



# 2023 Nudgee 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 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.

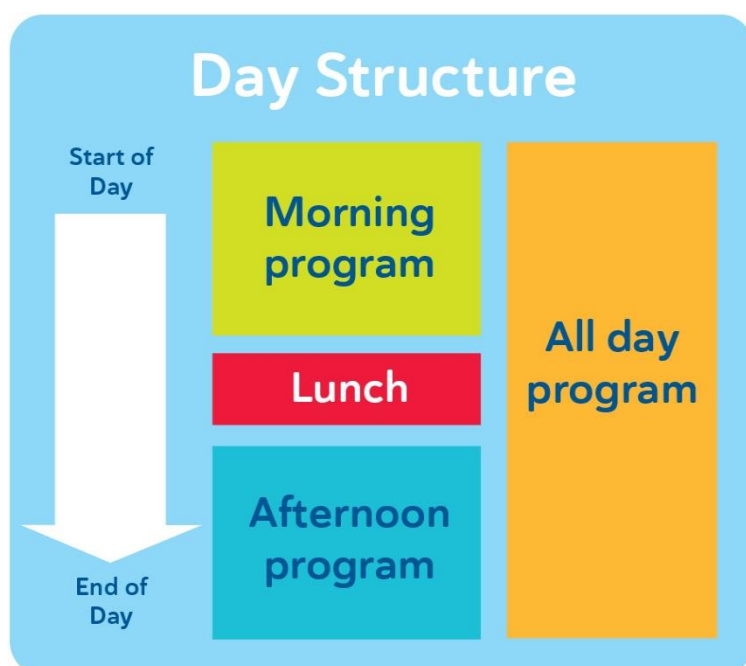
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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 Shauna Keating or return it to [shauna.keating@multiap.org.au](mailto:shauna.keating@multiap.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 0437 158 035
- 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 Shauna Keating on 0437 158 035
















# 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>Gardening</b> We will be exercising our green thumb Monday mornings by tending to our lovely garden. We will learn the ins and outs of garden maintenance as well as the responsibilities of caring for the plants.  (This Program will be held at Aspley Hub)	\$2	
	<b>Goals to achieve:</b> <div>  Goal #1            Goal #2            Goal #3         </div>		
	<b>Beading Bonanza</b> Join us as we bead up a storm! Make beaded bracelets, keychains and more as we get into our crafty beading zone.	\$2.50	
	<b>Goals to achieve:</b> <div>  Goal #1            Goal #2            Goal #3         </div>		
	<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.  (Km’s to and from venue invoiced as per schedule of support)	\$7	
	<b>Goals to achieve:</b> <div>  Goal #1            Goal #2            Goal #3         </div>		









# AND

Afternoon – Choose One			✓ chosen activity
	<b>Karaoke</b> Sing your heart out with us as we enjoy a morning full of hits. We will have all different genres and songs for you to choose from so warm up those voices and get ready to sing!	No Cost	
	<b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> </div>		
	<b>In-house Games</b> Snap! Yahtzee! Uno! You name it, we'll try to play it. We will have lots of in-house board game options for you to choose.	No Cost	
	<b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> </div>		
	<b>Movie Madness</b> Watch the magic of cinema unfold before your eyes as we journey through a range of movies together as a group. Just sit back, relax, and enjoy!	No Cost	
	<b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> </div>		













## OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	<p><b>Koala Sanctuary</b> Let's go to the koala sanctuary to see our cuddly koala friends &amp; many more wonderful wildlife.</p> <p>Enjoy a picnic lunch at the location and enjoy the serenity.</p> <p>Please note an <b>annual pass</b> will be purchased on week 1 for <b>\$78</b>.</p> <p>(Km's to and from venue invoiced as per schedule of support)</p> <p><b>Goals to achieve:</b></p>		<p><b>\$6.50</b></p>
	 Goal #1	 Goal #2	

