



2023 Aspley Hub
Activity Program 1
Catalogue

2023 Aspley Hub Activity Program 1 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.

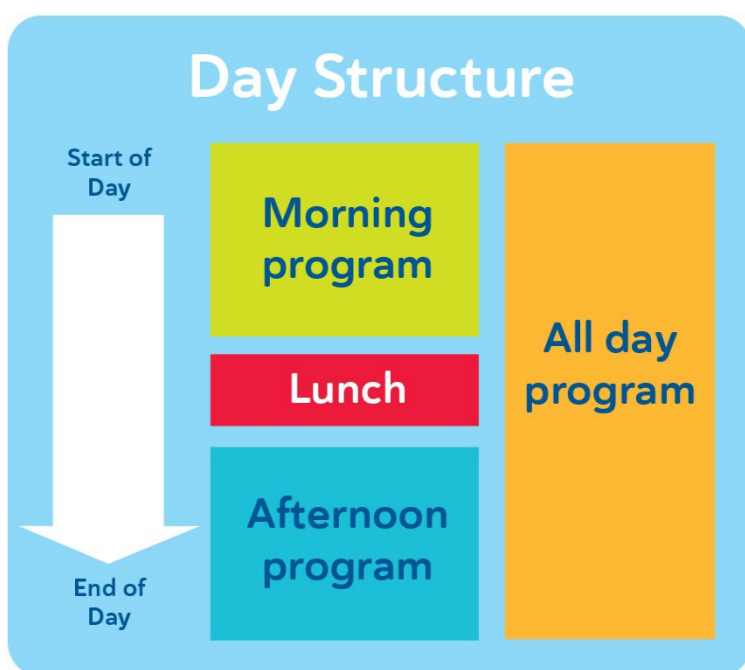
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 Aspley Hub 31533046 or return it to Aspley Hub by 18 Nov 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 31533046
















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
	<p>Movie Appreciation. On Site</p> <p>Members will choose as a group each week a movie from our Netflix Library and have a discussion around the movie.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	<p>No cost</p>	
	<p>Recreational Swimming Local Pool</p> <p>Stretch those muscles and have fun frolicking around in the pool.</p> <p>KM's to and from venue invoiced as per Schedule of Supports</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	<p>\$8</p>	
	<p>Beading Group Zillmere Neighbourhood Centre</p> <p>Learn the art of beading, creating your own master piece such as bracelets and necklaces and other creations.</p> <p>KM's to and from venue invoiced as per Schedule of Supports</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>	<p>\$10 to cover instruction/beads</p>	














AND

Afternoon – Choose One			 chosen activity
	<p>Walking Group Local beaches</p> <p>Members may choose different Beach Foreshores within local region to have a breezy walk.</p> <p>KM's to and from venue invoiced as per Schedule of Supports</p> <p>Goals to achieve:</p>	No cost	
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		
	<p>Gardening On site</p> <p>Have you got a green thumb? Grow your own plants such as some veggies enjoy the fruits of your labour</p> <p>Goals to achieve:</p>	No Cost	
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		
	<p>Tenpin bowling Aspley Bowling Club</p> <p>Try your luck, bring out your competitive streak with a big strike.</p> <p>KM's to and from venue invoiced as per Schedule of Supports</p> <p>Goals to achieve:</p>	\$8	
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		

OR – choose one All Day activity below

	<p>City Ventures Travel Training and City Cat</p> <p>Members will learn how to read a timetable. We will learn how to use a Go Card and how to put money onto the go card. You will enjoy the pleasure of a train ride or bus to the city followed by a city cat ride around Brisbane and a bit of sightseeing.</p> <p>Require Companion Card and GO Card</p> <p>KM's to and from venue invoiced as per Schedule of Supports</p> <p>Goals to achieve:</p>	<p>\$15</p>	
<p> Goal #1</p>	<p> Goal #2</p>		

Tuesday activities

Morning – Choose One			 chosen activity
	<p>Artrageous Creative Arts Community Deagon</p> <p>Socialise with your friends in this small gathering enjoying a cuppa and biscuits while creating your little master pieces with experienced arts facilitators.</p> <p>KM's to and from venue invoiced as per Schedule of Supports</p> <p>Goals to achieve:</p>	<p>\$10</p>	
 Goal #1	 Goal #2	 Goal #3	
	<p>Yoga On Site</p> <p>Learn the art of unwinding while listening to the soothing music in the back ground, facilitated by our very own Yoga Master YOGI.</p> <p>Goals to achieve:</p>	<p>Nil cost</p>	
 Goal #1	 Goal #2	 Goal #3	
	<p>Café Surfing/Nature walk Local Café's</p> <p>Visit various Café's each week, sample their morning teas, learn how to place orders and pay for them (This will be limited to small portions) Followed by a gentle walk in a pre-selected park.</p> <p>KM's to and from venue invoiced as per Schedule of Supports</p> <p>Goals to achieve:</p>	<p>\$15</p>	
 Goal #1	 Goal #2	 Goal #3	

















