



# 2022 Kuraby Hub Activity Program 4 Catalogue

# 2022 Kuraby Hub Activity Program 2 Catalogue

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

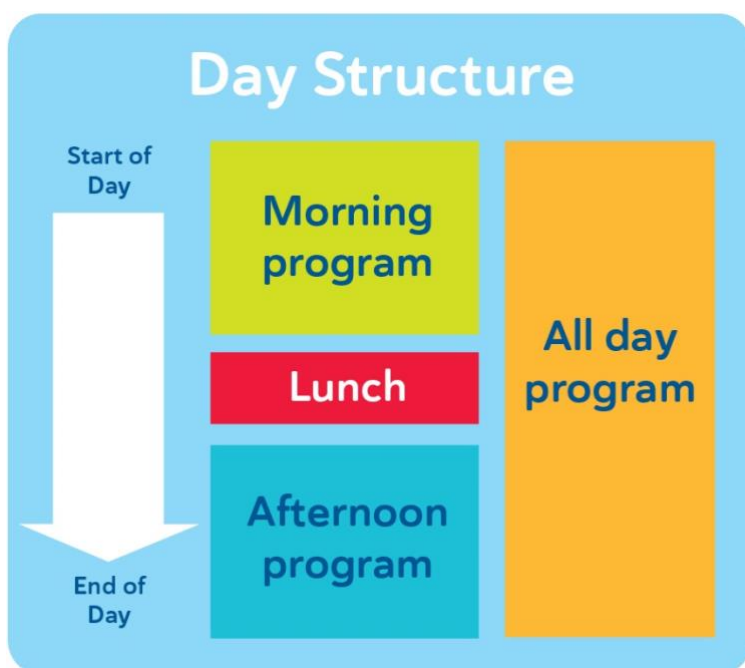
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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) 3423 2707 or return it to Kuraby Hub by Monday 29<sup>th</sup> 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) 3423 2707 or 0408 400 568
- 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 Joselyn Pugin on 0408 400 568.
















# 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
	<b>Danceability</b> Get down and get your groove on in Danceability! A program that caters for everyone where you can dance to the beat, play musical instruments and sing along to your favourite tunes. <b>Goals to achieve:</b>	No cost	
	<div>            Goal #1         </div> <div>            Goal #2         </div>		
	<b>Save our Planet</b> Attention all green thumbs! Get involved in maintaining Kuraby's Herb and veggie garden, help create and maintain our worm farm and get on board with recycling containers for change. Every little bit helps to save our planet! <b>Goals to achieve:</b>	No cost	
	<div>            Goal #1         </div> <div>            Goal #2         </div>		
	<b>Sip N Shop</b> Head out to the local shops for a browse and sit down for a cuppa and cake with your friends. *shared kilometer charges for transport <b>Goals to achieve:</b>	Cost of Purchase	
	<div>            Goal #2         </div> <div>            Goal #3         </div>		










## AND

Afternoon – Choose One			✓ chosen activity
	<b>Karaoke Klub</b> Sing and dance to all your old favourites in Kuraby's Karaoke Klub! <b>Goals to achieve:</b>	No cost	
	<div>            Goal #1         </div> <div>            Goal #2         </div>		
	<b>Numeracy and Literacy</b> Learn while having fun in our Numeracy and Literacy based program. Explore letters and numbers by playing online games, participating in fun activities and incorporating letters and numbers for real life situations. <b>Goals to achieve:</b>	No Cost	
	<div>            Goal #1         </div> <div>            Goal #2         </div>		
	<b>Movies@Kuraby</b> Each week the group chooses a movie from our selection of fun and family flicks while sharing their own reviews with friends. <b>Goals to achieve:</b>	No Cost	
	<div>            Goal #1         </div> <div>            Goal #2         </div>		










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

All Day – Choose One			 chosen activity
	<b>ASDAN Makeables Tingalpa Employment Program</b> Learn vital skills for working within Makeables that can be used in the future to help gain employment. **Bring lunch** ** Shared kilometer charge for driving**		\$25.00 once off registration fee (new ASDAN customers) \$10.00 for the certificate
	Goals to achieve: <div>                      Goal #1                 </div>	<div>                      Goal #2                 </div>	

