



2024 Kuraby Hub  
Activity Program 1  
Catalogue

# 2023 Kuraby Hub Activity Program 1 Catalogue

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.

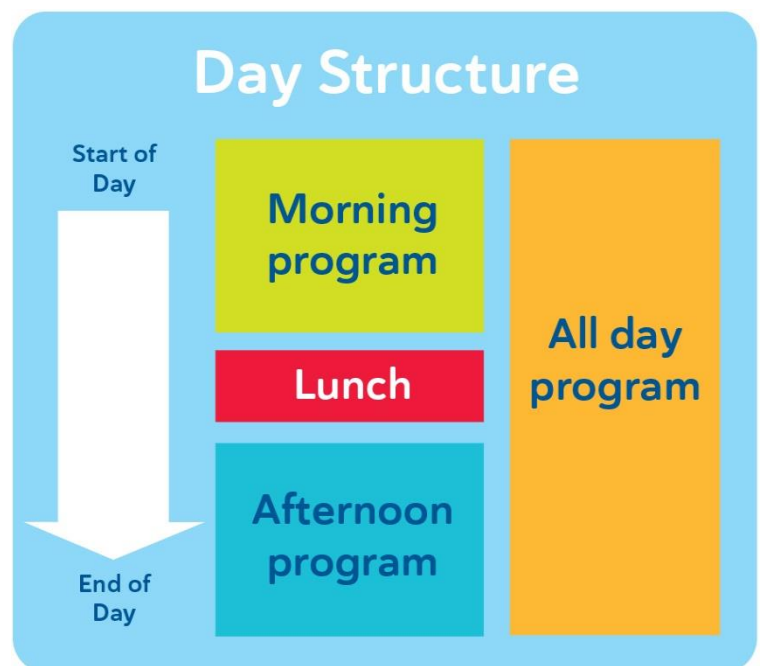
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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 or email [annmarie.barber@multicap.org.au](mailto:annmarie.barber@multicap.org.au) return it to Kuraby Hub by 17/11/2023.
- 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 0408400468 (Ann-Marie Barber)
- 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 **0408400568 (Ann-Marie Barber)**














# 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>Swimming pool Local</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.	<b>\$5</b>	
	 Goal #1	 Goal #2	
	<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.	<b>Free</b>	
	 Goal #1	 Goal #2	
	<b>Yoga</b> Yoga can benefit from strength, Flexibility, and balance. It Will improve your quality of life. <b>Goals to achieve:</b>	<b>Free</b>	
	 Goal #1	 Goal #2	












# AND

Afternoon – Choose One			 chosen activity			
	<p style="text-align: center;"><b>Let's Bowl</b></p> <p>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</p> <p><b>Goals to achieve:</b></p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td data-bbox="528 734 783 869">  Goal #1                             </td> <td data-bbox="783 734 1023 869">  Goal #2                             </td> <td data-bbox="1023 734 1262 869">  Goal #3                             </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	\$8	
 Goal #1	 Goal #2	 Goal #3				
	<p style="text-align: center;"><b>Journaling</b></p> <p>To express your feelings and to improve quality of life and wellbeing by allowing creative writing and help improve literacy skills.</p> <p><b>Goals to achieve:</b></p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td data-bbox="528 1182 783 1317">  Goal #1                             </td> <td data-bbox="783 1182 1023 1317">  Goal #2                             </td> <td data-bbox="1023 1182 1262 1317">  Goal #3                             </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	\$1	
 Goal #1	 Goal #2	 Goal #3				
	<p style="text-align: center;"><b>Kuraby Hub Sports</b></p> <p>Come and play basketball, Football, Cricket and many more games outside in the Sports courtyard in Svoboda Park.</p> <p><b>Goals to achieve:</b></p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td data-bbox="528 1619 783 1753">  Goal #1                             </td> <td data-bbox="783 1619 1023 1753">  Goal #2                             </td> <td data-bbox="1023 1619 1262 1753">  Goal #3                             </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	\$1	
 Goal #1	 Goal #2	 Goal #3				










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

All Day – Choose One			 chosen activity
	<p style="text-align: center;"><b>Train Travel South Bank City Hopper</b></p> <p>Spend the day in the city Travel by Train to south Bank and catch the City Hopper Cruise along the river and have a picnic in the park.</p> <p>*Shared kilometer charges for transport to train Station Go Card and Companion Card</p> <p>Bring Money for ice cream.</p> <p>Goals to achieve:</p>		<p>*Shared kilometer charges for transport to train Station Go Card and Companion Card</p> <p>Bring Money for ice cream.</p>
	 Goal #1	 Goal #2	

## Tuesday activities





Morning – Choose One			 chosen activity
	<p><b>5,000 Steps and Gym Fitness in Park</b></p> <p>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</p> <p>Commit to get fit! Have fun with your friends while improving your health and wellbeing.</p> <p>10 x 2 lots Push up and Body pulls.            10 X 2 lots Chest Press            10 x 2 lots Leg Press            10 x 2 lots Elliptical Training</p> <p><b>Goals to achieve:</b></p>	Free	
	<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>		
	<p><b>Centre of Creative Arts (COCA)</b></p> <p>Creative Movement</p> <p>Each session will bring in yoga inspired stretches, freestyle dance with fan veils and pom poms and working each week on different cultured movements from around the world.</p> <p><b>Goals to achieve:</b></p>	Free	
	<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>		

