



2024 Aspley Hub
Activity Program 4
Catalogue

2024 Aspley Hub Activity Program 4 Catalogue

Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the Aspley 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.

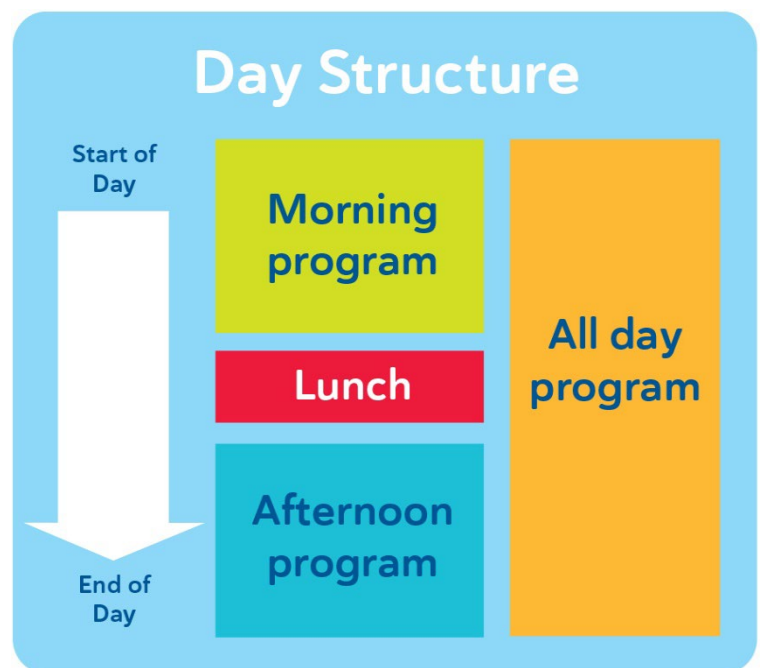
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 Aspley Hub Staff by 16 August 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 0418 710 259/3153 3046.
 - 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.edmond@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 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.


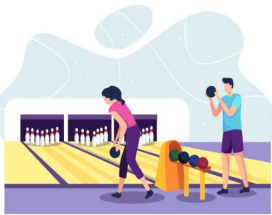







If you are unsure of what goal an icon relates to then please refer to the below list which will allow you to identify the related goal and icon.

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 Morning Activities

Choose One			 chosen activity	
	<h3>Splash and Swim Pool Fun</h3> <p>We're heading to the pool to splash around and get our bodies moving. Have some fun and cool off in the water for a great start to our week.</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>	\$5.50	
	<h3>Café Lovers Outing</h3> <p>Get ready to head out to the local coffee shops and spend some time with friends. We will head to different cafés each week and gain confidence in our money handling and ordering skills.</p> <p>*Please ensure members bring their own money to purchase food and drinks at the cafe</p> <p>Goals to achieve:</p>			

Monday Afternoon Activities

Choose One		 chosen activity	
	<p>10 Pin Bowling</p> <p>Join us at Aspley Bowling for a chance to practice your bowling skills. Strike, split or spare – the game is yours! Members will receive a print out of their scores to see how they improve each week.</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>	\$7.50	
	<p>Movie Madness</p> <p>Watch the next big blockbuster hit or a cinema classic! Join us in centre as we watch a new movie each week and discuss the film.</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>	No cost	





















Tuesday Morning Activities

Choose One			 chosen activity
	<p>Beach Bound Adventures</p> <p>Members will head out to the local foreshores to enjoy some fun in the sun and work on our fitness levels. We may stop for a quick bite to eat while we enjoy the sunshine at the beach.</p> <p>*Please ensure members bring their own money if they wish to purchase food or drinks whilst out</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>	No cost*
	<p>Hobbies and Games</p> <p>Join us as we do different activities in house. Bring along a hobby that you love or play a game or two with your friends.</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>	No cost

Tuesday Afternoon Activities

Choose One

✓
chosen activity

	<p>Crafty Creatives</p> <p>Participants will be able to express their creative side and enjoy making different art pieces that they can take home! Some projects we will do are:</p> <ul style="list-style-type: none"> - Photo frames with photos we take - Jewellery making, clay beaded bracelets - Crystal art - Christmas crafts - Many more crafty projects! <p>Goals to achieve:</p>	<p>\$2</p>				
<table border="1"> <tr> <td data-bbox="399 884 654 1025">  Goal #1 </td> <td data-bbox="654 884 949 1025">  Goal #2 </td> <td data-bbox="949 884 1244 1025">  Goal #3 </td> </tr> </table>		 Goal #1	 Goal #2	 Goal #3		
 Goal #1	 Goal #2	 Goal #3				
	<p>ASDAN Baking</p> <p>The ASDAN Baking 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 personalized instructions to help you improve your skills. Join the ASDAN Baking course!</p> <p>Goals to achieve:</p>	<p>\$2.50</p>				
<table border="1"> <tr> <td data-bbox="399 1456 654 1597">  Goal #1 </td> <td data-bbox="654 1456 949 1597">  Goal #2 </td> <td data-bbox="949 1456 1244 1597">  Goal #3 </td> </tr> </table>		 Goal #1	 Goal #2	 Goal #3		
 Goal #1	 Goal #2	 Goal #3				

Tuesday All Day Activity

Choose One

✓
chosen activity



COCA Art Program

We will work on many different art and craft projects together as part of the COCA Program. Whether it be painting or drawing, sculpting or beading there will be a project for you! Over the 12 weeks you will be able to see your projects come together and even take home your brilliant creations.