## Tuesday activities










Morning – Choose One			✓ chosen activity
	<p><b>Scan n Shop</b></p> <p>Purchase, pick and pay for products from our Kuraby Hub grocery list. Improve your money handling skills, community integration and independence by heading out to the local supermarket and shopping with friends.</p> <p>*shared kilometer charges for transport</p> <p><b>Goals to achieve:</b></p> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> </div>	No cost	
	<p><b>Centre of Creative Arts (COCA)</b></p> <p>Watercolour Painting</p> <p>This module will develop participants skills in watercolour painting techniques through experimenting with colours and applying to different surfaces.</p> <p>The sessions will use special watercolour paper and paints to create new effects and compositions that all participants will enjoy!</p> <p><b>Goals to achieve:</b></p> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> </div>	\$2	
	<p><b>Wii Games, Ipad activities or Laptop Games</b></p> <p>Have fun while improving your fitness and balance or challenge your brain with online games.</p> <p><b>Goals to achieve:</b></p> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> </div>	No Cost	

## AND










Afternoon – Choose One			✓ chosen activity
	<b>Movies@Kuraby</b> Each week the group chooses a film from our selection of fun and family flicks while sharing their own reviews with friends. <b>Goals to achieve:</b>	No Cost	
	<div>            Goal #1         </div> <div>            Goal #2         </div>		
	<b>Yoga and Creative Movement</b> Be part of a relaxing afternoon of stretching, movement and enjoying music. The group will learn new techniques in using their body to create shapes and respond to rhythm. The module will include opportunities for creative dance and participants can choose their own music for special movement exercises. <b>Goals to achieve:</b>	No Cost	
	<div>            Goal #1         </div> <div>            Goal #2         </div>		
	<b>Walkaholics</b> Count your steps and get close to nature. In our walkaholics program customers can explore nature at some of our beautiful local parks and walking tracks. *shared kilometer charges for transport <b>Goals to achieve:</b>	No Cost	
	<div>            Goal #1         </div> <div>            Goal #2         </div>		












## Wednesday activities

Morning – Choose One			✓ chosen activity
	<p><b>Let's Bake</b></p> <p>Get ready to get your bake on! Bake a new and delicious treat each week while learning new skills and tasting new things.</p> <p><b>Goals to achieve:</b></p> <div> <div>  Goal #1 </div> <div>  Goal #2 </div> </div>	Cost of Grocery Purchase	
	<p><b>Chill Out Spa – Mind and Body</b></p> <p>Give your body time out for a relaxing foot spa and indulge your spirit and soul with fragrant experiences and calming music in Chill out spa – Mind and Body.</p> <p><b>Goals to achieve:</b></p> <div> <div>  Goal #1 </div> <div>  Goal #2 </div> </div>	\$2	
	<p><b>Swimming</b></p> <p>This is a great program for customers of all abilities. Participate in a range of different water-based exercises and get fit while having fun with your friends.</p> <p><b>Goals to achieve:</b></p> <div> <div>  Goal #1 </div> <div>  Goal #2 </div> </div>	\$5.10	










## AND

Afternoon – Choose One			✓ chosen activity
	<b>Picnic in the Park</b> Gather your friends, get out the ball games and head to the park for a Picnic. Visit a different local park each week for lunch, don't forget to BYO lunch. *shared kilometer charges for transport <b>Goals to achieve:</b>	No Cost	
	<div>            Goal #1         </div> <div>            Goal #2         </div>		
	<b>Stimulate your Senses</b> Activate your touch, taste, smell, sight and sound. This program will help to engage customers with their surroundings while creating a calm and relaxing environment. Sensory activities facilitate discovery and naturally encourage the use of scientific processes. <b>Goals to achieve:</b>	\$2	
	<div>            Goal #1         </div> <div>            Goal #2         </div>		
	<b>Board Games</b> Challenge yourself against your mates and show your skills at UNO, Connect 4, Snakes and Ladders or Guess Who! <b>Goals to achieve:</b>	No Cost	
	<div>            Goal #1         </div> <div>            Goal #2         </div>		

## Thursday activities

Morning – Choose One			✓ chosen activity
	<b>Book Worms</b> Visiting the Logan North Library's Accessibility Centre to overcome barriers to learning and discover new assistive technology and adaptive equipment in this sensory-friendly learning environment. *shared kilometer charges for transport <b>Goals to achieve:</b>	No cost	
	<div>            Goal #1         </div> <div>            Goal #2         </div>		
	<b>Crafty critters</b> A range of arts and crafts activities with a different theme each week. <b>Goals to achieve:</b>	\$2	
	<div>            Goal #1         </div> <div>            Goal #2         </div>		
	<b>Walkaholics</b> Count your steps and get close to nature. In our walkaholics program customers can explore nature at some of our beautiful local parks and walking tracks. *shared kilometer charges for transport <b>Goals to achieve:</b>	No Cost	
	<div>            Goal #1         </div> <div>            Goal #2         </div>		

