



2023 Nudgee Hub  
Activity Program 1  
Catalogue

# 2023 Nudgee Hub Activity Program 2 Catalogue

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

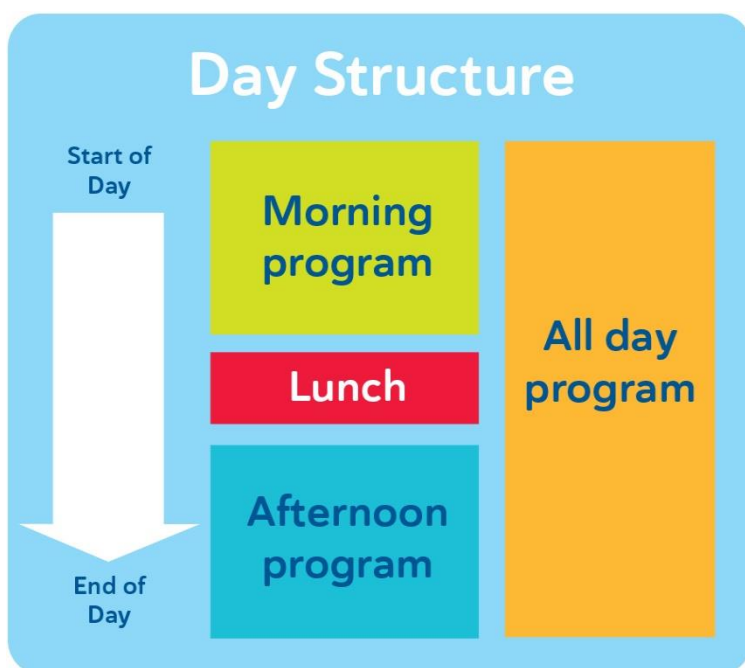
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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 [liz.alexiev@multicap.org.au](mailto:liz.alexiev@multicap.org.au) or return it to 0437158035
- 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 Liz on 0437158035
- 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 Liz on 0437158035





# 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>Shopping and cooking morning tea</b> Take a stroll down to Woollies if the weather is nice or take the car to get some ingredients for morning tea. Become more independent in the kitchen. Learn the skills of cutting, slicing, grating, grilling, frying and baking. Members to choose the meal to cook on the day in our state-of-the-art kitchen. <b>Goals to achieve:</b>		\$10 each
	 Goal #1	 Goal #2	
	<b>Art and craft</b> Let's get creative with our art resources here at Nudgee, enjoy the company of others and listen to some great tunes as we create our masterpieces, please bring your morning Tea <b>Goals Goals to achieve:</b>		Free
	 Goal #1	 Goal #2	

# AND








Afternoon – Choose One			 chosen activity
	<b>Walking Group – beach walk</b> Feel the sand in between your toes, Members may choose from different Beach Foreshores explore new places near and around the Moreton Bay Region.  <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	
	<b>Zumba</b> Zumba is a fitness program that involves cardio and Latin-inspired dance. Work up a sweat, learn some new moves, have fun and get fit in the process.		Free
	 Goal #1	 Goal #2	










## Tuesday activities

Morning – Choose One			 chosen activity
	<b>Ten Pin Bowling</b> 'Strike', 'Spare", Knock those pins down!!! Where members can enjoy a game of Ten Pin and try to improve their scores each week, you can bring lunch on the day or buy lunch out.		\$6
	 Goal #1	 Goal #2	
	<b>Travel Training and City Cat</b> 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.  <b>**Bring or buy lunch**</b>		\$5
	 Goal #1	 Goal #2	

# AND

Afternoon – Choose One			 chosen activity
	<b>Activity</b> <b>Movies and Games</b> Enjoy watching a movie with your peers or play a board game.		No Cost
	<b>Goals to achieve:</b>		
	 Goal #1	 Goal #2	
	<b>BAKING- STARS</b> Become more independent in the kitchen and earn the skills of baking. Members to choose what they would like to bake the week before, please bring a container so your baked goods can be taken home to share.		No Cost
	<b>Goals to achieve:</b>		
	 Goal #1	 Goal #2	








