



2023 Capalaba Hub  
Activity Program 1  
Catalogue

# 2023 Capalaba Hub Activity Program 2 Catalogue

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.

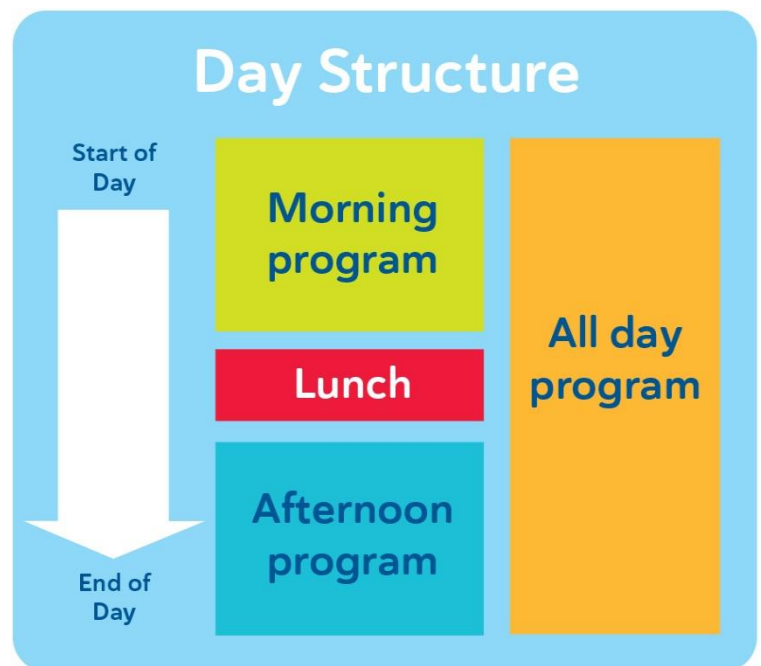
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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 Leah Bennett or return it to [leah.bennett@multicap.org.au](mailto:leah.bennett@multicap.org.au) by 14 November 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
	<b>Just dance - in hub</b> Dance allows you to express yourself via movement. You get to pick the type of dance genre you want to participate in each week. <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	
	<b>Capalaba cooking</b> Whether picking up new cooking techniques or reviewing old ones. You'll learn how to produce a masterpiece in this session. Fine motor skills and hand-eye coordination will be developed as a result. It will also show you how to buy fresh ingredients and follow a recipe. <b>Goals to achieve:</b>		\$7
	 Goal #1	 Goal #2	
	<b>Ready set bowl!</b> Try your luck with our In-Hub bowling and make a massive strike to satisfy your competitive nature. <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	











## AND

Afternoon – Choose One			 chosen activity
	<b>Art made easy</b> Use art to conjure up your own fantastical universe. Creating art on canvas or even scrapbooking or tie-dying clothing. Options abound. <b>Goals to achieve:</b>	\$20 initial setup	
	 Goal #1		
	<b>That's the aim of the game!</b> At the hub, choose up new games to play. Play some of our most well-liked board games and video games against your friends! With the help of our game day program, you may socialise with your peers while also learning new things. <b>Goals to achieve:</b>	No Cost	
	 Goal #1		
	<b>Sensory session:</b> Utilise our music collection to improve our internal health, both mental and physical. Through music, excite the ears and senses. Explore our discovery boards. <b>Goals to achieve:</b>	No Cost	
	 Goal #1		








### OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<b>COCA- printing</b> 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! <b>Goals to achieve:</b>	\$3	
	 Goal #1		





# Tuesday activities

Morning – Choose One			 chosen activity
	<b>Community choir</b> Multicap encourages you to join a chorus group in the community. You may learn new songs and various vocal techniques with the assistance of this program. There will always be a chance for you to perform on stage live. <b>Goals to achieve:</b>		\$7
	 Goal #1	 Goal #2	
	<b>Explore the library / play games- alternate weeks</b> Visit the Capalaba Library in the morning. You can research your preferred subjects in journals and books. You may even conduct research on your preferred subject using the accessible computers. To take the books home, you may borrow them if you have a Library Card. <b>Goals to achieve:</b>		No Cost
	 Goal #1	 Goal #2	
	<b>Walking group- park fitness and fun</b> This program is for people who enjoy staying active and going on adventures. Stroll leisurely in the sunshine and fresh air in the morning. Walk to the outdoor exercise equipment. <b>Goals to achieve:</b>		No Cost
	 Goal #1	 Goal #2	











## AND

Afternoon – Choose One				 chosen activity
	<b>Dining out</b> Our eating out service can assist you in discovering eateries in the neighbourhood and sharing a meal with friends. <b>Goals to achieve:</b>		Cost of meal and drink	
	 Goal #1	 Goal #2		
	<b>Lego Creations</b> Let's unleash our inner builders and create a masterpiece using the Meccano, Lego, or even modeling clay sets that are accessible in the hub.		No cost	
	 Goal #1	 Goal #2		

## OR – choose one All Day activity below










All Day – Choose One				 chosen activity
	<b>Art made easy</b> Use art to conjure up your own fantastical universe. Creating art on canvas or even scrapbooking or tie-dying clothing. Options abound. <b>Goals to achieve:</b>		\$20 Initial setup	
	 Goal #1	 Goal #2		