## AND

Afternoon – Choose One			✓ chosen activity
	<b>Creation Dough</b> Make your own dough and let your imagination run wild creating playdough sculptures.	\$1	
	<b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> </div>		
	<b>Wii Games, Ipad activities or Laptop Games</b> Have fun while improving your fitness and balance or challenge your brain with online games.	No Cost	
	<b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> </div>		
	<b>Let's Bowl</b> Lace up your bowling shoes and hit the lanes for a game of ten pin bowling at Logan City Lanes. *shared kilometer charges for transport	\$7	
	<b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> </div>		












## OR – choose one All Day activity below

Music Therapy* – Choose One			 chosen activity
	<b>Music Therapy (morning session)</b> A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills.	As per NDIS agreement	
	<b>Music Therapy (afternoon session)</b> A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills.	As per NDIS agreement	










\*Please make sure that there is funding in Customer's Capacity Building - Improved Daily Living category in their NDIS plan.

\*\*Please contact Queenie at [queenien@multicap.org.au](mailto:queenien@multicap.org.au) at least 3 days prior to the day if you wish to cancel.





## Friday activities

Morning – Choose One			✓ chosen activity
	<b>Master Cook</b> Plan and prep your ingredients, learn new culinary skills and perfect your existing ones while making some tasty treats for you and your friends with Mastercook. No need to bring lunch as the meal prepared will be served for lunch. <b>Goals to achieve:</b>	Cost of Purchase	
	<div>            Goal #1         </div> <div>            Goal #2         </div>		
	<b>Workout Warriors</b> Commit to get fit! Have fun with your friends while improving your health and wellbeing. <b>Goals to achieve:</b>	No Cost	
	<div>            Goal #1         </div> <div>            Goal #2         </div>		
	<b>Paint N Sip</b> Gather with your friends and enjoy a refreshing mocktail, milkshake or cuppa while you let your creativity run wild and paint a masterpiece. Cost includes art supplies and beverages. <b>Goals to achieve:</b>	\$5	
	<div>            Goal #1         </div> <div>            Goal #2         </div>		

## AND

Afternoon – Choose One			✓ chosen activity
	<b>Karaoke Klub</b> Sing and dance to all your old favourites in Kuraby's Karaoke Klub!	No Cost	
	<b>Goals to achieve:</b> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> </div>		
	<b>Urban Discovery (Local Parks)</b> Explore some of our beautiful local parks and get back to nature. Perfect for customers with limited mobility to stretch and strengthen their muscles.	No Cost	
	<b>Goals to achieve:</b> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> </div>		
	<b>Movies@Kuraby</b> Each week the group chooses a film from our selection of fun and family flicks while sharing their own reviews with friends.	No Cost	
	<b>Goals to achieve:</b> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> </div>		

## OR – choose one All Day activity below

All Day – Choose One				✓ chosen activity
	<b>BBQ Beach Day</b> Spend the day at one of our beautiful local beaches, play games, take a walk, pick up lunch on the way and enjoy the sea breeze in the park. *shared kilometer charges for transport  **Buy lunch**  <b>Goals to achieve:</b>			Cost of Purchase
	 Goal #1	 Goal #2	 Goal #3	



# 2022 Kuraby 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 4th January 2022	Friday 25th March 2022
Hub Closed	Australia Day, Wednesday 26th January 2022	

Program 2		
	Start Date	End Date
Activity Program	Monday 28th March 2022	Friday 15th June 2022
Hub Closed	Good Friday 15th April 2022 Easter Monday 18th April 2022 Anzac Day Holiday Monday 25th April 2022 Labour Day Tuesday 3rd May 2022	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 20th June 2022	Friday 24th June 2022

Program 3		
	Start Date	End Date
Activity Program	Monday 27th June 2022	Friday 16th September 2022
Hub Closed	EKKA Show Day, Wednesday 10th August 2022	

Program 4		
	Start Date	End Date
Activity Program	Monday 19th September 2022	Friday 09th December 2022
Hub Closed	Queen's Birthday Monday 3rd October 2022	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 12th December 2022	Friday 16th December 2022
Hub Closed	Monday 19th December – Monday 2nd January 2023	

