



2023 Kuraby Hub Activity Program 1 Catalogue

2023 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.

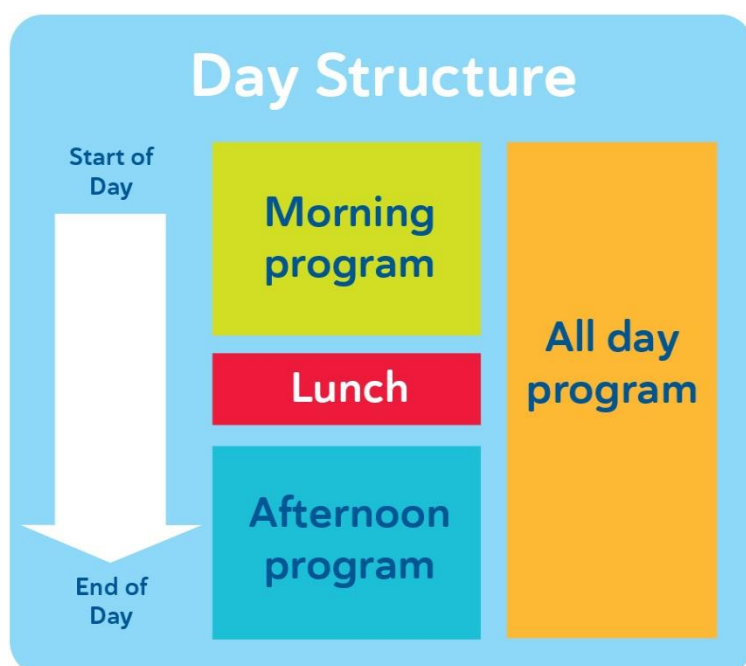
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 Friday November 18th 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.





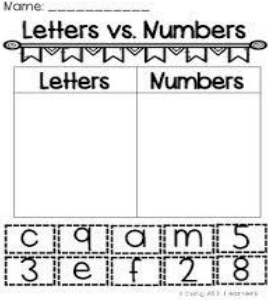





If you are unsure of what goal an icon relates to then please refer to the below list which will allow you to identify the related goal and icon.

| 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 |
|--|--|----------------|----------------------|
|  | <p>Danceability</p> <p>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.</p> | <p>No cost</p> | |
| <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="587 654 667 728">  Goal #1 </div> <div data-bbox="1002 654 1082 728">  Goal #2 </div> </div> | | | |
|  | <p>Sip N Shop</p> <p>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</p> | <p>\$10</p> | |
| <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="587 1041 667 1115">  Goal #1 </div> <div data-bbox="1002 1041 1082 1115">  Goal #2 </div> </div> | | | |
|  | <p>Save our Planet</p> <p>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!</p> | <p>No cost</p> | |
| <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="587 1467 667 1541">  Goal #1 </div> <div data-bbox="1002 1467 1082 1541">  Goal #2 </div> </div> | | | |











AND

| Afternoon – Choose One | | |  chosen activity |
|---|--|---------|--|
|  | <p>Movies@Kuraby</p> <p>Each week the group chooses a movie from our selection of fun and family flicks while sharing their own reviews with friends.</p> | No cost | |
| <p>Goals to achieve:</p> | | | |
|  |  | | |
| Goal #1 | Goal #2 | | |
|  | <p>Numeracy and Literacy</p> <p>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.</p> | No Cost | |
| <p>Goals to achieve:</p> | | | |
|  |  | | |
| Goal #1 | Goal #2 | | |
|  | <p>Karaoke Klub</p> <p>Sing and dance to all your old favourites in Kuraby's Karaoke Klub!</p> | No Cost | |
| <p>Goals to achieve:</p> | | | |
|  |  | | |
| Goal #1 | Goal #2 | | |







OR – choose one All Day activity below

| | | | |
|--|--|--|--|
| All Day – Choose One | | |  chosen activity |
|  | <p>ASDAN Makeables Tingalpa Employment Program</p> <p>Learn vital skills for working within Makeables that can be used in the future to help gain employment.</p> <p style="text-align: center;">**Bring lunch**</p> <p style="text-align: center;">** Shared kilometer charge for driving**</p> <p>Goals to achieve:</p> | <p style="text-align: center;">\$25.00 once off registration fee (new ASDAN customers) \$10.00 for the certificate</p> | |
| | <p style="text-align: center;">  Goal #1 </p> | | |
|  | <p>Sailability Bayside</p> <p>Enjoy the ocean breeze out at Manly and soak in the atmosphere on an amazing boat ride. Spend the day in beautiful Bayside and have lunch at the Park.</p> <p>**BYO lunch required or purchase a sausage in bread and drink for lunch for an additional \$7**</p> <p>** Shared kilometer charges **</p> <p>**Sailing takes place during the state school terms only – Sailing will commence Monday January 30th. When out of school terms customers will spend the day out at Manly for a park lunch**</p> <p>Goals to achieve:</p> | <p style="text-align: center;">\$7</p> | |
| | <p style="text-align: center;">  Goal #1 </p> | | |