# Wednesday activities

Morning – Choose One			 chosen activity
	<b>Music Therapy</b> actively support members as they strive to improve their health, functioning and well-being. Engage is a range of music-making methods within and through a therapeutic relationship to address individuals goals. <b>Goals to achieve:</b>		To be confirmed
	 Goal #1	 Goal #2	
	<b>Park Life</b> Take a morning stroll, throw a frisbee, kick a ball or even do some Tai chi at our local park, bring your morning tea to enjoy a snack in the sun or shade! <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	



















# AND

Afternoon – Choose One			 chosen activity
	<b>Fishing</b> Can you snare the big one, try your luck, have lunch while your fishing (fishing gear supplied) (Km's to and from venue invoiced as per schedule of support) <b>Goals to achieve:</b>		\$10
	 Goal #1	 Goal #2	
	<b>Beat the Bush</b> Members may choose different Bush walking to have a fun way to exercise in the Moreton Bay Region and or surrounds Bring or buy lunch <b>Goals to achieve:</b>		Cost
	 Goal #1	 Goal #2	





# Thursday activities

Morning – Choose One			 chosen activity
	<b>CAFÉ SURFING</b> For the lovers of good food ad coffee. We will be visiting various Café's in and around the region for morning tea. <b>Members will need to bring money for their purchases</b> <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	
	<b>Activity</b> <b>Revolution Sports Park</b> – 2000 square meters of trampoline fun or test your skill at walking on walls in the climb park with over 16 unique Rock-climbing walls, a boulder alley and 3 ninja ramps. Loads of fun and laughter and fitness. <b>Goals to achieve:Goals to achieve:</b>		\$10
	 Goal #1	 Goal #2	

# AND










Afternoon – Choose One			 chosen activity
	<b>Activity</b> Learn how to unwind, relax with these basic Yoga moves. (On Site) standing or in a chair <b>Goals to achieve:</b>		Cost
	 Goal #1	 Goal #2	
	<b>Activity</b> <b>Music Appreciation</b> – Everything about Music. Karaoke, Dance or Singing to our favourite Hits, play instruments or watch a musical. Members on the day will choose as a group what experience they would like to enjoy. <b>Goals to achieve:</b>		Cost
	 Goal #1	 Goal #2	

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








All Day – Choose One			 chosen activity
	<b>COCA—All day activity</b> 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.		No cost
	 Goal #1	 Goal #2	



# Friday activities

Morning – Choose One				 chosen activity
	<b>Goals to achieve:</b> Come to Fitzgibbon Gardens and plans, water, compost and pick our own frown fruit, vegetables and herbs that we can use for our cooking creations.			No cost
	 Goal #1	 Goal #2	 Goal #3	
	<b>Putt Putt golf and BBQ</b> Play a round of golf or practice your long shots on the driving range each week and improve your scores and try for a hole in one <b>9 spots available BBQ or bring lunch</b>			\$11
	 Goal #1	 Goal #2	 Goal #3	

# AND

Afternoon – Choose One			 chosen activity
	<b>Music Appreciation –</b> Everything about Music. Karaoke, Dance or Sing to favourite Hits, play instruments, or watch a musical  <b>Goals to achieve:</b>		No Cost
	 Goal #1	 Goal #2	
	<b>Goals to achieve:</b> Making homemade Pizzas with some of the ingredients from our community garden. Relax and unwind sharing great food and a movie.  <b>Goals to achieve:</b>		No Cost
	 Goal #1	 Goal #2	

# 2023 Nudgee Hub Program Dates

**Office Opens 3 January 2023**

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**Hub closed on public holidays**



Need the 17\_12 off  
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## 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	

