



2024 Capalaba Hub Activity Program 3 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.

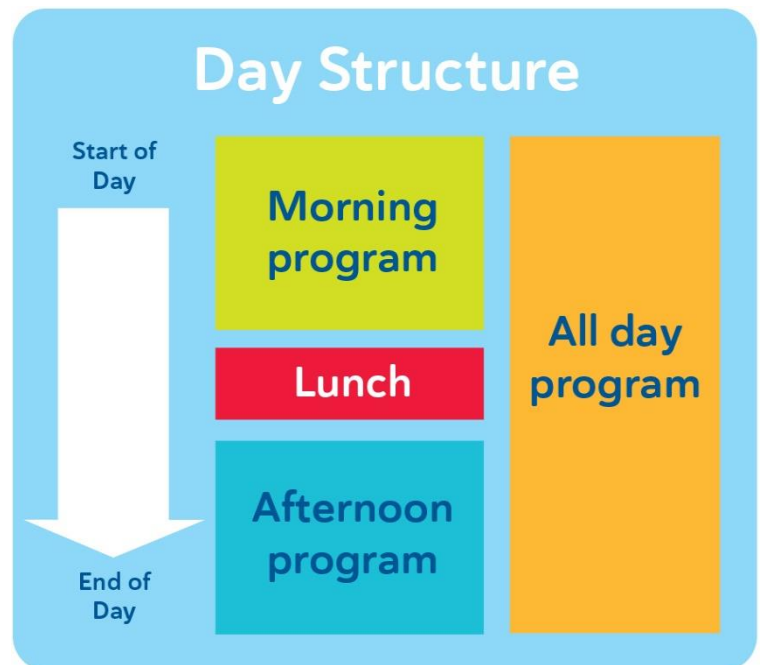
This allows you to fully develop your skills, more opportunity to see progress and reach your goals, and have a sense of completion at the end of the 12-week program. It also helps you develop stronger connections with other customers, and gain more substantial outcomes than one-off activities.

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 (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 your choices to 07 3390 1758 or return it to capalabahub@multicap.org.au by 31 May 2024.
- 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 capalabahub@multicap.org.au.









- 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.

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 three (3) core goals can be shown even though some activities may support you to achieve more than three (3) goals. Those identified are the core goals that the activity supports.

If you are unsure of what goal an icon relates to, please refer to the below list:

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 (1)		 chosen activity	
	<h3>Gardening</h3> <p>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 and veggies of your labour!</p>	No cost	
Goals to achieve:			
 Goal #1	 Goal #2	 Goal #3	
	<h3>Bingo</h3> <p>Legs eleven, keys to the door! Have fun, improve your numeracy skills and enjoy some friendly competition with our Monday morning Bingo.</p>	No cost	
Goals to achieve:			
 Goal #1	 Goal #2	 Goal #3	
	<h3>Meal preparation and cooking (ASDAN)</h3> <p>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.</p> <p>If you have not signed up for an ASDAN Program before, please get in touch and we can assist you to sign up.</p>	First time ASDAN user – weekly cost \$9.10. Existing ASDAN user \$8.00	
Goals to achieve:			
 Goal #1	 Goal #2	 Goal #3	

AND

Afternoon – Choose one (1)



chosen activity

	<p>Movie appreciation Enjoy a classic piece of cinema and discuss themes and characters guided by our support staff.</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td data-bbox="531 636 782 790">  Goal #1 </td> <td data-bbox="782 636 1021 790">  Goal #2 </td> <td data-bbox="1021 636 1259 790">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	<p>No cost</p>	
 Goal #1	 Goal #2	 Goal #3				
	<p>Walking group 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.</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td data-bbox="531 1077 782 1211">  Goal #1 </td> <td data-bbox="782 1077 1021 1211">  Goal #2 </td> <td data-bbox="1021 1077 1259 1211">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	<p>No cost</p>	
 Goal #1	 Goal #2	 Goal #3				

OR – choose one All Day activity below

All Day – Choose one (1)



chosen activity



All day option

Public art (COCA)

The Centre of Creative Arts (COCA) Public Art module is a series of twelve (12) sessions that will assist you in discovering your potential as a public artist in a fun and supportive environment.

These sessions will be offered for six (6) hours one day a week at your Community Hub. This is the Public Art Primary Elective, where you will experiment and learn techniques in:

- Discover various locations suitable for public art
- Create miniature or dioramas of proposed work
- Explore inspirations / themes for street art
- Experiment with material and painting techniques
- Create individual sculpture pieces
- Create group installations or murals
- Creating a large public art product for display using any of the techniques suggested.

