



2025 Capalaba 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 Capalaba Hub, and we hope you enjoy what we have in store.

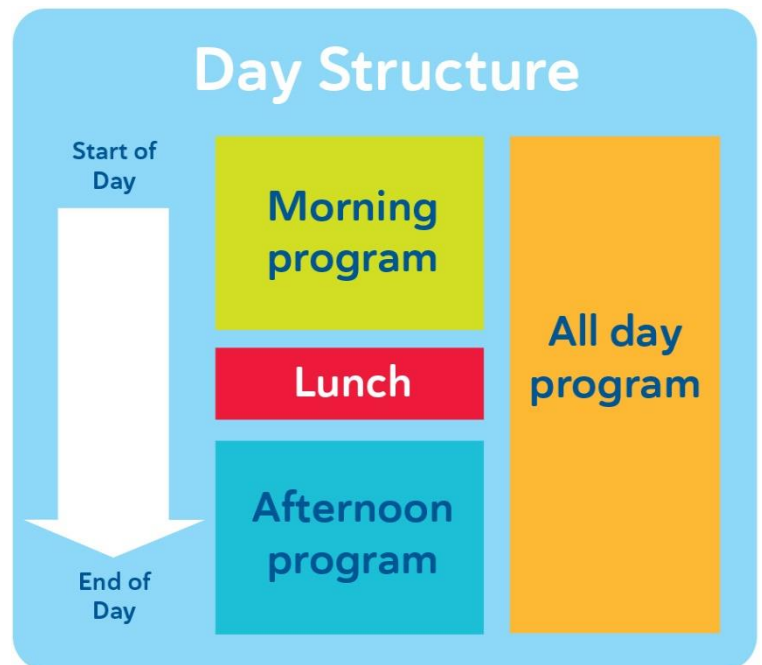
Our 12-week Hub programs are designed to offer you structure and consistency, with a focus on outcomes. When making your activity selections, you will be signing up and committing to a complete 12-week program for each day you attend the Hub.

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 (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 07 3390 1758 or return it to capalabahub@multicap.org.au by 08/11/2024.
- 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 07 3390 1758.
















- 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 07 3390 1758.

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	
0900 - 1200				
	Sports Appreciation Fun and active exploration of a different sport each fortnight, with members taking a dive into the wonderful world of cricket, horse racing, snooker/pool and many more sports.		No cost	
	Goals to achieve:			
	 Goal #1	 Goal #2		

Afternoon – Choose One			✓ chosen activity	
1230 - 1500				
	Health and Fitness Sessions are tailored to be accessible to everyone, with modifications for different abilities. Healthy activities are planned for leg strengthening, chair yoga and gentle stretches.		No cost	
	Goals to achieve:			
	 Goal #1	 Goal #2		

OR – choose one All Day activity below

All Day – Choose One

0900 - 1500



chosen activity



Meal preparation and cooking (ASDAN)

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.

NB: If you have not signed up for an ASDAN Program before, please get in touch and we can assist you to sign up.

First time ASDAN User – Weekly cost \$9.10.

Existing ASDAN user \$8.00 Invoiced at end of month



Goal #1



Goal #2



Goal #3



Public Art (COCA)

The Centre of Creative Arts (COCA) Public Art module is a series of 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 6 hours one day a week at your Community Hub. This 12 week 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 per week Invoiced at end of month

Goals to achieve:



Goal #1












Goal #2



Goal #3

Tuesday activities









Morning – Choose One 0900 - 1200			 chosen activity			
	<p>Music, Sounds and Beats</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>	 Goal #1	 Goal #2	 Goal #3	No cost	
	<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>	 Goal #1	 Goal #2	 Goal #3	No cost	

AND





Afternoon – Choose One





1230 - 1500

✓
chosen activity

	<p>Dining Out – Lunch and Learn</p> <p>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.</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>Cost of meal and drink</p>	
	<p>Tabletop Games</p> <p>Choose your favourite game or learn something new. Our hub has a wide selection of strategy and card games, tile games and puzzles to challenge and entertain.</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>		

