



# 2023 Kuraby Hub Activity Program 2 Catalogue

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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.

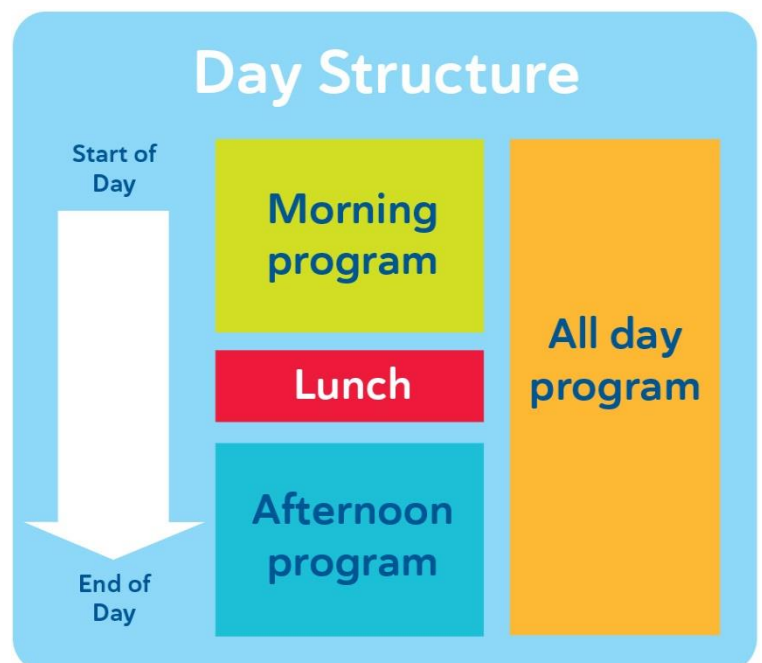
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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 (i.e., 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 3<sup>rd</sup> March 2023
- 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 Ann-Marie Barber 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




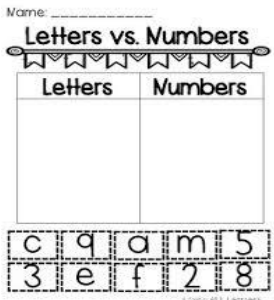







# Monday Activities







Morning – Choose One			✓ chosen activity
	<p><b>Danceability</b></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><b>Goals to achieve:</b></p> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> </div>	No cost	
	<p><b>Café Discovery</b></p> <p>Head out to the local shops for a browse and sit down for a cuppa and cake with your friends.</p> <p>Week 1 Degani Café Calamvale Week 2 Korong Springwood Week 3 Jacob's Ladder Café Runcorn Week 4 The Pantry HQ: Springwood Week 5 Café in Tokyo Calamvale Week 6 The Rivers Café Eagleby Week 7 Monte Lupo Café Eight Mile Plains Week 8 Extraction Artisan Café Slacks Creek Week 9 Chillax Café Springwood Week 10 Coffee Club Mount Gravatt Week 11 The Cauldron's Café &amp; Emporium Springwood Week 12 Customer's Choice</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>	Cost Of Purchase	
	<p><b>Basis Living skills.</b></p> <p>Learn all about being independent at kuraby hub. From Brushing your teeth to washing by hand learn all about life skills being at home.</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>Music Meditation</b> The opportunity to mediate, listen to calming music and practice movement.	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.	No Cost	
	<b>Goals to achieve:</b> <div>            Goal #1         </div> <div>            Goal #2         </div>		
	<b>Flexible Activities in Hub</b> Customers choice of activities they like to participate in the hub. From board games to walking to playing games.	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**  <b>Goals to achieve:</b>	\$25.00 once off registration fee (new ASDAN customers) \$10.00 for the certificate	
	<div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div>		
	<b>Sailability Bayside and Bush Walking Alternative Weeks</b> 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. Due to bad weather sailing will be cancelled.  **BYO lunch required or purchase a sausage in bread and drink for lunch for an additional \$7** ** Shared kilometer charges **  **Sailing takes place during the state school terms only – Sailing will commence Monday January 30 <sup>th</sup> . When out of school terms customers will spend the day bushing walking with lunch in Park.  <b>Goals to achieve:</b>	\$7 Sailing Bus walking Free	
	<div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div>		











