



2024 Nudgee Hub
Activity Program 1
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.

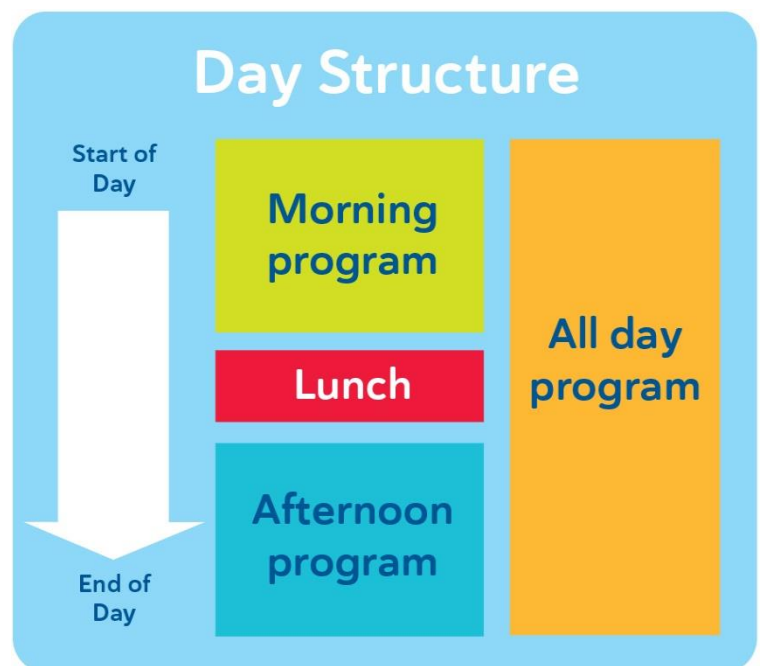
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 Jacqui Edmond on 0437 158 035 or return it to Nudgee Hub Staff by Wednesday the 15th of November.
- 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 Jacqui 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 Jacqui 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
	Hub Kitchen Rules Become more independent in the kitchen. Learn the skills of cutting, slicing, grating, grilling, frying and baking. Members to choose the Meal to cook on the day. Goals to achieve:		\$5
	 Goal #1	 Goal #2	
	Café Surfing For the lovers of a good coffee. We will be visiting various Café's in the region for morning tea to build on our money handling skills and develop our confidence **Members will need to bring money for their purchases** Goals to achieve:		Own money
	 Goal #1	 Goal #2	





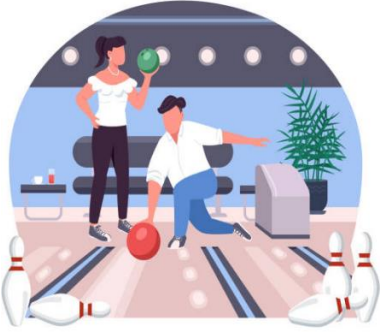



AND

Afternoon – Choose One			✓ chosen activity
	Walking Group - Beach Bum Walk 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. Goals to achieve:		No cost
	 Goal #1	 Goal #2	
	Mocktail Paint n' Sip Get creative, learning new skills in painting and mocktail making. Sip on your mocktail while you become the next Picasso. Goals to achieve:		\$4
	 Goal #1	 Goal #2	









OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	Urban Park Exploring Go to a different local park each week around the area 20kms. Have lunch in the park and go sightseeing.		No cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	




Tuesday Activities

Morning – Choose One			✓ chosen activity
	Walking Group - Beat the Bush Nature Walk Members may choose different Bush walks to have a fun way to exercise in the region. Goals to achieve:	No cost	
	<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 Pin Bowling “Strike”, “Spare”, Knock those pins down!! Where members can enjoy a game of Ten Pin Bowling and try to improve their scores each week!! Goals to achieve:	\$7	
	<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
	Karaoke & Music Games Crank up the karaoke machine and bring your best singing voice. Backed by some old classics and some new favourites, the stage will be set and you will be the star. Goals to achieve:	No Cost	
	<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>		
	Sensory Science Exploration Members will discover the different sensory skills of look, touch, listen, taste and smell encouraging learning through exploration, curiosity, problem solving and creativity. Goals to achieve:	\$4	
	<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
	COCA 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. Goals to achieve:		\$5
	 Goal #1	 Goal #2	





Wednesday Activities

Morning – Choose One			✓ chosen activity
	Music Therapy A research-based practise which assists customers to reach functional goals such as communication and interactive skills. **Members participating will be unable to select an all-day activity due to time constraints** Goals to achieve:		As Per Schedule of Support
	 Goal #1	 Goal #2	
	Sound and Dance Appreciation Everything about Music. Karaoke, Dance or Sing to favourite Hits, play instruments or watch a musical. Members on the day will choose as a group what experience they would like to enjoy. Goals to achieve:		No Cost
	 Goal #1	 Goal #2	