Wednesday activities

Morning – Choose One 0900 - 1200			✓ chosen activity
	Make a Treat Using our kitchen facilities at the Hub, our staff will support you to create a delicious treat for afternoon tea. Learn new techniques and share your masterpiece with your friends.		\$5.00 per week Invoiced at end of month
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	

Afternoon – Choose One 1230 - 1500			✓ chosen activity
	Explore and Create The Explore & Create program offers a vibrant mix of sensory, creative, and active experiences designed to spark curiosity and engagement. Participants can immerse themselves in hands-on activities like sensory exploration stations, DIY jewelry-making, and collaborative chalk murals, encouraging self-expression and fine motor skills. Art projects range from card-making and abstract painting to mixed-media creations, allowing each person to explore their creativity.		\$5.00 per week Invoiced at end of month
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	

OR – choose one All Day activity below

All Day – Choose One

0900 - 1500



chosen activity



Dancercise / Community Adventures

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.

Followed by Dancercise we will travel to one of our nearby coastal/community locations to enjoy a picnic and a relaxing afternoon with friends, exploring the beauty of nature in the area.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$15.00 per week
Invoiced at end of month

Thursday activities

All Day - In Hub Option

0900 - 1500



chosen activity



Green Thumbs

Our budding green thumbs will continue to expand and build their knowledge in our own outdoor garden space. With excursions to visit local gardens we will have the opportunity to connect with nature in different settings.

Goals to achieve:



Goal #1












Goal #2












Goal #3

No cost

OR – choose one All Day activity below

All Day – Choose One 0900 - 1500				 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. Goals to achieve:			\$10.00 per fortnight Invoiced at end of month
	 Goal #1	 Goal #2	 Goal #3	
	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. **Bring or buy lunch** Goals to achieve:			Cost varied
	 Goal #1	 Goal #2	 Goal #3	

Friday activities

Morning – Choose One 0900 - 1200			 chosen activity	
	<p>Photography and Visual Arts</p> <p>This program offers participants the chance to explore the world of photography and visual arts. Each session will focus on different aspects of photography, such as camera settings, composition, and editing techniques. Participants will have hands-on opportunities to practice their skills, with projects that include nature photography, portrait sessions, and creative art pieces. The program aims to inspire creativity, develop artistic skills, and provide a platform for self-expression. It is suitable for beginners and experienced artists alike, offering a supportive environment to explore and refine their artistic abilities.</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>	\$3.00 per week Invoiced at end of month	
	<p>Out and About</p> <p>Enjoy the outdoors with explorations to increase our mobility by walking to our local parks or shopping for our hub, learn how to choose the correct resources for our hub.</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	

AND

Afternoon – Choose One

1200 - 1500


 chosen
 activity



Brain Teasers

Range of activities to test and exercise the brain while having fun with themed word searches, literacy pages, mazes and riddles.

Goals to achieve:



Goal #1



Goal #2



Goal #3

No
cost



Bingo

Legs eleven, keys to the door! Have fun, improve your numeracy skills and enjoy some friendly competition with our Monday morning Bingo.

Goals to achieve:



Goal #1



Goal #2



Goal #3

No
cost

2025 Capalaba Hub Program Dates

Office Opens 6 January 2025

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Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Monday 6 th January	Friday 28 th March
Hub Closed	Monday 27 th January – Australia Day	

Program 2		
	Start Date	End Date
Activity Program	Monday 31 st March	Friday 20 th June
Hub Closed	Friday 18 th April – Good Friday Monday 21 st April – Easter Monday Friday 25 th April – Anzac Day Monday 5 th May – Labour Day	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 23 rd June	Friday 27 th June

Program 3		
	Start Date	End Date
Activity Program	Monday 30 th June	Friday 19 th September
Hub Closed	Monday 11 th August – Royal Queensland Show (Redlands area only)	

Program 4		
	Start Date	End Date
Activity Program	Monday 22 nd September	Friday 12 th December
Hub Closed	Monday 6 th October – Kings Birthday	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 15 th December	Friday 19 th December
Hub Closed	Monday 22 nd December 2025 – Monday 5 th January 2026	