\$5

Goals to achieve:



Goal #1










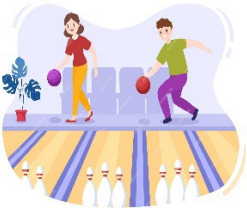





Goal #2
















Goal #3





Wednesday Morning Activities

Choose One			 chosen activity
	<p>Music Therapy</p> <p>A research-based practise which assists customers to reach functional goals such as communication and interactive skills.</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>	As per schedule of supports	
	<p>Barefoot Bowls</p> <p>Come along to Chermside Bowls club for a morning of fun in the sun as we learn to play barefoot bowls out on the green.</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>	\$10	
	<p>10 Pin Bowling</p> <p>Join us at Aspley Bowling for a chance to practice your bowling skills. Strike, split or spare – the game is yours! Members will receive a print out of their scores to see how they improve each week.</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>	\$7.50	





Wednesday Afternoon Activities

Choose One			 chosen activity
	<p>Photography Enthusiasts</p> <p>Click, click, click! Join us as we head out to take some photos of our local area, each other and anything that we find interesting. We will display the photos we take and reminisce on the journey we went on.</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>	\$5	
	<p>Splish Splash Swimming</p> <p>Join us at the local pool to get our bodies moving in the water. Backstroke, freestyle or doggy paddle – it's up to you!</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>	\$5.50	
	<p>Movie Lovers</p> <p>Choose a film from our Netflix library and get ready to enjoy a feature length film. We will relax and enjoy the movie together, taking time to discuss the film afterwards.</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>	No cost	






Thursday Morning Activity

Choose One			✓ chosen activity
	Puzzle and Game Mania Challenge your friends to some of our most popular board games and puzzles! Our game morning will enable you to spend time with friends strategizing and playing a wide range of board games and completing puzzles at the hub.		No cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	






















Thursday Afternoon Activity

Choose One			✓ chosen activity
	Hobby Time Members are free to select any day centre-based activities of their choice. Which could include: <ul style="list-style-type: none"> - Arts and crafts - Dance - Music - Puzzles and more! 		No cost
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	

Thursday All Day Activity

Choose One			 chosen activity
	<p>Dolphins Leagues Club</p> <p>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.</p> <p>*Please make sure participants bring money to purchase food or drinks at the club if they wish</p> <p>Goals to achieve:</p>	<p>\$25 for Bingo and Lunch</p> <p>Or</p> <p>Free if only attending the entertainment*</p>	<input data-bbox="1396 571 1476 660" type="checkbox"/> <input data-bbox="1396 795 1476 884" type="checkbox"/>
 Goal #1	 Goal #2	 Goal #3	









Friday Morning activities

Choose One			 chosen activity			
	<p>Local Park Exploration and BBQ</p> <p>Join us as we head out into the community for a BBQ. Brush up on your cooking skills to help prepare the food and enjoy an outing with others.</p> <p>Goals to achieve:</p> <table border="1" data-bbox="360 689 1246 831"> <tr> <td data-bbox="360 689 655 831">  Goal #1 </td> <td data-bbox="655 689 951 831">  Goal #2 </td> <td data-bbox="951 689 1246 831">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	\$5	
 Goal #1	 Goal #2	 Goal #3				
	<p>Hobbies and Passions</p> <p>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.</p> <p>Goals to achieve:</p> <table border="1" data-bbox="360 1111 1246 1256"> <tr> <td data-bbox="360 1111 655 1256">  Goal #1 </td> <td data-bbox="655 1111 951 1256">  Goal #2 </td> <td data-bbox="951 1111 1246 1256">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	No cost	
 Goal #1	 Goal #2	 Goal #3				

Friday Afternoon Activities

Afternoon – Choose One

✓
chosen
activity

	<p>Karaoke and Dance Party</p> <p>Join us in house as we sing our hearts out to some classic tunes. We will also move our bodies to the beat as we enjoy the groovy vibe.</p> <p>Goals to achieve:</p>	<p>No cost</p>	
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	
	<p>Movie and Popcorn</p> <p>Join us as we watch a movie that we choose together and enjoy some delicious popcorn. So come along ready for fun!</p> <p>Goals to achieve:</p>	<p>No cost</p>	
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	

2024 Aspley Hub Program Dates

Office Opens 2 January 2024

|

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 25 April Labour Day 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 2024	