



# 2023 Capalaba Hub Activity Program 4 Catalogue

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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.

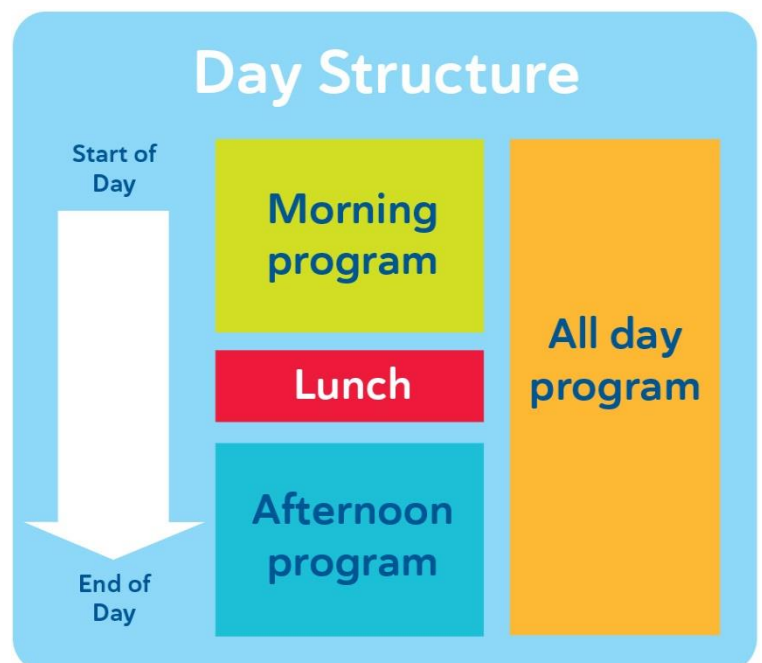
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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 0429671839 or return it to [Rochelle.hawkins@multicap.org.au](mailto:Rochelle.hawkins@multicap.org.au)
- 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 0429671839.
- 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 [Rochelle.hawkins@multicap.org.au](mailto:Rochelle.hawkins@multicap.org.au).



# 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<br>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  |  |   | <div>✓</div> <div>chosen activity</div> |
|---|--|---|---|
|    | <div>Capalaba Cooking</div> <div>Whether picking up new cooking techniques or reviewing old ones, each week we will work on a new recipe resulting in a morning tea for special guests in Showcase Week. Fine motor skills and hand eye coordination will be developed as a result. We will also show you how to buy fresh ingredients and follow a recipe.</div> <div>Goals to achieve:</div> <div><div><div>Goal #1</div></div><div><div>Goal #2</div></div><div><div>Goal #3</div></div></div> | <div>\$7</div>                                    |   |
|   | <div>Aim of the Game</div> <div>At the Hub, choose some games to play! Play some old favourites or learn some new ones and play your friends. Work on your communication skills and build your knowledge</div> <div>Goals to achieve:</div> <div><div><div>Goal #1</div></div><div><div>Goal #2</div></div><div><div>Goal #3</div></div></div>  | <div>No cost</div>                                |   |
|  | <div>Needlepoint</div> <div>Bring your own materials or purchase from our stock selection. Work each week to produce a beautiful textile you can take home. Develop your fine motor skills and hand eye coordination.</div> <div>Goals to achieve:</div> <div><div><div>Goal #1</div></div><div><div>Goal #2</div></div><div><div>Goal #3</div></div></div>   | <div>\$10 initial buy in or supply your own</div> |   |
|   |  |   |   |











## AND

| Afternoon – Choose One  |  |                   | ✓<br>chosen activity |
|---|--|-------------------|----------------------|
|    | <b>Movie Appreciation</b><br>Enjoy a classic piece of cinema and discuss themes and characters guided by our support staff<br><b>Goals to achieve:</b>   | No cost           |                      |
|   | <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div>       |                   |                      |
|    | <b>Outdoor Sports</b><br>Take our range of sports equipment to the nearby field, learn new games, develop your motor skills and have fun with your friends<br><b>Goals to achieve:</b>   | No cost           |                      |
|   | <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div>    |                   |                      |
|  | <b>ASDAN – Sound, Rhythm and Music</b><br>Take part in a 12 week exploration of sound, rhythm and music ending in a performance of your new skills and knowledge in Showcase Week<br><b>Goals to achieve:</b>  | \$15 initial cost |                      |
|   | <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> |                   |                      |









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

| All Day – Choose One  |   |        | ✓<br>chosen<br>activity |
|---|---|--------|-------------------------|
|  | <b>COCA-Centre for Creative Arts</b><br><br><b>Ceramics</b><br><br>Our COCA Ceramics Program provides customers with the opportunity to explore the artistic medium of Ceramics. This involves the use of a variety of mediums and techniques.  | \$8.50 |                         |
|   | <b>Goals to achieve:</b> <div> <div>  <br/>Goal #1         </div> <div>  <br/>Goal #2         </div> <div>  <br/>Goal #3         </div> </div> |        |                         |

