



2024 Capalaba Hub  
Activity Program 1  
Catalogue

# 2024 Capalaba Hub Activity Program 1 Catalogue

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.

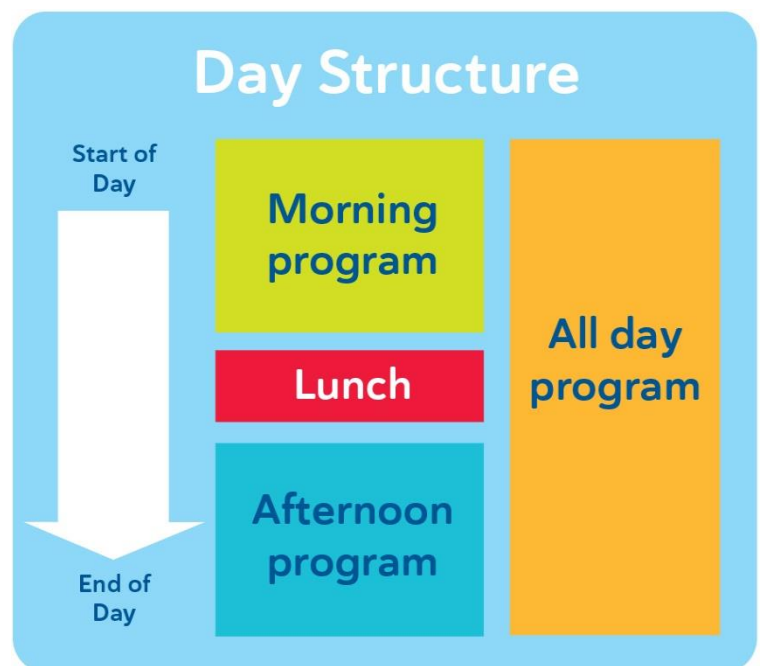
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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 07 3390 1758 main line or return it to [capalabahub@multicap.org.au](mailto:capalabahub@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 07 3390 1758.
- 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 [capalabahub@multicap.org.au](mailto:capalabahub@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 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> Step into our revitalised outdoor space and immerse yourself in nature. Learn to grow and care for a variety of plants with our 12 week program and enjoy the fruits of your labour! <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	
	<b>Bingo</b> Legs eleven, keys to the door! Have fun, improve your numeracy skills and enjoy some friendly competition with our Monday morning Bingo <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	
	<b>Goals to achieve:</b> <b>MEAL PREPARATION AND COOKING (ASDAN)</b> Whether learning new kitchen skills or brushing up on the old ones. This class will help you create a masterpiece. This will help you develop hand-eye coordination and fine motor skills. It will also teach you how to follow a recipe and shop for ingredients. If you have not signed up for an ASDAN Program before, please get in touch and we can assist you to sign up.		\$7  One off cost of \$10 for ASDAN Workbook
	 Goal #1	 Goal #2	



# AND

Afternoon – Choose One			 chosen activity
	<b>Movie Appreciation</b> Enjoy a classic piece of cinema and discuss themes and characters guided by our support staff  <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	
	<b>Walking Group</b> Enjoy staying active and socialize with your friends. Stroll in the sunshine and fresh air, and take a walk to the nearby park and outdoor exercise equipment  <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	
	<b>Collage (COCA program)</b> Our COCA Collage Program provides customers with the opportunity to explore the artistic medium of Collage Art. This involves the use of a variety of mediums and imagery blended and arranged together to result in a final art piece.  <b>Goals to achieve:</b>		\$10
	 Goal #1	 Goal #2	



## OR – choose one All Day activity below

### All Day Option

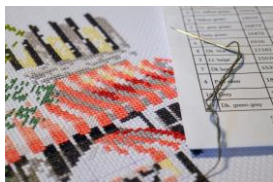
#### Textiles (COCA)

The Centre of Creative Arts (COCA) Textiles module is a series of 24 sessions that will assist you in discovering your potential as a textile artist in a fun and supportive environment.

These sessions will be offered for 6 hours one day a week at your Community Hub. The first 12 weeks is the Textiles Primary Elective, where you will experiment and learn techniques in:

- Basic hand sewing such as embroidery
- Macrame, knitting, crochet or weaving
- Weaving with a variety of yarns and textures
- Sewing and decorating a home product such as pillowcases, tea towels or bags with fabric paint and beads
- Constructing 3D textile items such as wall hangings and sculptures
- Adorning existing secondhand garments with fabric paint and embroidery
- Creating a large public art product for display using any of the techniques suggested.

