



# 2025 Capalaba Hub Activity Program 2 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.

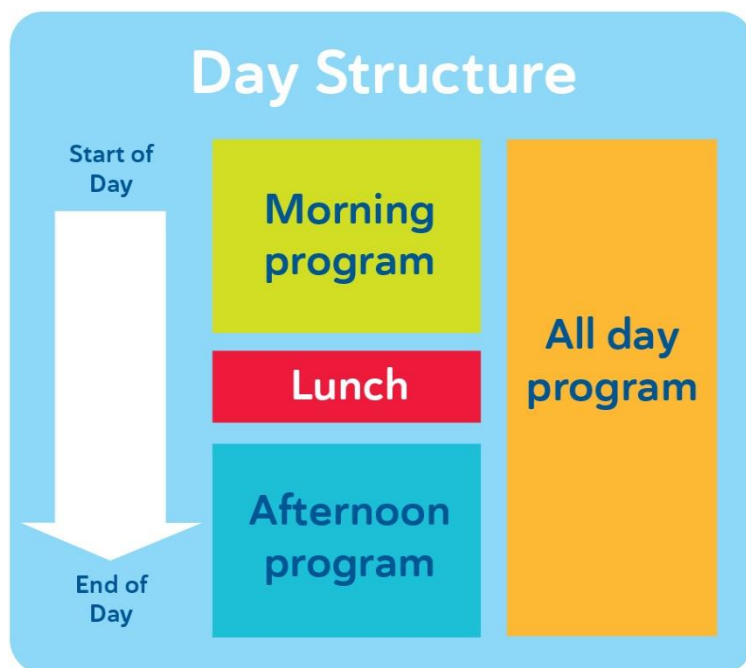
Our 12-week Hub programs are designed to offer you structure and consistency, with a focus on outcomes. When making your activity selections, you will be signing up and committing to a complete 12-week program for each day you attend the Hub.

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 0733901758 or return it to [capalabahub@multicap.org.au](mailto:capalabahub@multicap.org.au) by Friday 7<sup>th</sup> March.






- 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 0733901758
- 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 0733901758

## 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
	<b>Green Thumbs</b> Our budding green thumbs will continue to expand and build their knowledge in our own outdoor gardening space. With excursions to visit local gardens we will have the opportunity to connect with nature in different settings.	No cost	
	Goals to achieve: <div> <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> </div>		

AND

Afternoon – Choose One			✓ chosen activity
	<b>Zumba</b> Enjoy an afternoon of movement with Zumba! This is a fun fitness-based hub activity that members can participate in either seated or standing. Start with beginner's level Zumba and work your way up the ladder over a 12-week program.	No cost	
	Goals to achieve: <div> <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> </div>		

OR – choose one All Day activity below

## All Day – Choose One



chosen  
activity



### Looking smart & Independent Living (Asdan)

This program focuses on giving our customers valuable life skills that will assist them in their day to day life such as Making Breakfast or shopping for new clothes to wear.

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

Goals to achieve:



Goal #1



Goal #2



Goal #3

First  
Time  
ASDAN  
User-  
Weekly  
cost  
\$9.10

Existing  
ASDAN  
user  
\$8.00  
Invoiced  
at end of  
month.



### Eco Art (Coca)

The Centre Of Creative Arts (COCA) Eco Art module is a series of 12 sessions that will assist you in discovering artistic ventures in the world around you!

Artists engage in research about their local natural environment. Together we plan and deliver creative projects to enhance the health and beauty of our balcony garden.

**\*\*Bring or buy lunch\*\***

Goals to achieve:



Goal #1



Goal #2











Goal #3

\$5 per  
week,  
Invoiced  
at the  
end of  
month.



## Tuesday activities

Morning – Choose One					
					✓ chosen activity
	<b>Bingo Bonanza</b> This will be a fun filled morning of bingo with many opportunities to win fun prizes! Test your bingo skills and you may win something fun! <b>Goals to achieve:</b>			\$5 Per Week	
	 Goal #1	 Goal #2	 Goal #3		
	<b>Music, Sounds and Beats</b> Enjoy creating music with our instruments. Explore your voice and enjoy singing some old favorites, learning new ones and celebrating the various festive times of the year through song. <b>Goals to achieve:</b>			No Cost	
	 Goal #1	 Goal #2	 Goal #3		

AND

## Afternoon – Choose One

✓  
chosen  
activity



### Dining Out – Lunch and Learn

Have a fun afternoon out exploring different cuisines with 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



### Tabletop Gamers

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.