## Tuesday activities





Morning – Choose One			 chosen activity
	<b>Centre of Creative Arts (COCA)</b> <b>Coca Collage Art (Beginner)</b> Week 1 Introduction to COCA Collage Art completing a piece of letter collage art (Motivational Quote) Week 2 Letter collage continued (Initials & Personal Photos) Week 3 Abstract Geometric Shapes Week 4 Magical Mountains Week 5 Colour Burst Wheel/Collage Week 6 Rainbow Collage Art- (Group Activity) Week 7 Funny Face Week 8 Self Portrait Week 9 Coastal Scene Week 10 Planning and [preparation for week 12 (Project/Mini Showcase Week) Week 11 Fantastic Fruits Week 12 Project Week	\$5	
	<b>Goals to achieve:</b>		
	<div>                      Goal #1                 </div>	<div>                      Goal #2                 </div>	
	<b>Scan n Shop</b> 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	No Cost	
	<b>Goals to achieve:</b>		
	<div>                      Goal #1                 </div>	<div>                      Goal #2                 </div>	












	<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>Week 1 Easter Classic Rocky Road  Week 2 Easter Biscuits  Week 3 Easter egg mountain moments  Week 4 Anzac Biscuit Tiramisu Trifles  Week 5 No Bake Choc Hazelnut Anzac Biscuit  Week 6 Apple and ricotta slice  Week 7 Passionfruit and Coconut Muffins  Week 8 Cheese Pumpkins Puffs  Week 9 Chocolate and Banana Muffins  Week 10 4 Soda water scones  Week 11 Lemon Squash scones with Mascarpone  Week 12 Vegan Choc-Chip Cookies</p> <p><b>Goals to achieve:</b></p>	<p>Cost of Purchase</p>	
 <p>Goal #1</p>	 <p>Goal #2</p>		

## AND

Afternoon – Choose One			 chosen activity
	<b>5,000 Steps and Counting</b> Count your steps and get close to nature. In our walking 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>		
	<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	
	<div>                      Goal #1                 </div> <div>                      Goal #2                 </div>		
	<b>Creative Movement – Hip Hop Inspired</b> Freestyle your 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.  <b>Goals to achieve:</b>	No Cost	
	<div>                      Goal #1                 </div> <div>                      Goal #2                 </div>		




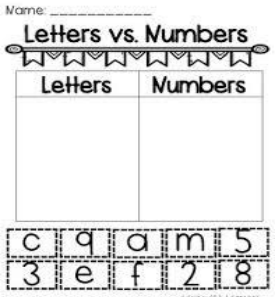





All Day – Choose One			 chosen activity
	<b>City Hopper</b> Spend the day in the city drive to Kangaroo point and catch the City Hopper Cruise along the river and have a picnic in the park.  *Shared kilometer charges for transport Bring Money for ice cream.  <b>Goals to achieve:</b>		No Cost
	 Goal #1	 Goal #2	

## Wednesday activities





Morning – Choose One			✓ chosen activity
	<b>Chill Out Spa – Mind and Body</b> 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.	\$2	
	<b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> </div>		
	<b>5,000 Steps and Counting</b> Count your steps and get close to nature. In our walking program customer will walk around Kuraby enjoy stopping off at Svoboda sensory park and walk to Wally Tate Park.	No Cost	
	<b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> </div>		
	<b>Swimming</b> 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.	\$5.10	
	<b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> </div>		













## AND

Afternoon – Choose One			✓ chosen activity
	<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>		
	<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.	No Cost	
	<div>            Goal #1         </div> <div>            Goal #2         </div>		
	<b>Music Meditation</b> The opportunity to mediate, listen to calming music and practice movement.	No Cost	
	<div>            Goal #1         </div> <div>            Goal #2         </div>		