## Tuesday activities




Morning – Choose One			✓ chosen activity
	<b>Artrageous</b> Let's enjoy creating our own art.  (Km's to and from venue invoiced as per schedule of support) <b>Goals to achieve:</b>	\$10	
	 Goal #1		
	 Goal #2		
	 Goal #3		
	<b>Yoga</b> Get ready to get Zen, as we relax, stretch, and do some deep breathing together. We will learn to do various yoga poses and work on our balance and coordination through this activity.  <b>Goals to achieve:</b>	No Cost	
	 Goal #1		
	 Goal #2		
	 Goal #3		

# AND













Afternoon – Choose One			✓ chosen activity
	<b>Mini Golf</b> Join us on the green as we enjoy some mini golfing fun out with others at Virginia Mini Golf!  (Km's to and from venue invoiced as per schedule of support) <b>Goals to achieve:</b>	\$12	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	<b>In house Bingo</b> Bingo is a game of chance in which every player will attempt to fill a row of spaces on their scorecard before any other player. This may be done by calling out anything, depending on what type of scorecards are being used. The players may use numbers, characteristics, answers, or things. Every player has the same chance of winning when the game begins. Are the odds in your favour?  <b>Goals to achieve:</b>	No Cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	<b>Puzzle Party</b> Join us as we try to figure out the trickiest of puzzles together. Not only are puzzles challenging but they are brilliant for our problem solving minds,  <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			✓ chosen activity
	<b>COCA – Arts &amp; Crafts</b>  We will work on many different art and craft projects together as part of the COCA program. Over the 12 weeks you will be able to see your projects come together and even take home your brilliant creations.		\$5
	Goals to achieve:		
	 Goal #1	 Goal #2	





## Wednesday activities

Morning – Choose One			✓ chosen activity
	<b>Music Therapy Sessions – Wednesday Morning</b> Individualised and evidence based music therapy program to assists customers with functional goals such as facilitating communication, developing self-regulation strategies, and developing social interactive skills. If you are interested, please tick the box and we will get back to you with a suitable time. Contact Carrie Henschell for more information: PH: 0427 792 820 Email: <a href="mailto:carrie.henschell@multicap.org.au">carrie.henschell@multicap.org.au</a>	As per NDIS agreement funded under NDIS capacity building	
	<div>  Goal #1           </div> <div>  Goal #2           </div> <div>  Goal #3           </div>		
	<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.  (Km's to and from venue invoiced as per schedule of support) <b>Goals to achieve:</b>	\$7	
	<div>  Goal #1           </div> <div>  Goal #2           </div> <div>  Goal #3           </div>		
	<b>Karaoke</b> Sing your heart out with us as we enjoy a morning full of hits. We will have all different genres and songs for you to choose from so warm up those voices and get ready to sing!  <b>Goals to achieve:</b>	No Cost	
	<div>  Goal #1           </div> <div>  Goal #2           </div> <div>  Goal #3           </div>		

# 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>	\$5	
	<div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div>		
	<b>Recreational Swimming Local Pool</b> Stretch those muscles, cool off and have fun frolicking around in the pool.  KM's to and from venue invoiced as per Schedule of Supports <b>Goals to achieve:</b>	\$6.50	
	<div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div>		
	<b>Local Library Visit</b> Join us as we visit the local library to look at the newest stories and enjoy the serenity of the quiet library.  (Km's to and from venue invoiced as per schedule of support) <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			✓ chosen activity
	<b>Barbecue – Out &amp; About</b>  Join us as we explore our local area and come together for a barbecue lunch. We will get to take in the sights and sounds as we travel all around.		\$5
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3







## Thursday activities





Morning – Choose One			✓ chosen activity
	<b>Baking Basics</b> Dust off your baking skills and get ready to create some tasty baked treats. We will cover the many different skills and	\$5	
	<b>Goals to achieve:</b> <div>  Goal #1            Goal #2            Goal #3         </div>		
	<b>Café Surfing</b> Visit various Café's each week, sample their morning teas, learn how to place orders, and pay for them (This will be limited to small portions) Followed by a gentle walk in a preselected park.  (Km's to and from venue invoiced as per schedule of support)	No Cost	
	<b>Goals to achieve:</b> <div>  Goal #1            Goal #2            Goal #3         </div>		
	<b>Sea Breeze Stroll</b> Join us as we take a stroll along the seaside and enjoy the fresh sea breezes.  (Km's to and from venue invoiced as per schedule of support)	No Cost	
	<b>Goals to achieve:</b> <div>  Goal #1            Goal #2            Goal #3         </div>		