Goals to achieve:



Goal #1







Goal #2







Goal #3

No  
Cost

## Wednesday activities

Morning – Choose One			✓ chosen activity
	<b>Make A Treat</b> 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 delicious ventures with your friends. <b>Goals to achieve:</b>	\$5.00 per week. Invoiced at end of month.	
	<div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div>		

AND

Afternoon – Choose One			✓ chosen activity
	<b>Explore and Create</b> The <b>Explore &amp; Create</b> 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 DIY Jewellery making, Junk modelling and 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. <b>Goals to achieve:</b>	\$5.00 per week, Invoiced at end of month.	
	<div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div>		

OR – choose one All Day activity below



## All Day – Choose One



chosen  
activity



### Dancercise/ Community Adventures

Our team will support you to attend the “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









## Thursday activities

Morning – Choose One				✓ chosen activity
	<b>Fun Fitness In The Hub</b> Each Week we will focus on different exercises in the hub. <ul style="list-style-type: none"> <li>• Seated Exercise</li> <li>• Yoga</li> </ul> <b>Goals to achieve:</b>		No cost	
	 Goal #1	 Goal #2		









AND

Afternoon – Choose One				✓ chosen activity
	<b>Music Exploration and Jam Sessions</b> Venture through the decades of music that we have had by exploring different genres and musicians and create new favourites! <b>Goals to achieve:</b>		No Cost	
	 Goal #1	 Goal #2		

OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	<b>Sailability/Bayside Adventures</b>  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.  When sailing is not offered, similar bayside activities will be offered such as visiting different beaches or marinas.  <b>Goals to achieve:</b>		\$10.00 per week.
	<div>   Goal #1         </div> <div>   Goal #2         </div> <div>   Goal #3         </div>		
	<b>Urban Adventures</b>  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.  <b>**Bring or buy lunch**</b>  <b>Goals to achieve:</b>		Cost Varied.
	<div>   Goal #1         </div> <div>   Goal #2         </div> <div>   Goal #3         </div>		

## Friday activities

Morning – Choose One				✓ chosen activity
	<b>Out And About</b> Explore the outdoors to increase our mobility and access the community by walking to our local parks or shopping for our hub and learn how to follow a shopping list and find the correct resources for the hub. <b>Goals to achieve:</b>			No cost
	 Goal #1	 Goal #2	 Goal #3	
	<b>Paint and Sip</b> Explore your creativity and create beautiful artwork while making tasty mocktails. Improve fine motor skills and enhance creativity whilst encouraging social interaction in a fun atmosphere. <b>Goals to achieve:</b>			\$5
	 Goal #1	 Goal #2	 Goal #3	

AND

## Afternoon – Choose One

✓  
chosen  
activity



### Sensory Meditation

Finish the end of a busy week with a Sensory Meditation afternoon sure to make anyone feel relaxed and revitalised. We will have different avenues of relaxing such as guided meditation with essential oil diffusers for different smells, different textured materials to feel and different lights to see to deliver a great sensory experience.

Goals to achieve:



Goal #1



Goal #2



Goal #3

No  
Cost



### Brain Busters

We have a 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

# 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 <sup>th</sup> January	Friday 28 <sup>th</sup> March
Hub Closed	Monday 27 <sup>th</sup> January – Australia Day	

## Program 2

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

## Showcase week 1

	Start Date	End Date
Showcase Program	Monday 23 <sup>rd</sup> June	Friday 27 <sup>th</sup> June

## Program 3

	Start Date	End Date
Activity Program	Monday 30 <sup>th</sup> June	Friday 19 <sup>th</sup> September
Hub Closed	Wednesday 13 <sup>th</sup> August – Royal Queensland Show (Brisbane area only)	

## Program 4

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

## Showcase week 2

	Start Date	End Date
Showcase Program	Monday 15 <sup>th</sup> December	Friday 19 <sup>th</sup> December
Hub Closed	Monday 22 <sup>nd</sup> December 2025 – Monday 5 <sup>th</sup> January 2026	