✓  
chosen  
activity



#### Goals to achieve:



Goal #1










Goal #2










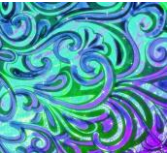
Goal #3

\$50  
One-off  
payment  
for  
materials

## Tuesday activities














Morning – Choose One			 chosen activity
	<b>Hub Choir</b> Join us in a chorus of voices and enjoy singing some old favourites, leaning some new ones and celebrating the various festive times of the year through song.		No cost
	<b>Goals to achieve:</b>		
	 Goal #1	 Goal #2	
	<b>Explore the Library</b> 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>		
	 Goal #1	 Goal #2	

# AND

Afternoon – Choose One			 chosen activity
	<b>Dining Out</b> 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 <b>Goals to achieve:</b>		Cost of a meal and drink
	 Goal #1	 Goal #2	
	<b>Paper Craft</b> 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 <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	
	<b>Diamond Art</b> Work each week to add gemstones to your design canvas, revealing the completed artwork, shimmering and ready to take home! <b>Goals to achieve:</b>		\$10 initial set up










# Wednesday activities





Morning – Choose One			 chosen activity
	<b>Dancercise</b> 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
	<b>Goals to achieve:</b>		
 Goal #1	 Goal #2	 Goal #3	
	<b>Tabletop Gaming</b> Choose your favourites or learn something new. Our Hub has a wide selection of board games, strategy, card games, tile games and puzzles to challenge and entertain		No cost
	<b>Goals to achieve:</b>		
 Goal #1	 Goal #2	 Goal #3	
	<b>Mind, Body and Soul</b> 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
	<b>Goals to achieve:</b>		
 Goal #1	 Goal #2	 Goal #3	








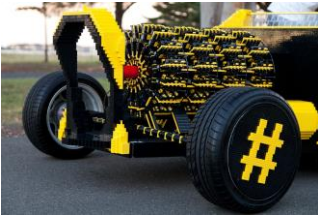







# AND

Afternoon – Choose One			 chosen activity
	<b>Seascape Adventures</b> Pack your lunch and travel to one of our nearby coastal locations to enjoy a picnic and a relaxing afternoon with friends, exploring nature's beauty <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	
	<b>Bake a Treat</b> 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. <b>Goals to achieve:</b>		\$5
	 Goal #1	 Goal #2	








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

All Day – Choose One			 chosen activity
	<b>COCA - Painting</b> Our COCA Painting Program provides customers with the opportunity to explore the artistic medium of Painting. This involves the use of a variety of mediums and imagery. <b>Goals to achieve:</b>		<b>\$9</b>
	 Goal #1	 Goal #2	

# Thursday activities






Morning – Choose One			 chosen activity
	<b>Sailing – alternate weeks</b> (off week join the Urban discovery program) Participate in a supported sailing program that gives you the opportunity to sail in a yacht or dinghy. Accessible to individuals with a range of disabilities, including those who utilise wheelchairs and walkers.		\$7
	<b>Goals to achieve:</b>		
	 Goal #1	 Goal #2	 Goal #3
	<b>Master Builders</b> Lets unleash our inner builders, inspire our creativity and make a masterpiece using our Lego, Meccano, magnetic tiles. Choose a kit and get busy!		No cost
	<b>Goals to achieve:</b>		
	 Goal #1	 Goal #2	 Goal #3
	<b>Mediation and Relax</b> 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		No cost
	<b>Goals to achieve:</b>		
	 Goal #1	 Goal #2	 Goal #3

# AND










Afternoon – Choose One			 chosen activity
	<b>Makaton and Music</b> 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  <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	
	<b>Scrapbooking</b> The only limit is your imagination! Scrapbooking is all about preserving treasured memories and milestones in a way that is unique to you  <b>Goals to achieve:</b>		\$10
	 Goal #1	 Goal #2	










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

All Day – Choose One			 chosen activity
	<b>Urban Discovery</b> 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>		
 Goal #1	 Goal #2	 Goal #3	

# Friday activities

Morning – Choose One			 chosen activity
	<p><b>Paint by Numbers</b></p> <p>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</p> <p><b>Goals to achieve:</b></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 style="text-align: center;">                           Goal #3                     </div> </div>	\$10 initial set up	
	<p><b>Sip and Shop</b></p> <p>Visit a local coffee shop and have a cup! Then we'll walk to our nearby op shop and hunt for bargains</p> <p><b>Goals to achieve:</b></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 style="text-align: center;">                           Goal #3                     </div> </div>	Cost of a drink and an op shop purchase	

# AND

Afternoon – Choose One			 chosen activity
	<b>ASDAN – Sound, Rhythm and Music</b> Join a 12 week program to engage and learn about the sounds around you, using instruments, and our voices  If you have not signed up for an ASDAN Program before, please get in touch and we can assist you to sign up. <b>Goals to achieve:</b>		One off cost of \$10 for ASDAN Workbook
	 Goal #1	 Goal #2	
	<b>Movies at Capalaba</b> Choose from our wide range of movies, from classics to the latest releases and enjoy a relaxing afternoon with friends.  <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	

# 2024 Capalaba Hub Program Dates

Office Opens 2 January 2024

Hub closed on public holidays

## Program 1

	Start Date	End Date
Activity Program	Tuesday 2 January	Friday 22 March
Hub Closed	New Year Holiday, Monday 1 January; Australia Day, Friday 26 January	

## Program 2

	Start Date	End Date
Activity Program	Monday 25 March	Friday 14 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 17 June	Friday 21 June

## Program 3

	Start Date	End Date
Activity Program	Monday 24 June	Friday 13 September
Hub Closed	EKKA Show Day TBC	

## Program 4

	Start Date	End Date
Activity Program	Monday 16 September	Friday 13 December
Hub Closed	King's Birthday, Monday 2 October	

## Showcase week 2

	Start Date	End Date
Showcase Program	Monday 16 December	Friday 20 December
Hub Closed	Monday 23 December 2024 – Tuesday 6 January 2024	