AND










Afternoon – Choose One			 chosen activity
	<p style="color: red; margin: 0;">Visit to local Library</p> <p>Join the local library gain knowledge about any subject you choose, borrow a video/book to watch at home KM's to and from venue invoiced as per Schedule of Supports</p> <p>Goals to achieve:</p>	\$5	
 Goal #1	 Goal #2	 Goal #3	
	<p style="color: red; margin: 0;">Walk the Wetlands Boondall wetlands</p> <p>Enjoy a relaxing walk, learning about our environment looking at the various types of Flora and fauna along with the birdlife KM's to and from venue invoiced as per Schedule of Supports</p> <p>Goals to achieve:</p>	Nil Cost	
 Goal #1	 Goal #2	 Goal #3	
	<p style="color: red; margin: 0;">In house bingo On site</p> <p>Who will win today and get a small prize? Try your luck with our very popular Bingo sessions.</p> <p>Goals to achieve:</p>	Nil Cost	
 Goal #1	 Goal #2	 Goal #3	

OR – choose one All Day activity below

	<p style="color: red; margin: 0;">ASDAN- Meal Prep and Cooking Introduction</p> <p>On site</p> <p>Learn new culinary skills & develop your existing skills while making some tasty treats with Multicaps ASDAN Introductory Cooking Course.</p> <p>Goals to achieve:</p>	\$5	
 Goal #1	 Goal #2	 Goal #3	











Wednesday activities

Morning – Choose One			✓ chosen activity
	<p>Lace Making 9am-1230pm Zillmere Neighbourhood Centre Max 6 attendees</p> <p>This new activity being offered will allow you to make your own lacework become creative with the help of experienced lacers.</p> <p>KM's to and from venue invoiced as per Schedule of Supports</p> <p>Goals to achieve:</p>	\$6	
			
	<p>Music Therapy As per Schedule of supports</p> <p>A research-based practise which assists customers to reach functional goals such as communication and interactive skills. Minimum number of customers required. N.B Those participating will unable to select an all-day activity due to time constraints.</p> <p>Goals to achieve:</p>	As per Schedule of supports	
			
	<p>Karaoke Sing N dance On site</p> <p>Belt out your favourite songs and dance to the rhythm</p> <p>Goals to achieve:</p>	Nil cost	
			
	<p>Hub Adventures Around the World On site</p> <p>Watch and learn via the You Tube the beautiful countries around the world. Challenge to make a flag of 10 countries for the walls.</p> <p>Goals to achieve:</p>	Nil cost	
			











Afternoon – Choose One			 chosen activity			
	Recreational Swimming Local Pool Stretch those muscles and have fun frolicking around in the pool. KM's to and from venue invoiced as per Schedule of Supports Goals to achieve:	 Goal #1	 Goal #2	 Goal #3	\$8	
	ASDAN Photography On site Get your camera ready as you go on a journey of discovery to learn all about the world of photography. KM's to and from venue invoiced as per Schedule of Supports Goals to achieve:					
	In house games and puzzles On site Challenge each other to a game of scrabble or scattegories, pick up sticks etc. Enjoy a laugh. Goals to achieve:	 Goal #1	 Goal #2	 Goal #3	Nil Cost	

OR – choose one All Day activity below














Wed

All Day – Choose One			 chosen activity
	<p>COCA Paint and Sculpture at Aspley Hub</p> <p>Learn how to create 3D sculpture projects using paper mache, cardboard and other materials. Decorate your work with paint and other items to give your work character. Once finished use your work to create a story.</p> <p>Goals to achieve:</p>	As per Schedule of Supports	
 Goal #1	 Goal #2	 Goal #3	
All Day – Choose One			 chosen activity
	<p>Kedron Wavell Services Club</p> <p>Enjoy playing Bingo, listening to great entertainers and dancing to their music. Enjoy lunch and catching up with friends.</p> <p>KM's to and from venue invoiced as per Schedule of Supports</p> <p>Goals to achieve:</p>	\$25	
 Goal #1	 Goal #2	 Goal #3	





Thursday activities

Morning – Choose One			 chosen activity
	Fishing and lunch Various locations Try your luck with a rod, hope to catch the big one from one of the many fishing spots around, then enjoy a bit of lunch nearby. KM's to and from venue invoiced as per Schedule of Supports Goals to achieve:		\$15
	 Goal #1	 Goal #2	
	Bingo and Music Redcliffe Dolphins Leagues Club For those who can't do Wednesdays: Enjoy playing Bingo, listening to great music and having fun with your friends. KM's to and from venue invoiced as per Schedule of Supports Goals to achieve:		\$15
	 Goal #1	 Goal #2	
	Movie Appreciation. On Site Members will choose as a group each week a movie from our Netflix Library and have a discussion around the movie. Goals to achieve:		Nil Cost
	 Goal #1	 Goal #2	