\$ 5.00 week.
(Invoiced at end of month)

Goals to achieve:



Goal #1



Goal #2











Goal #3

Tuesday activities

Morning – Choose one (1)

✓
chosen activity

	<p>Music and Hub choir</p> <p>Enjoy making music with our instruments. Listen to our voices and enjoy singing some old favourites, leaning some new ones, and celebrating the various festive times of the year through song.</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>No cost</p>	
	<p>Explore the library</p> <p>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.</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>No cost</p>	

AND

Afternoon – Choose one (1)

✓
chosen
activity



Dining out

Enjoy lunch with your friends, supported by our team. Each week we dine out at a local restaurant, partaking in tasty food and even better company.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost of
meal
and
drink

Wednesday activities

Morning – Choose one (1)

✓
chosen activity



Bake a treat

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.

\$5.00

Goals to achieve:



Goal #1



Goal #2



Goal #3



Fun, fitness in the Hub

Join us for fun fitness in the Hub. Activities can range from:

- Seated exercises
- Yoga movements
- Indoor ten pin bowls
- Parachute games
- Soft ball activities

No cost

Find your calm and improve your mind, body, and soul.

Goals to achieve:



Goal #1



Goal #2



Goal #3

AND

Afternoon – Choose one (1)

✓
chosen
activity



Tabletop games

Choose your favourite game or learn something new. Our hub has a wide selection of board games, strategy and card games, tile games and puzzles to challenge and entertain.

No cost

Goals to achieve:



Goal #1



Goal #2







Goal #3





OR – choose one all day activity below

All Day – Choose one (1)





✓
chosen activity

	<p>Dancercise / community adventures</p> <p>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.</p> <p>This is followed by Dancercise, where we will travel to one of our nearby coastal/community locations, enjoying a picnic and a relaxing afternoon with friends, exploring the beauty of nature in the area.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="528 1010 608 1084">  <p>Goal #1</p> </div> <div data-bbox="786 1010 866 1084">  <p>Goal #2</p> </div> <div data-bbox="1061 1010 1141 1084">  <p>Goal #3</p> </div> </div>	<p>\$12.00</p>	
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Thursday activities

Morning – Choose one (1)			✓ chosen activity
	Master builders Let's unleash our inner builders, inspire our creativity, and make a masterpiece using our Lego, Meccano, and magnetic tiles. Choose a kit and let's get busy!	No cost	
	Goals to achieve:		
	<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 (1)			✓ chosen activity
	Makaton and music 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.	No cost	
	Goals to achieve:		
	<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 (1)



chosen activity



Sailability (fortnightly)

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. Sailing is offered fortnightly.

When sailing is not offered, urban discovery will be offered.

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.

\$7.00
for
sailing

Goals to achieve:



Goal #1



Goal #2



Goal #3

All Day – Choose one (1)



chosen activity



Urban discovery

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.

No cost

Goals to achieve:



Goal #1












Goal #2



Goal #3









Friday activities

Morning – Choose one (1)			 chosen activity		
	<p>Arts and crafts</p> <p>Create a beautiful piece of artwork you can keep, this could vary from card making, diamond art, painting, jewellery making. Practice your fine motor skills and watch your masterpiece take form.</p>	\$2.50			
			<p>Shopping experience</p> <p>Visit a local shops and/or op shops. Shop for our hub, learn how to choose the correct resources for our hub. Go to an op shop look for a bargain and discover your personal style.</p> <p>Goals to achieve:</p>	Cost an op shop purchase	
<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>					
<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 (1)

✓
chosen activity

	<p>ASDAN – Sound, Rhythm, and Music Join a 12-week program to engage and learn about the sounds around you, using instruments, and our voices.</p> <p>If you have not signed up for an ASDAN Program before, please get in touch and we can assist you to sign up.</p>	<p>First time ASDAN user – weekly cost \$9.10. Existing ASDAN user \$8.00</p>	
 Goal #1	 Goal #2	 Goal #3	
	<p>Movies at Capalaba Choose from our wide range of movies, from classics to the latest releases and enjoy a relaxing afternoon with friends.</p> <p>Goals to achieve:</p>	<p>No cost</p>	
 Goal #1	 Goal #2	 Goal #3	

2024 Capalaba Hub program dates

Hub closed on public holidays.

Program 3		
	Start Date	End Date
Activity Program	Monday 24 June	Friday 13 September
Hub Closed	EKKA Show Day, Wednesday 16 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 2024	