## AND



Afternoon – Choose One			✓ chosen activity
	<b>Pamper Kings and Queens</b> Enjoy a relaxing afternoon of full pampering at the hub. Members will also learn about self-care including skin and nail maintenance, the benefits of healthy eating on the body, and tips and tricks for how to stay happy, healthy, and refreshed during summer.	\$2	
	<b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> </div>		
	<b>Movies @ the Hub</b> Join us as we watch some awesome movies together. We will even get to enjoy the salty deliciousness of popcorn.	No Cost	
	<b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> </div>		
	<b>Hub Adventures Around the World</b> Travel the world with us without leaving the comfort of the hub. We will learn all about different cultures and traditions of many different places over the next 12 weeks.	No Cost	
	<b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> </div>		

## OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity	
	<b>Dolphins Leagues Club</b>  Enjoy playing Bingo, listening to great entertainers, and dancing to their music. Enjoy lunch and catching up with friends.  <b>**BYO Money for this Program**</b> (Km's to and from venue invoiced as per schedule of support) <b>Goals to achieve:</b>		\$25 (for bingo & Lunch or free if only attending the entertainment)  With Bingo  No Bingo (No cost)	
	 Goal #1	 Goal #2		 Goal #3













All Day – Choose One			✓ chosen activity	
	<b>Centre of Creative Arts COCA</b>  We will work on many different art and craft projects together as part of the COCA program. Over the 12 weeks you will be able to see your projects come together and even take home your brilliant creations.  <b>Goals to achieve:</b>		\$5	
	 Goal #1	 Goal #2		 Goal #3

## Friday activities








Morning – Choose One			✓ chosen activity
	<b>Sensory Discovery</b> Join us as we embark on a sensory exploration. We will touch, feel, and smell different textures and items. Enjoy igniting your senses.	\$2	
	<b>Goals to achieve:</b> <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	<b>Ready Steady Cook</b> Where customers work closely with staff to build up their fine and gross motor skills to create meals of their fine choices. Each week we will focus on learning new skills and building on these skills as the week progresses.  Customers will enjoy the meal they cook for lunch.	\$7.50	
	<b>Goals to achieve:</b> <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	<b>Arts &amp; Crafts</b> Get ready to get crafty! We will have lots of different materials and projects for you to get creative with. Join us at the hub for a fun filled creative morning.	No Cost	
	<b>Goals to achieve:</b> <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		



# AND

Afternoon – Choose One			✓ chosen activity
	<b>Lawn Bowls</b> Join us out on the green for some weekly lawn bowl fun at Geebung Bowls Club!  (Km's to and from venue invoiced as per schedule of support) <b>Goals to achieve:</b>	\$10	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	<b>Karaoke</b> Sing your heart out with us as we enjoy a morning full of hits. We will have all different genres and songs for you to choose from so warm up those voices and get ready to sing!  <b>Goals to achieve:</b>	Free	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	<b>Recreational Swimming Local Pool</b> Stretch those muscles, cool off and have fun frolicking around in the pool.  (Km's to and from venue invoiced as per schedule of support) <b>Goals to achieve:</b>	\$6.50	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		

## OR – choose one All Day activity below

All Day – Choose One				✓ chosen activity	
	<b>Pottery</b> Get ready to get your hands dirty! We will be doing pottery today, learning different techniques and skills of pottery to create beautiful sculptures and works of art.  This program will be run from Multicap's Monte Lupo Art Gallery each week from Eight Mile Plains.			\$5	
	<b>Goals to achieve:</b>				
	 Goal #1	 Goal #2	 Goal #3		
	 Goal #1	 Goal #2	 Goal #3		



# 2023 Nudgee 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	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	