AND

Afternoon – Choose One			 chosen activity			
	<p>Flora & Fauna Walk Various parks</p> <p>Enjoy a leisurely walk around our local parks, gazing at the wonderful plants and birdlife on offer.</p> <p>KM's to and from venue invoiced as per Schedule of Supports</p> <p>Goals to achieve:</p>	 Goal #1	 Goal #2	 Goal #3	Nil Cost	
	<p>Gardening On site</p> <p>Have you got a green thumb? Grow your own plants such as some veggies enjoy the fruits of your labour</p> <p>Goals to achieve:</p>	 Goal #1	 Goal #2	 Goal #3	Nil Cost	
	<p>Basic Baking On site</p> <p>Attend the supermarket buy the ingredients and learn the basics of cooking scones and biscuits and enjoying them for afternoon tea.</p> <p>KM's to and from venue invoiced as per Schedule of Supports</p> <p>Goals to achieve:</p>	 Goal #1	 Goal #2	 Goal #3	Nil Cost	






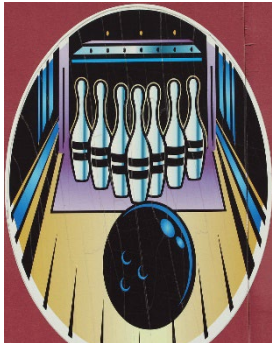







OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<p>Environmental Park visits Various parks</p> <p>Each week customers will visit a different park to learn about our wildlife habitat and birdlife. They will take their scrap albums to draw the scenes they can see, stick in leaves and collect cards to stick in their books. Whilst enjoying lunch in the surrounds.</p> <p>KM's to and from venue invoiced as per Schedule of Supports</p> <p>Goals to achieve:</p>		\$15
	 Goal #1	 Goal #2	





Friday activities

Morning – Choose One			✓ chosen activity
	Craft work On site Learn how to make scented soaps, mobiles and drink coasters whilst at the Hub. Goals to achieve:		No cost
	 Goal #1	 Goal #2	
	Putt Putt Golf with M-Tea Deception Bay Enjoy some morning tea with your friends then a round of Putt Putt, challenge your friends for the best score. KM's to and from venue invoiced as per Schedule of Supports Goals to achieve:		\$20
	 Goal #1	 Goal #2	
	Yoga On site Learn the art of unwinding while listening to the soothing music in the back ground, facilitated by our very own Yoga Master YOGI. Goals to achieve:		Nil cost
	 Goal #1	 Goal #2	

AND

Afternoon – Choose One			 chosen activity
	Music Jamb Session Zillmere Neighbourhood Centre 1230-2.15pm max 6 Attendees This new activity will see you experiencing some live jamb sessions by accomplished musicians ranging all types of music. You will be encouraged to join in and play musical instruments. KM's to and from venue invoiced as per Schedule of Supports Goals to achieve:	Nil cost	
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		
	Tenpin bowling Aspley Bowling Club Try your luck, bring out your competitive streak with a big strike. KM's to and from venue invoiced as per Schedule of Supports Goals to achieve:	Nil Cost	
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		
	Hub Adventures Around the World On site Watch and learn via the You Tube the beautiful countries around the world. Challenge to make a flag of 10 countries for the walls. Goals to achieve:	Nil Cost	
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal #1 </div> <div style="text-align: center;">  Goal #2 </div> <div style="text-align: center;">  Goal #3 </div> </div>		

OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<p>BBQ & Ball Games at Local parks within local area</p> <p>A very popular outing which all customers enjoy, have fun kicking the ball around playing various games and just enjoying the staff cooking for you or you lending a hand cooking the BBQ.</p> <p>KM's to and from venue invoiced as per Schedule of Supports</p> <p>Goals to achieve:</p>		No cost
	 Goal #1	 Goal #2	

2023 Aspley Hub Program Dates

Office Opens 3 January 2023

Aspley hub closed on public holidays

Program 1

	Start Date	End Date
Activity Program	Tuesday 3 January	Friday 24 March
Hub Closed	New Year Holiday, Monday 2 January; Australia Day, Tuesday 26 January	

Program 2

	Start Date	End Date
Activity Program	Monday 27 March	Friday 16 June
Hub Closed	Good Friday 7 April Easter Monday 10 April Anzac Day Holiday 25 April Labour Day 1 May	

Showcase week 1

	Start Date	End Date
Showcase Program	Monday 19 June	Friday 23 June

Program 3

	Start Date	End Date
Activity Program	Monday 26 June	Friday 15 September
Hub Closed	EKKA Show Day, Wednesday 16 August	

Program 4

	Start Date	End Date
Activity Program	Monday 18 September	Friday 8 December
Hub Closed	Queen's Birthday, Monday 2 October	

Showcase week 2

	Start Date	End Date
Showcase Program	Monday 11 December	Friday 15 December
Hub Closed	Monday 18 December 2023 – Tuesday 2 January 2024	

