



# 2024 Nudgee 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 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.

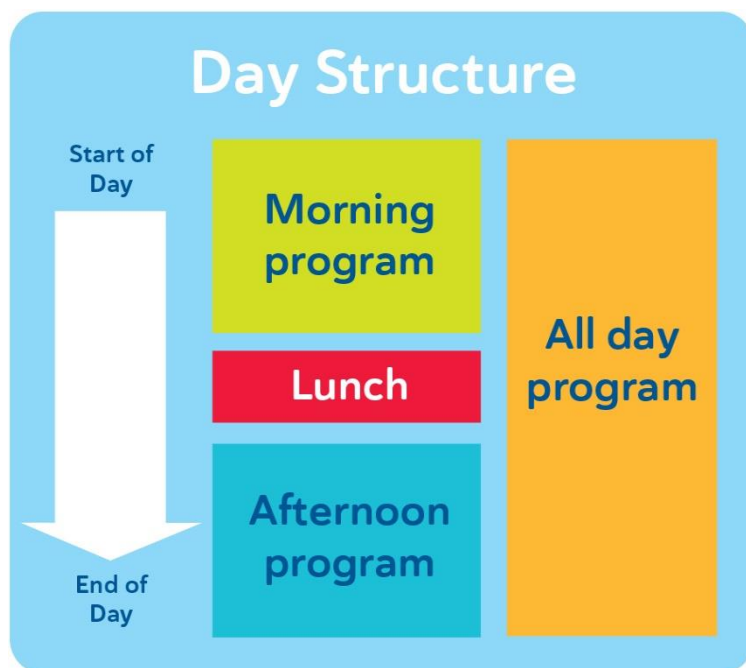
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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 (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 Jacqui Edmond on 0437 158 035 or return it to Nudgee Hub Staff by 22 May 2024.
- Program allocation is based on first-come, first-served. Please 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 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 and wellbeing
	Improve emotional health and wellbeing
	Develop social skills and understanding
	Build independence
	Improve fine motor skills
	Explore creative pursuits
	Sensory experience/exploration
	Adventure and recreation experience/exploration
	Improve communication skills
	Integrate/participate in the local community
	Develop skills to support future employment
	Develop advocacy skills and understanding
	Develop numeracy and literacy skills

# Monday morning activities

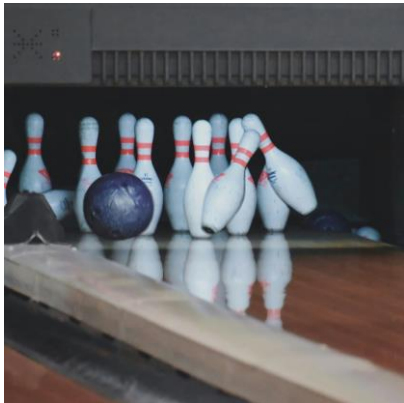







Choose one (1)			✓ Chosen activity
	<b>Movie appreciation</b> <p>Members will choose as a group each week a movie from our collection and enjoy a relaxing start to the week with block buster hits. After the movie we will discuss and delve deeper into the film's concepts and themes.</p> <p><b>Goals to achieve:</b></p>	<div>Goal #1</div> <div>Goal #2</div> <div>Goal #3</div>	No cost
	<b>Music fun and fitness in the Hub</b> <p>Join us in the Hub as we get active and move our bodies. Some of the activities we can do are:</p> <ul style="list-style-type: none"> <li>walking onsite</li> <li>seated exercises</li> <li>yoga</li> <li>Zumba</li> <li>ball co-ordination skills.</li> </ul> <p><b>Goals to achieve:</b></p>		
			

# Monday afternoon activities

Choose one (1)			 Chosen activity			
	<b>Waterfront wandering</b> As a group we will head out to the foreshore to enjoy the surf and sun. We will have lunch out and take some time to enjoy the beach and surrounds.  <b>Goals to achieve:</b>	 Goal #1	 Goal #2	 Goal #3	No cost	
	<b>Chit Chat Café</b> For the lovers of a good coffee. We will be visiting various cafes in the region for afternoon tea to build our money handling skills and develop our confidence. <b>**participants will need to bring money for their purchases**</b>  <b>Goals to achieve:</b>	 Goal #1	 Goal #2	 Goal #3	No cost	