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


All Day – Choose One			 chosen activity
	<p><b>Greenbank RSL</b></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><b>Goals to achieve:</b></p>		<p>\$13 for lunch purchase</p>
	 Goal #1	 Goal #2	

## Thursday activities

Morning – Choose One			 chosen activity
	<b>5,000 Steps and Counting</b> Count your steps and get close to nature. In our walking program customers can explore nature at some of our beautiful local parks and walking tracks. *Shared kilometer charges for transport	No cost	
	<div>                      Goal #1                 </div> <div>                      Goal #2                 </div>		
	<b>Kuraby Research Group</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>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>	\$5pw	
	<div>                      Goal #1                 </div> <div>                      Goal #2                 </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
	<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	

\*\*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.






## AND











Afternoon – Choose One			✓ chosen activity
	<b>Karaoke Klub</b> 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**  <b>Goals to achieve:</b>	No Cost	
	<div>   Goal #1 </div> <div>   Goal #2 </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  <b>Goals to achieve:</b>	\$7	
	<div>   Goal #1 </div> <div>   Goal #2 </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.  <b>Goals to achieve:</b>	No Cost	
	<div>   Goal #1 </div> <div>   Goal #2 </div>		

## Friday activities

Morning – Choose One			✓ chosen activity
	<b>Food from around the world</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 Food from around the world. No need to bring lunch as the meal prepared will be served for lunch.  Week 1 Greek-Style Stuffed Capsicums Week 2 Piroshki (Russian hand pies) Week 3 Crispy Vietnamese Pancakes Week 4 Tex-Mex Sausage Subs Week 5 Chinese Pork Meatballs in Broth Week 6 Creamy Chicken, Mushroom and leek pie Week 7 Dutch Beef croquettes with hot English Mustard Mayo Week 8 Indian Butter Chicken Week 9 Lamb and Rocket Salad Week 10 Homemade English fish and Chips Week 11 Homemade Bacon and egg with homemade Hash browns Tomatoes. Week 12 Fried Bread with Savory mince.	Cost Of Gocerires	
	<b>Goals to achieve:</b> <div>  Goal #1            Goal #2         </div>		
	<b>Swimming</b> 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.	\$5.10	
	<b>Goals to achieve:</b> <div>  Goal #1            Goal #2         </div>		





	<h3>Workout Warriors</h3> <p>Commit to get fit! Have fun with your friends while improving your health and wellbeing.</p> <p><b>Goals to achieve:</b></p>	No Cost	
<div>  <p>Goal #1</p> </div>	<div>  <p>Goal #2</p> </div>		

## AND

Afternoon – Choose One			 chosen activity
	Customer's Choice Customer's choice in what they like to do on Friday Afternoon.	No Cost	
	<b>Goals to achieve:</b> <div> <div>                           Goal #1                     </div> <div>                           Goal #2                     </div> </div>		
	<b>Kuraby Hub Sports</b> Come and play basketball, Football, Cricket and many more games outside in the Sports courtyard in Svoboda Park.	No Cost	
	<b>Goals to achieve:</b> <div> <div>                           Goal #1                     </div> <div>                           Goal #2                     </div> </div>		
	<b>Disney at 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>                           Goal #1                     </div> <div>                           Goal #2                     </div> </div>		



## OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<b>Exploration South Brisbane</b> Explore with our peers. Week 1 South Bank Week 2 10 Botanic Garden city – City Hopper Week 3 Kingston Butter Factory and Diary Hill Park Week 4 Brisbane City Hall -City Hopper Week 5 Cabbage Tree Point Week 6 Mount-Cooth Week 7 Riverdale Park Lunch at Yatala Pies Week 8 RSPCA Wacol Week 9 Queens Park Ipswich Week 10 Cinema Local Week 11 Wellington Point Week 12 Customer's will choose with their peers. *Shared kilometer from 50 to 90klms charges for transport **Buy lunch**	\$12	
	<b>Goals to achieve:</b> <div>                      Goal #1                 </div> <div>                      Goal #2                 </div>		

# 2023 Kuraby Hub Program Dates

Office Opens 3 January 2023

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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	

