



# 2024 Kuraby 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 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.

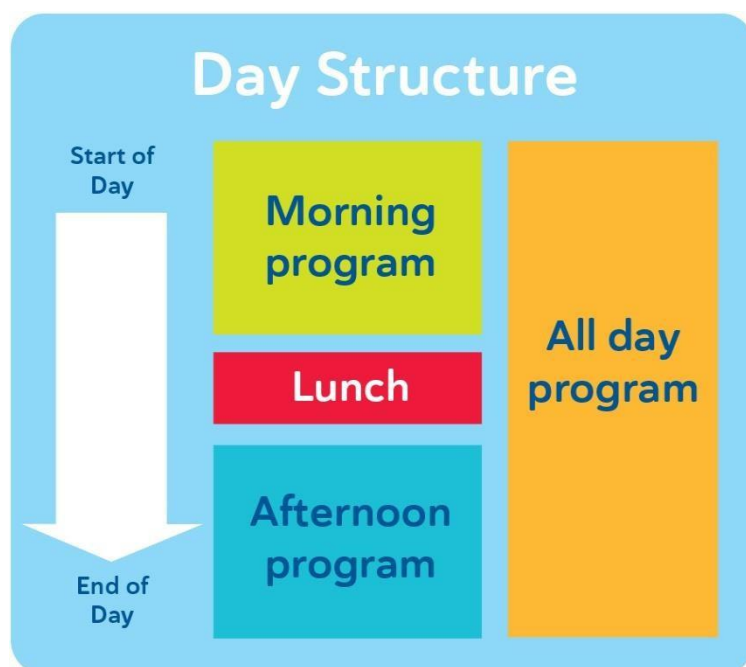
## How it works

- 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 24/05/2024.
- 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 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



### Café Discovery

Head out to the local shops for a browse and sit down for a cuppa and cake with your friends.

Week 1 Degani Café Calamvale

Week 2 Zarraffas Underwood

Week 3 Jacob's Ladder Café Runcorn

Week 4 Coffee Club Underwood

Week 5 Café in Tokyo Calamvale

Week 6 The Rivers Café Eagleby

Week 7 Monte Lupo Café Eight Mile Plains

Week 8 Extraction Artisan Café Slacks Creek

Week 9 Chillax Café Springwood

Week 10 Coffee Club Mount Gravatt

Week 11 The Cauldron's Café & Emporium Springwood

Week 12 Customer's Choice

\*Shared kilometre charges for transport

**Goals to achieve:**



Goal #1

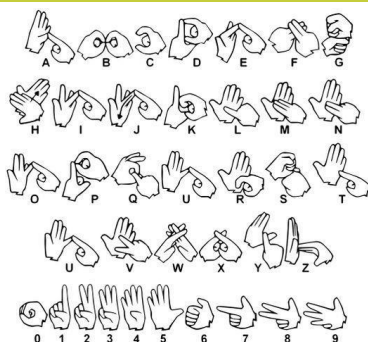


Goal #2



Goal #3

Cost of  
purchase



### The Importance of Communication

The art of language by using symbols, Signs, and speech to enable to communicate with everyday life. By using Makaton with the assist of Using website. Will go over same signs for the first 4 weeks and then change.

**Goals to achieve:**



Goal #1



Goal #2



Goal #3

Free



### ASDAN Multi-Sensory and Baking

Learn all about sensory and what it means for different Activities and learn all about baking the touch feel and smell when you bake cakes.

**The initial starting out book is \$15 (This is only paid once)**

**The cost of the workbook for each module is \$10 and is a one-off payment over the course of 12 week.**

**Goals to achieve:**



Goal #1



Goal #2
















Goal #3






Shared  
cost of  
purchase  
for  
baking















AND

Afternoon – Choose One					<div></div> <div>chosen activity</div>
	<div>Let’s Bowl</div> <div>Lace up your bowling shoes and hit the lanes for a game of ten pin bowling at Logan City Lanes.</div> <div>*Shared kilometre charges for transport</div>			\$10	
	Goals to achieve:				
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>		
	<div>Konga Dance</div> <div>Move your body, swing your hips to the rhythm of the dance.</div> <div>Use gross motor skills.</div>			Free	
	Goals to achieve:				
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>		
	<div>Sit Down Ball Games</div> <div>Learn to use gross motor skills and build muscle. Learn to use eye coordinate.</div>			Free	
	Goals to achieve:				
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>		

OR – choose one All Day activity below.