## Tuesday morning activities

Choose one (1)			✓	Chosen activity
	<b>Ten Pin Bowling</b> Strike or spare – whatever you need to do to knock those pins down! Members will enjoy a game of Ten Pin Bowling and try to improve scores each week!		\$7.50	
	<b>Goals to achieve:</b>			
	 Goal #1	 Goal #2		
		 Goal #3		
	<b>Mind, body and soul</b> Indulge in a pamper morning to take care of your mind, body and soul. We will do various spa like treatments such as massage, foot spas and yoga to create a zen environment.		No Cost	
	<b>Goals to achieve:</b>			
	 Goal #1	 Goal #2		
		 Goal #3		

## Tuesday afternoon activities

Choose one (1)



Chosen  
activity



### ASDAN sound, music and rhythm

Do you have a passion for music and want to explore the world of rhythm? ASDAN's sound, music and rhythm course is perfect for you! This course is designed to help you develop a deeper understanding of music theory, rhythm, and sound production. You'll have the opportunity to explore music through various sound production techniques and recording software. By the end of the course, you will have a solid foundation in music theory and the practical skills to produce your own unique sound. Join us today and start your journey towards becoming a skilled musician.

\$2.50

Goals to achieve:



Goal #1



Goal #2



Goal #3



### Arts and crafts

Calling all creatives! This one is for you. Join us as we create different pieces of art and enjoy each other's company. You will even get to take home your creations.

No cost

Goals to achieve:



Goal #1



Goal #2







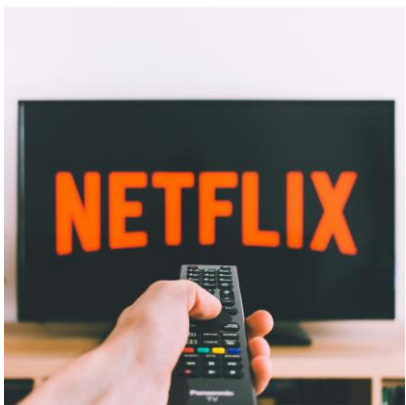



Goal #3

# Tuesday all day activity


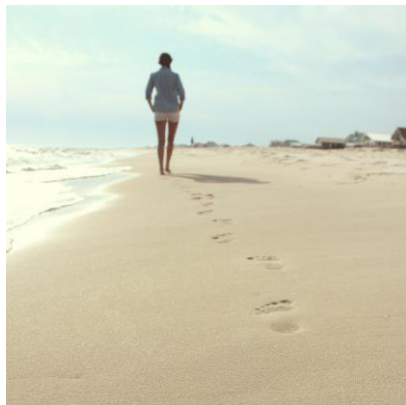







<div>✓</div> <div>Chosen activity</div>				
	<div>COCA</div> <div>We will work on many different creative projects as a part of the COCA program. Over the 12-weeks you will be able to see your projects come together and at the end you will be able to take home your wonderful creative creations.</div> <div>Goals to achieve:</div>			<div>\$5</div>
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>	



# Wednesday morning activities

Choose one (1)			✓	Chosen activity
	<b>Music therapy</b> A research-based practise which assists customers to reach functional goals such as communication and interactive skills.	As per schedule of support		
	Goals to achieve:			
	<div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div>			
	<b>Movies, trivia and games</b> Choose movies from classics to the latest releases and enjoy a relaxing time with friends. The choice is yours! At the end of each movie the group can discuss the themes and rate the movie.	No cost		
	Goals to achieve:			
	<div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div>			

