



2022 Capalaba Hub Activity Program 4 Catalogue

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

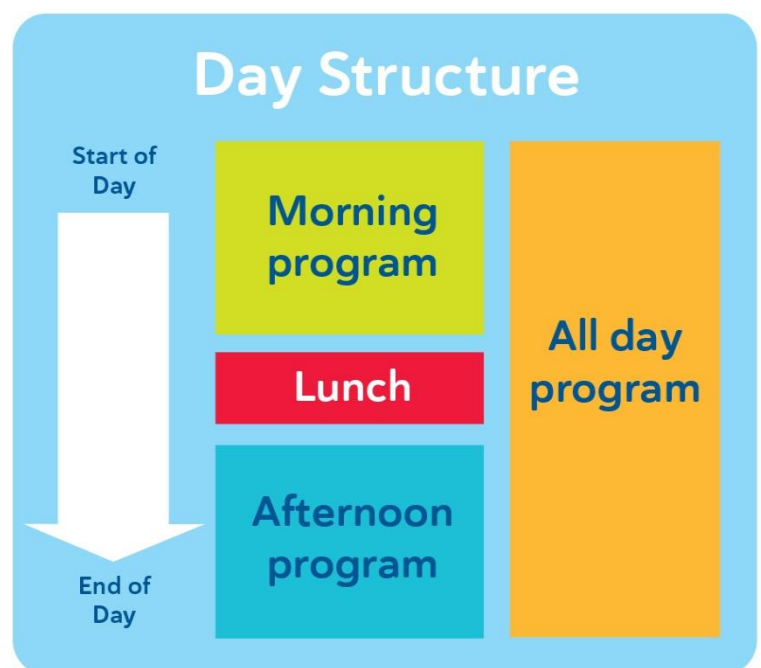
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 **07 3390 1758** or return it to **leah.bennett@multicap.org.au** by 26th August 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 3390 1758**.
- 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 **07 3390 1758**.
















Hub Activity Program Goal Reference Guide



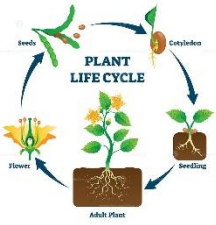
To support you in being able to identify activities in the Program Catalogue that will support you to achieve your individual goals we have added an icon/s to each activity so you can easily identify what core goals the activity is designed to support you to achieve.

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





Monday Activities

Morning – Choose One			✓ chosen activity
	Making Music Playing instruments, singing at the top of your lungs and making sounds with your hands and feet. Let's create a musical performance. This activity will also include morning tea in the park to listen to all the different sounds whilst outside. Goals to achieve:	No cost	
	<div>Goal #1</div> <div>Goal #2</div> <div>Goal #3</div>		
	Capalaba Cooking Whether learning new kitchen skills or brushing up on the old ones. This class will help you create a masterpiece. This will help you develop hand-eye coordination, fine motor skills. It will also teach you how to follow a recipe and shop for the ingredients Goals to achieve:	\$7	
	<div>Goal #1</div> <div>Goal #2</div> <div>Goal #3</div>		
	Nature talks Learning everything about nature. How flowers and plants grow. Making our own little garden to look after and nurture. Goals to achieve:	\$2	
	<div>Goal #1</div> <div>Goal #2</div> <div>Goal #3</div>		













AND

Afternoon – Choose One			✓ chosen activity
	Walk it Out This program is for those who like to keep active and get out and about. Take a nice morning walk and enjoy the fresh air and sunshine. Goals to achieve:	No cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Get Snapping – Photography Group Ready, Set, Snap! Photographers can venture out to different locations and take necessary equipment to get the perfect shot. At the end of the 12 weeks, showcase your photo library and take home a photo book.	\$5	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Sensory Session Take advantage of our music library and enhance our inner mental and physical wellbeing. Stimulate the ears through music. Feel your way through our discovery boards. Goals to achieve:	No Cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		









OR – choose an All Day activity below

All Day			✓ chosen activity
	COCA – Printing This module will create beautiful designs from a range of printing surfaces including natural materials and then stencils and printing blocks. Create your own print plate using foam or lino for printing on paper or fabric. You will use these prints on bags and other fun items!	\$3	
	Goals to achieve: <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		





Tuesday activities

Morning – Choose One				✓ chosen activity
	Community Choir Multicap supports you to participate in a choir group in our local area. The programs with can learn new songs and different ways to sing them aloud. You will also have the opportunity to perform live on stage. Goals to achieve:	\$7		
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>			
	Explore the Library / Play Games – Alternate Weeks Spend the morning at Capalaba Library. You can explore your favourite topics in books and magazines. You can even use the computers that are available to do research on your favourite topic. If you have a library card, you can even borrow the books and take them home. Goals to achieve:	No Cost		
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>			
	Walking Group – Park Fitness and Fun This program is for those who like to keep active and get out and about. Take a nice morning walk and enjoy the fresh air and sunshine. Walk to the outdoor Gym. Goals to achieve:	No Cost		
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>			