# AND





















Afternoon – Choose One			 chosen activity
	<p style="text-align: center;"><b>Centre of Creative Arts (COCA)</b> <b>PAINTING</b></p> <p>Coca- Painting Art Program In this program we will work each week on painting styles to create Two large canvas that will be displayed in Kuraby Hub. Customers will learn how to create Themes and work in stages of Base painting, layering abstract shapes and nature themed.</p> <p>Customers will benefit in Teamwork, fine motor skills, tactile, visual and self-expression.</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 \$ 5	
	<p style="text-align: center;"><b>Flexible Activities in Hub</b></p> <p>Customers choice of activities they like to participate in.</p> <p>Board Games Numeracy and Literacy Learning how to Write.</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>	\$1	








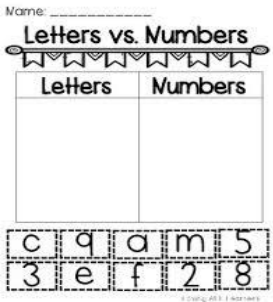







**OR – choose one All Day activity below.**

All Day – Choose One			 chosen activity
	<p style="text-align: center;"><b>Park and walking</b></p> <p style="text-align: center;">Go to local parks around the area 40kms. Have lunch in the park and go sightseeing.</p> <p style="text-align: center;">*Shared kilometer charges for transport</p> <p>Goals to achieve:</p>		No cost
	 Goal #1	 Goal #2	










## Wednesday activities

Morning – Choose One			 chosen activity			
	<p style="text-align: center; color: red; font-weight: bold;">5,000 Steps and Kuraby Creations</p> <p>Counting to 5,000 Steps than back to Hub to participate in Artwork.          Create with your hands make items over 12 weeks with your peers. Take them home and End of Year. Will ask all the customers what they like to make within the 12-week Program.</p> <p><b>Goals to achieve:</b></p> <table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="width: 33%;"> Goal #1</td> <td style="width: 33%;"> Goal #2</td> <td style="width: 33%;"> Goal #3</td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	\$2.50	
 Goal #1	 Goal #2	 Goal #3				
	<p style="text-align: center; color: red; font-weight: bold;">Chill Out Spa – Mind and Body</p> <p>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.</p> <p><b>Goals to achieve:</b></p> <table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="width: 33%;"> Goal #1</td> <td style="width: 33%;"> Goal #2</td> <td style="width: 33%;"> Goal #3</td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	\$2	
 Goal #1	 Goal #2	 Goal #3				

# AND











Afternoon – Choose One			 chosen activity
	<h3>Board Games</h3> <p>Challenge yourself against your mates and show your skills at Uno, connect 4, Snakes and Ladders or Guess Who!</p> <p>Goals to achieve:</p>	Free	
	<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>		
	<h3>Numeracy and Literacy</h3> <p>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.</p> <p>Goals to achieve:</p>	Free	
	<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>		
	<h3>Music Meditation</h3> <p>The opportunity to mediate, listen to calming music and practice movement.</p> <p>Goals to achieve:</p>	Free	
	<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>		

**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 Purchase Lunch</p> <p>Goals to achieve:</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>	<p>Purchase Lunch around \$15</p>	
	<p><b>Train Travel South Bank City Hopper</b></p> <p>Spend the day in the city Travel by Train to south Bank and catch the City Hopper Cruise along the river and have a picnic in the park.</p> <p>*Shared kilometer charges for transport to train Station Go Card and Companion Card Bring Money for ice cream.</p> <p>Goals to achieve:</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>	<p>*Shared kilometer charges for transport to train Station Go Card and Companion Card Bring Money for ice cream.</p>	








## Thursday activities

Morning – Choose One			 chosen activity
	<p><b>5,000 Steps and Counting (Walking Distant from Kuraby Hub)</b></p> <p>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.</p> <p>*Shared kilometer charges for transport</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>	Free	
	<p><b>Asdan Sound, Rhythm, and Music</b></p> <p>12 weeks of learning all kinds of music from Music to outside Sounds. Three core components sound.</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>	\$25.00 once off registration fee (new ASDAN customers) \$10.00 for the certificate	
	<p>Music Therapy* – Please make sure that there is funding in Customer’s Capacity Building - Improved Daily Living category in their NDIS plan.</p> <p><b>Music Therapy (morning session)</b></p> <p>A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills.</p>	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>Scan n Shop</b>		
	Integration and independence by heading to your local supermarket and shopping with your peers.		
	Week 1 Browns plains Shopping Centre		
	Week 2 Calamvale Shopping Centre		
	Week 3 Underwood Shopping Centre		
	Week 4 Hyperdome Shopping Centre		
	Week 5 Mount Gravatt Shopping Centre		*Shared kilometer charges for transport
	Week 6 Sunnybank Hills Shopping Centre		
	Week 7 Springwood Shopping Centre		
	Week 8 Sunnybank Plaza		
	Week 9 Woodridge Shopping Centre		
	Week 10 Rochedale Village		
Week 11 Arndale Shopping Centre			
Week 12 Underwood Shopping Centre *			
Goals to achieve:			
 Goal #1	 Goal #2	 Goal #3	

## Paint N Sip

Week 1 Paint New Year 2024 with Pineapple Mocktail.