## Tuesday activities

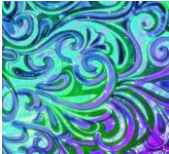



| Morning – Choose One   |  |  |  | ✓<br>chosen activity   |
|--|--|--|--|--|
|   | <b>Hub Choir</b><br>Join us in a chorus of voices and enjoy singing some old favourites, learning some new ones and celebrating the various festive times of the year through song.  |  |  | No cost  |
|  | <b>Goals to achieve:</b>   | <br>Goal #1   | <br>Goal #2   | <br>Goal #3   |
|  | <b>Explore the Library</b><br>Visit the Capalaba Library and take advantage of their wide range of books, magazines, audio and large print books, and accessible computers. Expand your knowledge and find new topics of interest. If you have a library card you can also borrow titles to take home. |  |  | No cost  |
|  | <b>Goals to achieve:</b>   | <br>Goal #1 | <br>Goal #2 | <br>Goal #3 |

## AND














| Afternoon – Choose One   |  |  |  | ✓<br>chosen activity     |
|--|--|--|--|--------------------------|
|   | <b>Dining Out</b><br>Enjoy lunch with your friends, supported by our team. Each week we dine out at a local restaurant, partaking in good food and even better company<br><b>Goals to achieve:</b> |  |  | Cost of a meal and drink |
|  | <br>Goal #1   | <br>Goal #2   | <br>Goal #3   |                          |
|  |  |  |  |                          |
|  | <b>Master Builders</b><br>Lets unleash our inner builders, inspire our creativity and make a masterpiece using our Lego, Meccano or even modelling clay sets<br><b>Goals to achieve:</b>           |  |  | No cost                  |
|  | <br>Goal #1   | <br>Goal #2 | <br>Goal #3 |                          |
|  |  |  |  |                          |















## OR – choose one All Day activity below

| All Day – Choose One  |  |  |  | ✓<br>chosen<br>activity   |
|---|--|--|--|---------------------------|
|  | <b>Art Made Easy</b><br>Use your artistic talents to express yourself each week through a variety of mediums and styles, build on your skills and experiment with new ones<br><b>Goals to achieve:</b> |  |  | \$20<br>initial<br>set up |
|   | <br>Goal #1   | <br>Goal #2 | <br>Goal #3 |                           |





## Wednesday activities

| Morning – Choose One  |   |  |  |         | <br>chosen activity |
|---|---|--|--|---------|--|
|    | <b>Dancercise</b><br>Our team will support you to attend “Here’s To Life” service in Cleveland. This dance program, specifically designed to be inclusive and accessible, will enable you to socialise, meet new people, and improve your fitness, all while having fun. There is even an opportunity to participate in an end of year performance. |  |  | \$12    |  |
|   | Goals to achieve:   |  |  |         |  |
|   | <br>Goal #1  | <br>Goal #2   | <br>Goal #3   |         |  |
|   | <b>Diamond Art</b><br>Create beautiful keepsakes using beads, gems, thread and other craft items. Practise your fine motor skills and make a treasure to take home  |  |  | \$5     |  |
|   | Goals to achieve:   |  |  |         |  |
|   | <br>Goal #1  | <br>Goal #2 | <br>Goal #3 |         |  |
|  | <b>Mind, Body and Soul</b><br>Join us for a relaxing session of Yoga guided by our resident Yoga instructor, find your calm and improve your mind and body  |  |  | No cost |  |
|   | Goals to achieve:   |  |  |         |  |
|   | <br>Goal #1  | <br>Goal #2 | <br>Goal #3 |         |  |













## AND

| Afternoon – Choose One  |  |         | ✓<br>chosen activity |
|---|--|---------|----------------------|
|    | <b>Bingo</b><br>Legs eleven, key to the door! Have fun, improve your numeracy skills and enjoy some friendly competition with our afternoon Bingo<br><b>Goals to achieve:</b>  | No cost |                      |
|   | <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div>       |         |                      |
|    | <b>Bake a Treat</b><br>Using our kitchen facilities at the Hub, our staff will support you to create a baked treat for a delicious afternoon tea. Learn new techniques and share your masterpiece with your friends.<br><b>Goals to achieve:</b>   | \$5     |                      |
|   | <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div>    |         |                      |
|  | <b>Walking Group</b><br>Enjoy staying active and socialise with your friends. Stroll in the sunshine and fresh air, and take a walk to the nearby park and outdoor exercise equipment<br><b>Goals to achieve:</b>  | No cost |                      |
|   | <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> |         |                      |

## OR – choose one All Day activity below







| All Day – Choose One  |   |  |  | ✓<br>chosen<br>activity |
|---|---|--|--|-------------------------|
|  | <b>Gardening</b><br>Spend the day learning techniques and skills to grow ornamental plants, watch as your patience and care results in spectacular display of lush greenery and beautiful flowers<br><b>Goals to achieve:</b> |  |  | \$5                     |
|   | <br>Goal #1  | <br>Goal #2 | <br>Goal #3 |                         |