AND

Afternoon – Choose One			✓ chosen activity
	Putt Putt – Around the World Each player will begin their journey around the mini golf course with a scorecard passport, hole-by-hole travel through the 18 themed destinations holes around the world. Goals to achieve:		\$10
	 Goal #1	 Goal #2	
	Fishing Can you snare the big one, try your luck at different fishing spots around the Region. (fishing gear supplied) Goals to achieve:		No Cost
	 Goal #1	 Goal #2	

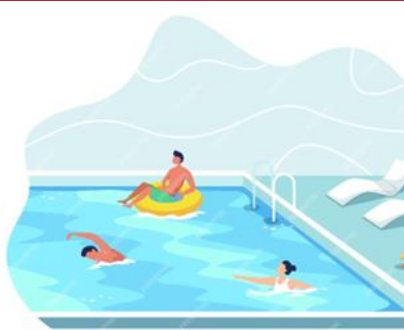





OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	Discover Lone Pine Koala Sanctuary Let's go to the Koala Sanctuary to see our cuddly Koala friends & many more wonderful wildlife enclosures. **Members participating will have an annual pass purchased on week 1 for \$78 ** Goals to achieve:		Annual Pass Required
	 Goal #1	 Goal #2	












Thursday Activities

Morning – Choose One			✓ chosen activity
	Movie Madness Choose from our wide range of movies, from classics to the latest releases and enjoy a relaxing with friends after they roll the credits have a discussion around the movie. Goals to achieve:		No cost
	 Goal #1	 Goal #2	
	Baking Stars Become more independent in the kitchen. Learn the skills of different baking recipes. Members to choose to recipe the week before and take home for all to enjoy. **Members participating will need to supply your own container to take home** Goals to achieve:		\$5
	 Goal #1	 Goal #2	

AND



Afternoon – Choose One			✓ chosen activity
	Swimming Stretch those muscles, cool off and have fun frolicking around the pool. Goals to achieve:		\$6.50
	 Goal #1	 Goal #2	
	Bookworms We will visit local libraries in the North Brisbane region where members may borrow and return books, learn how to use the computers, read magazines Goals to achieve:		No Cost
	 Goal #1	 Goal #2	

OR – choose one All Day activity below



All Day – Choose One	 chosen activity			
	<p>Dolphins Leagues Club Dolphins Leagues Club Let’s get our dancing shoes on and have some lunch in the community. During this activity we will build our money handling skills and develop our confidence in ordering and socializing.</p> <p>Goals to achieve:</p> <table border="1" data-bbox="542 560 1252 739"> <tr> <td data-bbox="542 560 758 739">  Goal #1 </td> <td data-bbox="758 560 1005 739">  Goal #2 </td> <td data-bbox="1005 560 1252 739">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3
 Goal #1	 Goal #2	 Goal #3		
	No cost			














Friday Activities

Morning – Choose One			✓ chosen activity
	Get Snapping Our photographers will travel around different location with all the necessary equipment and learn the art of capturing the perfect photo. Goals to achieve:	Goal #1 Goal #2 Goal #3	\$10
	Goal #1 Goal #2 Goal #3		
	Hobby Time Customers are free to select the days centre-based activity of their choice, anything from arts and crafts to music, dance or even bring your own project to work on, supported by our staff. Goals to achieve:	Goal #1 Goal #2 Goal #3	No Cost
	Goal #1 Goal #2 Goal #3		

AND

Afternoon – Choose One			✓ chosen activity
	Mind, Body and Soul 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. Goals to achieve:	Goal #1 Goal #2 Goal #3	\$2.50
	Goal #1 Goal #2 Goal #3		
	Games & Puzzle Mania Challenge your friends to some of our most popular board games and puzzles! Our game afternoon will enable you to spend time with friends strategizing and playing a wide range of boarding games and completing puzzles at the Hub. Goals to achieve:	Goal #1 Goal #2 Goal #3	No Cost
	Goal #1 Goal #2 Goal #3		

OR – choose one All Day activity below

All Day – Choose One	 chosen activity				
	<p>Old Petrie Town BBQ Day Let's all get out and about and explore Old Petrie Town. Come together for a BBQ Lunch, enjoy the scenery it has to offer while socializing with your friends.</p> <p>Goals to achieve:</p> <table border="1" data-bbox="550 537 1260 716"> <tr> <td data-bbox="550 537 766 716">  Goal #1 </td> <td data-bbox="766 537 1013 716">  Goal #2 </td> <td data-bbox="1013 537 1260 716">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	\$5
 Goal #1	 Goal #2	 Goal #3			

2024 Nudgee Hub Program Dates

Office Opens 2 January 2024

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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 29 March Easter Monday 1 April Anzac Day Holiday Thursday 25 April Labour Day Monday 6 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 Wednesday 14 August	

Program 4		
	Start Date	End Date
Activity Program	Monday 16 September	Friday 13 December
Hub Closed	King's Birthday Monday 7 October	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 16 December	Friday 20 December
Hub Closed	Monday 23 December 2024 – Monday 6 January 2025	