# Wednesday activities






Morning – Choose One			 chosen activity
	<p><b>Dancercise</b></p> <p>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</p> <p><b>Goals to achieve:</b></p>	\$12	
 Goal #1	 Goal #2		
	<p><b>Papier Mache</b></p> <p>Create a papier Mache craft of an upcoming occasion to unleash our creative side. Every week, add to the project, and eventually paint it to create our masterpiece.</p> <p><b>Goals to achieve:</b></p>	\$2	
 Goal #1	 Goal #2		
	<p><b>Movie Madness</b></p> <p>Each week, members will decide as a group which movie to watch from our Netflix or Disney Library. Discussions and enjoyable quizzes will follow the movie selection.</p> <p><b>Goals to achieve:</b></p>	No Cost	
 Goal #1	 Goal #2		













## AND

Afternoon – Choose One			 chosen activity
	<p><b>Seascape Adventures</b></p> <p>Discover what creatures might inhabit the water by visiting the nearby waterway. The possible destinations of the water. You will travel to various neighbourhoods, beaches, creeks, and rivers.</p> <p><b>Goals to achieve:</b></p>	No Cost	
 Goal #1	 Goal #2	 Goal #3	
	<p><b>All Sports</b></p> <p>Watching and even participating in different sports will teach you about them. From football to basketball to table tennis, we can teach you anything. This session will concentrate on developing a new skill while being physically active.</p> <p><b>Goals to achieve:</b></p>	No Cost	
 Goal #1	 Goal #2	 Goal #3	











### OR – choose one All Day activity below

All Day – choose One			 chosen activity
	<p><b>Customised Program to suit Individual</b></p> <p>Customers are free to select the day's centre-based activity of their choice. anything ranging from the arts and crafts to music, dance, or even singing</p> <p><b>Goals to achieve:</b></p>	\$2	
 Goal #1	 Goal #2	 Goal #3	





# Thursday activities

Morning – Choose One			 chosen activity
	<b>Sailing – Alternative Weeks</b> You can participate in a sailing program that gives you the chance to sail in a yacht or in a dinghies. Accessible to individuals with a range of disabilities, including those who utilise wheelchairs and walkers. Only fortnightly sailings are available for booking. <b>Goals to achieve:</b>		\$7
	 Goal #1	 Goal #2	
	<b>Mess Mania</b> Be imaginative. Be as colourful as you like. Develop your motor and sensory abilities by feeling the texture. Develop your creativity and self-worth while expressing your emotions. <b>Goals to achieve:</b>		No Cost
	 Goal #1	 Goal #2	
	<b>Reading, Writing and Arithmetic</b> Develop your arithmetic abilities, sharpen your memory, and work on your literacy with others. With the use of education, learn and develop. <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	

# AND











Afternoon – Choose One			 chosen activity
	<b>Sing, Dance, Sway</b> You can use movement to express oneself through dance. Each week, you get to choose the dance genre you want to take part in. This application can help you learn new songs and different singing approaches. <b>Goals to achieve:</b>		No Cost
	 Goal #1	 Goal #2	
	<b>Bake a treat</b> Show off your culinary skills to us. Create a treat to serve at afternoon tea. In this lesson, you'll discover how to create a masterpiece. As a result, hand-eye coordination and fine motor abilities will be developed. Additionally, it will demonstrate how to purchase fresh items and follow a recipe. <b>Goals to achieve:</b>		\$7
	 Goal #1	 Goal #2	
	<b>Touch, Discover, Feel</b> We'll be more receptive to sensory information. This will involve using slime, sand, playdough, and many other amusing activities, such as water play. For all clients, this programme will stimulate and promote the use of discovery to activate their seven senses. <b>Goals to achieve:</b>		No Cost
	 Goal #1	 Goal #2	

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

All Day – Choose One			 chosen activity
	<b>Urban Discovery</b> We visit the nearby sights as part of our urban exploration activity. Let's take advantage of our neighbourhood and travel to new areas at the same time. <b>Goals to achieve:</b>		Varies each week
	 Goal #1	 Goal #2	













# Friday activities





Morning – Choose One			 chosen activity
	<b>Customised program to suit Individual</b> Customers are free to select the day's centre-based activity of their choice. anything ranging from the arts and crafts to music, dance, or even singing <b>Goals to achieve:</b>		\$2
	 Goal #1	 Goal #2	
	<b>Meditation and Music</b> A chance to meditate, listen to calming music, and play instruments. Create a harmonious experience of sound and movement by lining them up. <b>Goals to achieve:</b>		No Cost
	 Goal #1	 Goal #2	
	<b>Sign, words and Pictures</b> The primary forms of communication that use signs, words, and pictures will be examined in this curriculum. We'll also conduct study on various communication techniques using online tools like YouTube. <b>Goals to achieve:</b>		\$2
	 Goal #1	 Goal #2	



## AND

Afternoon – Choose One			 chosen activity
	<b>Lunch Club</b> Enjoy lunch at one of the neighbourhood clubs or eateries. It will be decided by the group! <b>Goals to achieve:</b>		\$15
	 Goal #1	 Goal #2	
	<b>Step by step</b> For people who enjoy staying active and being active outside, this programme is for you. Enjoy the sunshine and fresh air by going for a leisurely afternoon stroll. <b>Goals to achieve:</b>		No Cost
	 Goal #1	 Goal #2	
	<b>Art Made Easy</b> Use art to conjure up your own fantastical universe. Creating art on canvas or even scrapbooking or tie-dying clothing. Options abound. <b>Goals to achieve:</b>		\$20 Initial setup
	 Goal #1	 Goal #2	

OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<b>That's the aim of the game!</b> At the hub, choose up new games to play. Play some of our most well-liked board games and video games against your friends! With the help of our game day program, you may socialise with your peers while also learning new things.		No cost
	<b>Goals to achieve:</b>  Goal #1	 Goal #2	



# 2023 Capalaba Hub Program Dates

Office Opens 3 January 2023

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	