## Thursday activities






| Morning – Choose One  |  |   |   | <div>✓</div> <div>chosen activity</div> |
|---|--|---|---|---|
|    | <div><b>Sailing – alternate weeks</b></div> <div>Participate in a supported sailing program that gives you the opportunity to sail in a yacht or dinghie. Accessible to individuals with a range of disabilities, including those who utilise wheelchairs and walkers.</div> <div>Goals to achieve:</div>            |   |   | \$7                                     |
|   | <div></div> <div>Goal #1</div>  | <div></div> <div>Goal #2</div>   | <div></div> <div>Goal #3</div>   |   |
|   | <div><b>Sensory, Art and Music</b></div> <div>Using a range of sensory items, we'll explore our senses and express ourselves. Enjoy using sand, playdough, slime, and many other textiles from our supplies, link the sensory themes to music and produce an immersive experience</div> <div>Goals to achieve:</div> |   |   | No cost                                 |
|   | <div></div> <div>Goal #1</div>  | <div></div> <div>Goal #2</div> | <div></div> <div>Goal #3</div> |   |
|  | <div><b>Mediation and Relax</b></div> <div>An opportunity to participate in a guided meditation, lead by our team. Accompanied by ambient music, utilise our selection of instruments to relax and calm your mind and body</div> <div>Goals to achieve:</div>  |   |   | No cost                                 |
|   | <div></div> <div>Goal #1</div>  | <div></div> <div>Goal #2</div> | <div></div> <div>Goal #3</div> |   |











## AND

| Afternoon – Choose One   |  |  | ✓<br>chosen activity |
|--|--|--|----------------------|
|   | <b>Key Word Sign and Music</b><br>Develop and learn new Key Word Sign skills in a fun, supportive environment. Using educational games, activities and short videos we will improve your knowledge and help to acquire new understanding<br><b>Goals to achieve:</b> |  | No cost              |
|  | <br>Goal #1   | <br>Goal #2   |                      |
|  | <b>Collage</b><br>Using our wide range of textiles and craft materials, express yourself and inspire your imagination to create a work of art that you can take home<br><b>Goals to achieve:</b>   |  | \$5                  |
|  | <br>Goal #1   | <br>Goal #2 |                      |







## OR – choose one All Day activity below

| All Day – Choose One  |   |  |  | <br>chosen activity |
|---|---|--|--|--|
|  | <b>Urban Discovery</b><br>Visit the nearby sights as part of our urban exploration program. Explore the features of our local area and venture further afar to discover new locations |  |  | Cost varies each week  |
|   | <b>Goals to achieve:</b><br><br>Goal #1  | <br>Goal #2 | <br>Goal #3 |  |






## Friday activities

| Morning – Choose One   |  |   | ✓<br>chosen activity |
|--|--|---|----------------------|
|   | <b>Paint by Numbers</b><br>Create a beautiful piece of artwork you can keep, even if you've never turned your hand to painting before. Practice your fine motor skills and watch your masterpiece take form  | \$10<br>initial set up                  |                      |
|  | <b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> </div>        |   |                      |
|  | <b>Sip and Shop</b><br>Visit a local coffee shop and have a cup! Then we'll walk to our nearby op shop and hunt for bargains   | Cost of a drink and an op shop purchase |                      |
|  | <b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> </div> |   |                      |

## AND

|   |  |  |                      |
|---|--|--|----------------------|
| Afternoon – Choose One  |  |  | ✓<br>chosen activity |
|  | <b>ASDAN – Smart and Independent Living</b><br>Join a 12 week program to learn new skills to improve and develop your ability to live independently  |  | No cost              |
|   | Goals to achieve:  |  |                      |
|   | <br>Goal #1   | <br>Goal #2 |                      |
|  | <b>Movies at Capalaba</b><br>Choose from our wide range of movies, from classics to the latest releases and enjoy a relaxing afternoon with friends. |  | No cost              |
|   | Goals to achieve:  |  |                      |
|   | <br>Goal #1   | <br>Goal #2 |                      |

## OR – choose one All Day activity below

|   |  |  |  |  |
|---|--|--|--|--|
| All Day – Choose One  |  |  |  | <br>chosen activity |
|  | <b>Paper Craft</b><br>Create a paper craft of an upcoming occasion or theme and inspire your creativity in a team environment. Every week, add to the project and eventually paint and decorate to present our masterpiece |  |  | No cost  |
|   | Goals to achieve:  |  |  |  |
|   | <br>Goal #1   | <br>Goal #2 | <br>Goal #3 |  |



# 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<br>Easter Monday 10 April<br>Anzac Day Holiday 25 April<br>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       | King'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 |                    |