All Day – Choose One				 chosen activity
	<p><b>Travel Training</b></p> <p>We will learn how to use a Go Card and how to put money onto the go card. You will enjoy the pleasure of a train ride to your Destination.</p> <p><b>**Bring packed lunch drink bottle and Hat please **</b></p> <p><b>Goals to achieve:</b></p>			Go Card
	 Goal #1	 Goal #2	 Goal #3	

## Tuesday activities





Morning – Choose One			✓ chosen activity
	<b>Centre of Creative Arts (COCA)</b>  Creative Movement  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.  <b>Goals to achieve:</b>	Free	
	<div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div>		
	<b>5,000 Steps and Gym Fitness in Park</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.  Commit to get fit! Have fun with your friends while improving your health and wellbeing.  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  <b>**Weather permitted indoor Sports **</b> <b>Goals to achieve:</b>	Free	
	<div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div>		
	<b>Indoor and outdoor Games and Activities</b>  Challenge yourself against your mates and show your skills at board games and outdoor games embrace your health and wellbeing. With fine motor and gross motor skills.  <b>**Weather permitted indoor Sports **</b> <b>Goals to achieve:</b>	\$1	
	<div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div>		

AND













Afternoon – Choose One				✓ chosen activity	
	<b>Centre of Creative Arts (COCA)</b> <b>Ceramics</b>  What are ceramics?  How to turn natural materials such as clay into decorative display, mugs bowls.  The process of turning clay projects by using technique of fine motor skills and the creative side understanding the use of the tools needed to produce the final product.  <b>Goals to achieve:</b>		\$5		
	 Goal #1	 Goal #2			 Goal #3
	<b>Music Meditation</b>  The opportunity to mediate, listen to calming music and practice movement.  <b>Goals to achieve:</b>		Free		
	 Goal #1	 Goal #2			 Goal #3
	<b>Five Sensory</b>  Learning all about the five sensory systems in the brain.  Understanding our sensory and recognizing our experiences to our emotions.  <b>Goals to achieve:</b>		\$1.50		
	 Goal #1	 Goal #2			 Goal #3






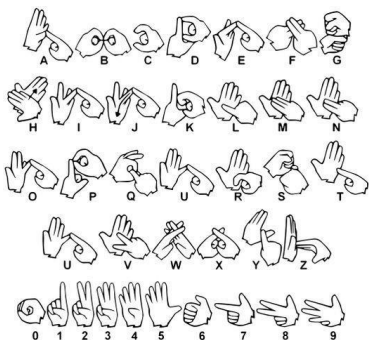




OR – choose one All Day activity below.

All Day – Choose One				✓ chosen activity
	<p><b>Park and Walking</b></p> <p>Go to local parks around the area. Have lunch in the park and go sightseeing. Learn how to fly a kite if the weather is windy. Use the gym in the park as well.</p> <p><b>**Weather permitted Local Library / indoor Sports **</b></p> <p><b>*Shared kilometre charges for transport</b></p> <p><b>Goals to achieve:</b></p>			<p>Cost of kit</p>
	 Goal #1	 Goal #2	 Goal #3	










## Wednesday activities

Morning – Choose One			✓ chosen activity
	<b>Explore 11 Calendar events around the world.</b> Research Special events by using laptop and internet to create your journal. Learning about history of the event and improving literacy skills. <b>Goals to achieve:</b>	\$1 or per program or one-off payment \$10	
	<div>  Goal #1           </div> <div>  Goal #2           </div> <div>  Goal #3           </div>		
	<b>5,000 Steps and Counting (Walking Distance from Kuraby Hub)</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>**Weather permitted indoor Sports **</b>  <b>Goals to achieve:</b>	Free	
	<div>  Goal #1           </div> <div>  Goal #2           </div> <div>  Goal #3           </div>		
	<b>Five Sensory</b> Learning all about the five sensory systems in the brain. Understanding our sensory and recognizing our experiences to our emotions. <b>Goals to achieve:</b>	\$1.50	
	<div>  Goal #1           </div> <div>  Goal #2           </div> <div>  Goal #3           </div>		










AND

<div> <div>✓</div> <div>Afternoon – Choose One</div> <div>chosen activity</div> </div>			
	<b>Kuraby Hub Sports</b> Come and play basketball, Football, Cricket and many more games outside in the Sports courtyard in Svoboda Park.  <b>**Weather permitted indoor sports **</b>  <b>Goals to achieve:</b>		\$1 per week or one-off payment \$10
	 Goal #1	 Goal #2	 Goal #3
	<b>The Importance of Communication</b> The art of language by using symbols, Signs, and speech to enable to communicate with everyday life. By using Makaton with the assist of Using website. Will go over same signs for the first 4 weeks and then change.  <b>Goals to achieve:</b>		Free
	 Goal #1	 Goal #2	 Goal #3
	<b>Chill Out Spa – Mind and Body</b> 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.  <b>Goals to achieve:</b>		\$2
	 Goal #1	 Goal #2	 Goal #3

OR – choose one All Day activity below.