Week 2 Paint International Kite Festival with Blueberries Mocktail.

Week 3 Paint Favourite Music Band with fruit Smooth.

Week 4 Paint Australia Day with Coconut and chocolate Mocktail.

Week 5 Paint National Pizza Day with Orange Juice.

Week 6 Paint Lunar new year. Year of the Dragon. With Dragon fruit Mocktail.

Week 7 Paint Valentines Day with Strawberry Smooth.

Week 8 Paint. Love your pet day. With fruit Cocktail.

Week 9 Paint. Purple Day Raise awareness for people with epilepsy. With Raspberry Smooth.

Week 10 Paint International Women's Day. With Banana Cocktail.

Week 11 Paint St Patrick days with Apple Smooth

Week 12 Paint Harmony Day Customer's Choice.

Gather with your friends and enjoy a refreshing mocktail and paint with your friends.



Cost of Purchase



Goal #1



Goal #2



Goal #3

### Flexible Activities in Hub



Customers choice of activities they like to participate in the hub. From board games to walking to playing games.

free

Goals to achieve:



Goal #1



Goal #2



Goal #3



# Friday activities

Morning – Choose One			 chosen activity	
	<p><b>Summer BBQ onsite Lunch</b></p> <p>Customers have Chosen with staff.</p> <p>Week 1 Sausage with Onions and salad Bun.</p> <p>Week 2 Lamb Rissoles with sweet potato salad.</p> <p>Week 3 Aussie Burger with the lot.</p> <p>Week 4 Turkey Mince Burgers with Sweet potato wedges sour cream.</p> <p>Week 5 Lamb Korma Burger with Onion Curry Sauce.</p> <p>Week 6 BBQ Chicken Ranch paste salad.</p> <p>Week 7 Southwest stuffed sweet potatoes.</p> <p>Week 8 lamb Burger with Salad.</p> <p>Week 9 Marinated Chicken and BBQ corn with homemade Coleslaw.</p> <p>Week 10 BBQ Chicken Shredded in wrap with salad.</p> <p>Week 11 Vegan Brisket BBQ Style with jacket potatoes.</p> <p>Week 12 Customer’s Choice vote.</p> <p><b>Goals to achieve:</b></p>		<p>Cost Of Groceries</p>	
	 Goal #1	 Goal #2		 Goal #3



### Pottery Mount Lupo Eight Mile Plaine

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

Goals to achieve:



Goal #1



Goal #2



Goal #3



### Kuraby Hub Sports

Come and play basketball, Football, Cricket and many more games outside in the Sports courtyard in Svoboda Park.

\$1

Goals to achieve:



Goal #1











Goal #2



Goal #3

# AND

Afternoon – Choose One			 chosen activity
	<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.		Free
	 Goal #1	 Goal #2	
	<b>Customer's Choice</b> Customer's choice in what they like to do on Friday Afternoon.		Free
	<b>Goals to achieve:</b>		
 Goal #1	 Goal #2	 Goal #3	

# 2024 Kuraby Hub Program Dates

Office Opens 2 January 2024 Hub closed on public holidays.

Program 1		
	Start Date	End Date
Activity Program	Tuesday 2 <sup>nd</sup> January	Friday 22 <sup>nd</sup> March
Hub Closed	New Year Holiday, Monday 1 <sup>st</sup> January; Australia Day, Friday 26 <sup>th</sup> January	

Program 2		
	Start Date	End Date
Activity Program	Monday 25 <sup>th</sup> March	Friday 14 <sup>th</sup> June
Hub Closed	Good Friday 29 <sup>th</sup> March Easter Monday 1 <sup>st</sup> April Anzac Day 25 <sup>th</sup> April Labour Day 6 <sup>th</sup> May	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 17 <sup>th</sup> June	Friday 21 <sup>st</sup> June

Program 3		
	Start Date	End Date
Activity Program	Monday 24 <sup>th</sup> June	Friday 13 <sup>th</sup> September
Hub Closed	EKKA Show Day, Wednesday 14 <sup>th</sup> August	

Program 4		
	Start Date	End Date
Activity Program	Monday 16 <sup>th</sup> September	Friday 13 <sup>th</sup> December
Hub Closed	Kings Birthday, Monday 7 <sup>th</sup> October	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 16 <sup>th</sup> December	Friday 20 <sup>th</sup> December
Hub Closed	Monday 23 <sup>rd</sup> December 2024 – Monday 6 <sup>th</sup> January 2025	

