm Booked sessions On Site A research based practice which assists customers to reach functional goals such as communication, self-regulation and interactive skills. Minimum no of customers is needed for program to occur. **N.B Those choosing Music Therapy may not be able to select all day outing due to timing constraints.** Please ensure that you have adequate funding in Customers Capacity Building-Improved Daily Living category in your NDIS Plan **Goals to achieve:**			As per Schedule of supports	
	Goal #1	Goal #2	Goal #3		
	Karaoke Sing and dance day 9am-12pm On Site Belt out your favourite songs and dance to the rhythm **Goals to achieve:**			No Cost	
	Goal #1	Goal #2	Goal #3		
	ASDAN Photography On Site 9am–12pm Get your camera ready as you go on a journey of discovery to learn all about the world of photography (KM's to & from Venues invoiced as per Schedule of Supports) **Goals to achieve:**			$5	
	Goal #1	Goal #2	Goal #3		

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Lunch 12pm – 1pm

Afternoon – Choose One					✓ chosen activity
	Ten Pin Bowling 9am-12pm Aspley Bowling Club Maximum 6 attendees Try your luck, bring out your competitive streak with a big strike. (KM's to & from Venues invoiced as per Schedule of Supports) **Goals to achieve:**			$7	
	Goal #1	Goal #2	Goal #3		
	Indoor games finishing with a leisurely walk across the park to finish the afternoon. 1pm-3pm On Site Outwit each other with a vast array of indoor games and enjoy a walk to wind down across the road at the park. **Goals to achieve:**			No Cost	
	Goal #1	Goal #2	Goal #3		

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OR – choose one All Day activity below

All Day – Choose One					✓ chosen activity
	COCA – Painting and Sculpture 9am-3pm Aspley Hub Learn how to create 3D sculpture projects using paper mache, cardboard and other materials. Decorate with paint and objects to give character to your sculpture. Once completed work in groups to create a story about their adventures. Learn how to make short animated movies to bring your creations to life. **Goals to achieve:**			$5	
	Goal #1	Goal #2	Goal #3		
	Kedron Wavell Service Club 9am-3pm Enjoy playing bingo, listening to great entertainers and dancing to their songs. Enjoy lunch and catching up with friends. (KM's to & from Venues invoiced as per Schedule of Supports) **Goals to achieve:**			$20	
	Goal #1	Goal #2	Goal #3		

Thursday activities

Morning – Choose One					✓ chosen activity
	Café Surfing/ Flora & Fauna Walk 9am–12pm Visit various Café's each week to sample their morning teas, learn how to place orders and pay for them. (This will be limited to small portions as lunch will be had on return to the Hub) Followed by a gentle walk through pre-selected parks/beach. (KM's to & from Venues invoiced as per Schedule of Supports) **Goals to achieve:**			$10	
	Goal #1	Goal #2	Goal #3		
	Yoga/Arts & Craft 9am–12pm Learn the art of unwinding while listening to the soothing relaxing music in the background. Facilitated by our very own Yoga master: Yogi. Challenge your creative mind with jewelry making, water painting and other types of arts & craft. **Goals to achieve:**			No Costs	
	Goal #1	Goal #2	Goal #3		

Lunch 12pm – 1pm

Afternoon – Choose One					✓ chosen activity
	Bingo 1pm–3pm Who will win today and get a small prize, try your luck with our bingo sessions. **Goals to achieve:**			No Cost	
	Goal #1	Goal #2	Goal #3		
	Beach Walk 1pm–3pm Enjoy the breeze as you stroll along our famous beach foreshores, gaining gentle exercise as you go. (KM's to & from Venues invoiced as per Schedule of Supports) **Goals to achieve:**			No Cost	
	Goal #1	Goal #2	Goal #3		

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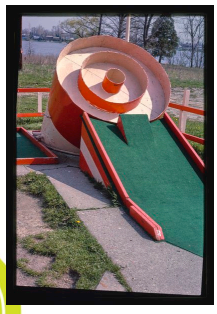
OR – choose one All Day activity below

All Day – Choose One					✓ chosen activity
	Environmental/Historical Park visits. **9am–3pm** (List of venues will be developed if enough interest is shown. Max 6 attendees) **Req Companion Card** Each week customers will visit a different park to learn about our wildlife habitat and flora/fauna. They will also visit points of interest such as historical sites to learn about our past, collect stickers and brochures for their scrap books. *Bring or buy lunch* (KM's to & from Venues invoiced as per Schedule of Supports) **Goals to achieve:**			$10 plus lunch	
	Goal #1	Goal #2	Goal #3		

Friday activities

Morning – Choose One					✓ chosen activity
	Flora/Fauna Walk 9am–12pm Learn about the plants, touch and smell, feel the different textures of the different plants that are on offer. Enjoy the different species of birdlife and other native creatures that live in our parks. (KM's to & from Venues invoiced as per Schedule of Supports) **Goals to achieve:**			No cost	
	Goal #1	Goal #2	Goal #3		
	Hub Adventures around the world. 9am–12pm On Site. Watch and learn via You Tube the beautiful countries around the world. Scrap book your findings make large posters and learn about international cuisine with cooking basic recipes from that country. **Goals to achieve:**			No Cost	
	Goal #1	Goal #2	Goal #3		

Lunch 12pm – 1pm

Afternoon – Choose One					✓ chosen activity
	Basic baking: 1pm–3pm Learn how to bake biscuits and scones etc. Enjoy the fruits of your labor **Goals to achieve:**			No cost	
	Goal #1	Goal #2	Goal #3		
	**Putt Putt Golf with Morning Tea. Deception Bay Golf Club. 1pm–3pm** Enjoy some morning tea with your friends followed by a round of golf. (KM's to & from Venues invoiced as per Schedule of Supports) **Goals to achieve:**			$25	
	Goal #1	Goal #2	Goal #3		

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OR – choose one All Day activity below

All Day – Choose One					✓ chosen activity
	BBQ & Ball Games at Local Parks. 9am–3pm Show your ball skills, using your hands and feet, shoot hoops at the basket ball ring. Kick the soccer ball to each other then enjoy a relaxed BBQ lunch followed by a leisurely walk through the park to wind down before returning to the hub. (KM's to & from Venues invoiced as per Schedule of Supports) **Goals to achieve:**			No cost	
	Goal #1	Goal #2	Goal #3		

2022 Aspley Hub Program Dates

Office Opens 4 January 2022 | **Hub closed on public holidays**

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 29 March	Friday 18 June
Hub Closed	Good Friday 2 April Easter Monday 5 April Anzac Day Holiday 26 April Labour Day 3 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	EKKA Show Day, Wednesday 11 August	

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	

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