Tuesday activities











| Morning – Choose One | | |  chosen activity |
|---|--|--|--|
|  | <p>Centre of Creative Arts (COCA)</p> <p>Let's Go Large! This year you will experience how to create large paintings on canvases like a professional artist. Your facilitator will work with you to plan, design and paint large canvases. This work will bring new life to the walls of the Kuraby Hub which will be transformed into your own art gallery! Planning will begin with drawings and experimenting with colour on paper before producing the final canvas (90cm x 120cm).</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> | No cost |
|  | <p>Scan n Shop</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. *shared kilometer charges for transport</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> | No Cost |
|  | <p>Wii Games, Ipad activities or Laptop Games</p> <p>Have fun while improving your fitness and balance or challenge your brain with online games.</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> | No Cost |

AND











| | | | |
|---|--|--|--|
| Afternoon – Choose One | |  chosen activity | |
|  | Walkaholics 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 Goals to achieve: | 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> | | |
|  | Movies@Kuraby Each week the group chooses a film from our selection of fun and family flicks while sharing their own reviews with friends. Goals to achieve: | 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> | | |
|  | Creative Movement – Hip Hop Inspired Freestyle you way into some new moves each week as you watch and learn new ways to express yourself. Your Facilitator will use hip hop music and videos to encourage new ways to express yourself in hip hop inspired movement. This will culminate in a video and dance performance at your hub. Goals to achieve: | 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> | | |



Wednesday activities




| Morning – Choose One | | |  chosen activity |
|---|---|--|--|
|  | <p>Chill Out Spa – Mind and Body</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>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> | \$2 |
|  | <p>Let's Bake</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>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> | \$5 |
|  | <p>Swimming</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>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> | \$5.10 |

AND

| | | |
|---|---|--|
| Afternoon – Choose One | |  chosen activity |
|  | Board Games Challenge yourself against your mates and show your skills at UNO, Connect 4, Snakes and Ladders or Guess Who! Goals to achieve: | 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> | |
|  | Picnic in the Park 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. <small>*shared kilometer charges for transport</small> Goals to achieve: | 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> | |
|  | Stimulate your Senses 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. Goals to achieve: | \$2 |
| | <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> | |













OR – choose one All Day activity below

| All Day – Choose One | |  chosen activity | |
|---|---|--|--|
|  | <p>Greenbank RSL</p> <p>Put on your dancing shoes and enjoy the live entertainment or sit down, relax and enjoy a delicious meal from the lunch menu of the Garden's Café.</p> <p>*shared kilometer charges for transport **Bring or buy lunch**</p> <p>Goals to achieve:</p> | <p>\$13 for lunch purchase</p> | |
| | <p>  Goal #1 </p> | | |




Thursday activities

| Morning – Choose One | | |  chosen activity |
|---|---|---------|--|
|  | Walkaholics 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 | 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> | | |
|  | Book Worms 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 Goals to achieve: | 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> | | |
|  | Karaoke Klub Sing and dance to all your old favourites in Kuraby's Karaoke Klub! **Please chose this program if you will be doing music therapy to ensure you are onsite at the time of your session and to enjoy a morning of music themed activities** Goals to achieve: | 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> | | |












AND

Thursday Music Therapy Session











| | | |
|---|---|-----------------------|
| Music Therapy* – Please make sure that there is funding in Customer's Capacity Building - Improved Daily Living category in their NDIS plan. | | ✓ chosen activity |
|  A circular icon featuring various musical instruments like a piano, guitar, and drums, with the word 'MUSIC' written across it. | Music Therapy (morning session) 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 contact Queenie at queenien@multicap.org.au at least 3 days prior to the day if you wish to cancel.








AND

| Afternoon – Choose One | | | ✓ chosen activity |
|---|--|---------|----------------------|
|  | Paint N Sip 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. | \$5 | |
| | Goals to achieve: <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> | | |
|  | Let's Bowl 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 | |
| | Goals to achieve: <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> | | |
|  | Wii Games, Ipad activities or Laptop Games Have fun while improving your fitness and balance or challenge your brain with online games. | No Cost | |
| | Goals to achieve: <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> | | |



Friday activities

| Morning – Choose One | | |  chosen activity |
|---|--|---------|--|
|  | <p>Master Cook</p> <p>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.</p> <p>Goals to achieve:</p> | \$10 | |
|  |  | | |
|  | <p>Swimming</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>Goals to achieve:</p> | \$5.10 | |
|  |  | | |
|  | <p>Workout Warriors</p> <p>Commit to get fit! Have fun with your friends while improving your health and wellbeing.</p> <p>Goals to achieve:</p> | No Cost | |
|  |  | | |

AND

| Afternoon – Choose One | | |  chosen activity | |
|---|--|-------------------|--|--|
|  | Craft Club A range of arts and crafts activities with a different theme each week. | Goals to achieve: | \$5 | |
| |  Goal #1 | | | |
|  | Urban Discovery (Local Parks) Explore beautiful Svboda park and get back to nature. Perfect for customers with limited mobility to stretch and strengthen their muscles. | Goals to achieve: | No Cost | |
| |  Goal #1 | | | |
|  | Movies@Kuraby Each week the group chooses a film from our selection of fun and family flicks while sharing their own reviews with friends. | Goals to achieve: | No Cost | |
| |  Goal #1 | | | |

OR – choose one All Day activity below

| All Day – Choose One | | ✓ chosen activity |
|---|--|----------------------|
|  | <p>BBQ Beach Day</p> <p>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.</p> <p>*shared kilometer charges for transport **Buy lunch**</p> <p>Goals to achieve:</p> | \$12 |
| | <p>Goal #1</p>  | |

2023 Kuraby 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 | |