AND

Afternoon – Choose One				✓ chosen activity
	Dining Out Our dining out program will support you to explore restaurants in the local community and enjoy a meal with your friends. Goals to achieve:		Cost of meal and drink	
	 Goal #1	 Goal #2	 Goal #3	
	Art made easy Create your own magical world using art. Scrapbooking, tie-dyeing shirts or even canvas painting and drawing. Options are endless. Goals to achieve:		\$20 one off fee	
	 Goal #1	 Goal #2	 Goal #3	







OR – choose one All Day activity below

All Day				✓ chosen activity
	Model Building and Lego Let's show our creative side and build our masterpiece from Meccano sets, Lego sets or even modelling Clay that are available in the hub. You will also have the opportunity to visit Coffee N Bricks as part of the program. (This will incur a cost of \$10 plus coffee) Goals to achieve:		No cost	
	 Goal #1	 Goal #2	 Goal #3	




Wednesday activities

Morning – Choose One			✓ chosen activity
	Dancercise Multicap will support you to “Here’s to Life” service in Cleveland. This program will enable you to socialize and met new people in the Dance program. You will be able to participate in a range of fun activities that will work on improving your overall health and fitness Goals to achieve:	\$12	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Movie Mania Members will choose as a group each week a movie from our Netflix or Disney Library and have a discussion around the movie, as well as fun quizzes about the chosen movie. Goals to achieve:	\$2	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Group Bingo Enjoy a few social games of bingo in the hub. Brush up on your Bingo Lingo and have the opportunity to prizes. Goals to achieve:	No Cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		













AND

Afternoon – Choose One				✓ chosen activity
	Move your Muscles Take a walk to the local park or the outdoor gym at Capalaba Regional Park for a great outdoor fitness workout. Goals to achieve:		No Cost	
	 Goal #1	 Goal #2		
	Team Building Activities At Capalaba, our Team Building exercises are here to help everyone step outside their comfort zone. Improve communication and leadership skills. Help build friendships with one another. Goals to achieve:		No Cost	
	 Goal #1	 Goal #2		









OR – choose one All Day activity below

All Day				✓ chosen activity
	Customised program to suit individual needs Customers can choose their own center based activity for the day. Anything from Arts, crafts, music, dancing or even singing		\$2	
	 Goal #1	 Goal #2		





Thursday activities

Morning – Choose One				✓ chosen activity
	Sailability (Alternative Weeks) Sailing program allows you to have the opportunity to sail in dinghies or a Yacht. Available for people with different needs including the use of wheelchairs and walkers. Sailability is only offered fortnightly upon booking. The alternate fortnights will be swimming in some of local pools Goals to achieve:			\$7
	 Goal #1	 Goal #2	 Goal #3	
	Seascape Adventures Visit our local waterway and find out what animals might live in the water. Where the water might travel to. You will visit different local areas, beaches, creeks and rivers.			No Cost
	 Goal #1	 Goal #2	 Goal #3	
	Papier Mache' Project Get our creative side on by making a paper Mache' project of an upcoming event. Add to the project each week and then eventually paint the project to make our masterpiece. Goals to achieve:			\$2
	 Goal #1	 Goal #2	 Goal #3	













AND

Afternoon – Choose One			✓ chosen activity
	Sensory Session Take advantage of our music library and enhance our inner mental and physical wellbeing. Stimulate the ears through music. Feel your way through our discovery boards. Goals to achieve:	No Cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Get Snapping – Photography Group Ready, Set, Snap! Photographers can venture out to different locations and take necessary equipment to get the perfect shot. At the end of the 12 weeks, showcase your photo library and take home a photo book. Goals to achieve:	\$5	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		









OR – choose one All Day activity below

All Day			✓ chosen activity
	Urban Discovery Our urban discovery activity takes us to our local attractions. Let's us enjoy our local community and discover new places along the way. Goals to achieve:	Cost varies each week	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		




Friday activities

Morning – Choose One				✓ chosen activity
	Dance Fever Dancing to different music. Express yourself through movement. Choose a different dance each week.			No cost
	Goals to achieve:  Goal #1	 Goal #2	 Goal #3	
	Game On Learn different games at the centre. Challenge your friends to some of our most popular board games! Our Game Day program will enable you to spend a bit of time with friends whilst learning new things			No Cost
	Goals to achieve:  Goal #1	 Goal #2	 Goal #3	
	Lunch Club Enjoy lunch at any of the local restaurants, clubs. It will be a group's choice!			\$15
	Goals to achieve:  Goal #1	 Goal #2	 Goal #3	

AND

Afternoon – Choose One				<div>✓</div> <div>chosen activity</div>
	<div>Movie Appreciation</div> <div>Members will choose as a group each week a movie from our Netflix Library and have a discussion around the movie.</div> <div>Goals to achieve:</div>			No Cost
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>	
	<div>Bake a treat</div> <div>Show us your cooking talents. Bake a treat for afternoon tea.</div> <div>Goals to achieve:</div>			\$5
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>	

OR – choose one All Day activity below

All Day			<div>✓</div> <div>chosen activity</div>
	<div>Customised program to suit individual needs</div> <div>Customers can choose their own center based activity for the day. Anything from Arts, crafts, music, dancing or even singing</div>	\$2	
	Goals to achieve:		
	<div></div> <div>Goal #1</div>		<div></div> <div>Goal #2</div>

2022 [Location] 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	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	