All Day – Choose One				 chosen activity	
	<p><b>Outing in the Community</b></p> <p>Week 1 Library and Lunch Club.                      Week 2 Shopping and Lunch Club.</p> <p>Nice quick place to read books or research your interest on the computer.                      Then go and explore coffee shop for lunch.</p> <p><b>Goals to achieve:</b></p> <div> <div>                           Goal #1                     </div> <div>                           Goal #2                     </div> <div>                           Goal #3                     </div> </div>			Cost of lunch	
	<p><b>Travel Training</b></p> <p>We will learn how to use a Go Card and how to put money onto the go card. You will enjoy the pleasure of a train ride to your Destination.</p> <p><b>**Bring packed lunch drink bottle and Hat please **</b></p> <p><b>Goals to achieve:</b></p> <div> <div>                           Goal #1                     </div> <div>                           Goal #2                     </div> <div>                           Goal #3                     </div> </div>			Cost of go card	

# Thursday 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>**Weather permitted indoor Sports **</b></p> <p><b>Goals to achieve:</b></p>	No cost	
	<div> Goal #1           Goal #2           Goal #3         </div>		
	<p><b>Springwood Library</b></p> <p>Nice quick place to read books or research your interest on the computer.</p> <p><b>*Shared kilometre charges for transport</b></p> <p><b>Goals to achieve:</b></p>	No cost	
	<div> Goal #1           Goal #2           Goal #3         </div>		
	<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 Sarah at [sarah.dunston@multicap.org.au](mailto:sarah.dunston@multicap.org.au) at least 3 days prior to the day if you wish to cancel.



AND

## Afternoon – Choose One

✓  
chosen  
activity



### Karaoke at Kuraby Hub

Research your favourite songs and practice the lyrics with your peers.

Express your creativity with a dance routine. Sing with your heart and at end of year we will have a singing show.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Purchases



### Life Skills

Purchase products from our Kuraby Hub grocery list. Improve your money handling skills, community integration and independence by heading out to the local supermarket and shopping with friends.

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 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

\*Shared kilometre charges for transport

Goals to achieve:



Goal #1















Goal #2



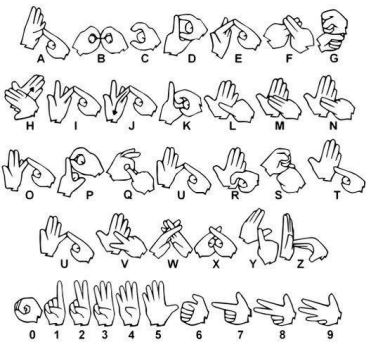











Goal #3

No cost





# Friday activities

Morning – Choose One			✓ chosen activity
	<p><b>Autumn onsite Lunch</b></p> <p>Homemade Pizzas using wraps.            Chicken Stir fry.            Honey sweet potato Chicken kebab.            Korean-Style Beef Burger.            Savory Mince with Jacket potato.            Spaghetti Bolognese.            Roast chicken Dinner with roast vegs and roast potatoes.            Homemade Lasagna with Salad and Garlic Bread.            Homemade Butter chicken and Rice.            Homemade Vegetarian Rogan Josh Curry with Rice.            Homemade Toad in the hole with Mash Potato.            Customer Choice of meal they like over the 12 weeks.</p> <p><b>Goals to achieve:</b></p>	<p>Cost of groceries</p>	
	<p>Goal #1 </p> <p>Goal #2 </p> <p>Goal #3 </p>		
	<p><b>Paradise indoor Golf</b></p> <p>Come and have fun indoors with golf. See if we have the next Tiger woods. In our own VIP Box and with our friends.            See who is the top scorer.</p> <p><b>Goals to achieve:</b></p>	<p>\$8</p>	
	<p>Goal #1 </p> <p>Goal #2 </p> <p>Goal #3 </p>		
	<p><b>Board Games</b></p> <p>Challenge yourself against your mates and show your skills at Uno, connect 4, Snakes and Ladders or Guess Who!</p> <p><b>Goals to achieve:</b></p>	<p>\$1 per week or one-off payment \$10</p>	
	<p>Goal #1 </p> <p>Goal #2 </p> <p>Goal #3 </p>		

AND

<div> <div>✓</div> <div>Afternoon – Choose One</div> <div>chosen activity</div> </div>			
	<b>1 hours of the important of communication and then 2 hours of movies</b> <p>The art of language by using symbols, Signs, and speech to enable to communicate with everyday life. By using Makaton with the assist of Using website. Will go over same signs for the first 4 weeks and then change.</p> <p><b>Goals to achieve:</b></p>	Free	
	<div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> <div>  <p>Goal #3</p> </div> </div>		
	<b>Disney</b> <p>Customers choose a movie and then we will talk about this and learn all about the movie.</p> <p><b>Goals to achieve:</b></p>	Free	
	<div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> <div>  <p>Goal #3</p> </div> </div>		
	<b>Chill Out Spa – Mind and Body</b> <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>	Cost	\$2
	<div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> <div>  <p>Goal #3</p> </div> </div>		

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

All Day – Choose One				✓ chosen activity
	<p><b>Travel Training</b></p> <p>We will learn how to use a Go Card and how to put money onto the go card. You will enjoy the pleasure of a train ride to your Destination.</p> <p><b>**Bring packed lunch drink bottle and Hat please **</b></p> <p><b>Goals to achieve:</b></p>			<p>Cost of go card</p>
	 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	

# 2024 Kuraby 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 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 2024	