## Wednesday afternoon activities

Choose one (1)				 Chosen activity	
	<b>Slip, slop, slap fun at the beach</b> Join us as we head out to the local beach's and enjoy some time in the outdoor sea air. We'll soak up the sun and enjoy spending time with each other on the beach.  <b>Goals to achieve:</b>			No cost	
	 Goal #1	 Goal #2	 Goal #3		
	<b>Mocktail paint and sip</b> Get creative, learn new skills in painting and mocktail making. Sip on your delicious beverage as you become the next painter extraordinaire.  <b>Goals to achieve:</b>			\$5	
	 Goal #1	 Goal #2	 Goal #3		

## Thursday morning activities

Choose one (1)



Chosen  
activity



### ASDAN multi-sensory and baking

This 12-week program explores tastes, smells, sounds and textures through cooking and accessing our Hub herb garden. This course is designed to help you enhance your baking abilities. In this course, you'll learn how to use your senses to create the perfect textures, flavours, and aromas in your baked goods. Our team will guide you through the entire process and provide you with personalised instructions to help you improve your skills. Join the ASDAN baking course!

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$2.50



### Painting and puzzle party

Enjoy an exciting morning with painting and puzzles on offer. Will you challenge your mind with a puzzle or unleash your creative side with beautiful paintings? The choice is yours!

Goals to achieve:



Goal #1












Goal #2







Goal #3

No  
cost

# Thursday afternoon activities

Choose one (1)			 Chosen activity
	<b>Community adventures</b> Members will explore Brisbane's different areas. Each week the group will explore a new area either: <ul style="list-style-type: none"> <li>going for a beach walk</li> <li>explore Mt Coo-tha Botanical Gardens</li> <li>going for a bush walk</li> <li>Leagues club events</li> </ul> <p><b>**Members to bring their own money if they want to purchase anything**</b></p>	No cost	
	<b>Goals to achieve:</b> <div> <div>  Goal #1           </div> <div>  Goal #2           </div> <div>  Goal #3           </div> </div>		
	<b>Hobby time</b> Members are free to select any centre-based activities of their choice. Which could include: <ul style="list-style-type: none"> <li>arts and craft</li> <li>music</li> <li>dance</li> <li>puzzles and so much more!</li> </ul>	No cost	
	<b>Goals to achieve:</b> <div> <div>  Goal #1           </div> <div>  Goal #2           </div> <div>  Goal #3           </div> </div>		

## Thursday all day activity

					✓ Chosen activity
	<b>Dolphins Leagues Club</b> Dolphins League Club offers live entertainment, bingo and having lunch out with the community. During this activity, members would be able to build their money skills and develop confidence in ordering their lunch whilst socialising with other members of the community. <b>**Bring lunch or bring money to purchase lunch**</b>				with bingo (\$8.40)
	<b>Goals to achieve:</b>				without bingo
	 Goal #1	 Goal #2	 Goal #3		



## Friday morning activities

Choose one (1)



Chosen  
activity



### Swimming

Splish, Splash, Splosh! Stretch those muscles, cool off and have fun frolicking around the pool.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$5.30



### Crafty creatives

Arts and crafts will be on offer this morning as an in Hub activity. We will paint, sketch and create many different artworks that you will get to take home.

Goals to achieve:



Goal #1












Goal #2



Goal #3

No  
cost

# Friday afternoon activities

Choose one (1)			 Chosen activity
	<b>Café lovers outing</b> For the lovers of a good coffee. We will be visiting various cafes in the region for afternoon tea to build our money handling skills and develop our confidence in social settings. <b>** participants will need to bring money for their purchases**</b> <b>Goals to achieve:</b> <div> <div>             Goal #1         </div> <div>             Goal #2         </div> <div>             Goal #3         </div> </div>	No cost	
	<b>Hobbies and passions</b> Join us as we explore our different hobbies together in a group setting. Whether it's gardening or craft, you have the option to explore your own hobbies and spend time with your peers. <b>Goals to achieve:</b> <div> <div>             Goal #1         </div> <div>             Goal #2         </div> <div>             Goal #3         </div> </div>	No cost	

# 2024 Nudgee 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 <sup>th</sup> August	

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