



2025 Kuraby Hub
Activity Program 2
Catalogue

2025 Kuraby Hub Activity Program 2 Catalogue

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

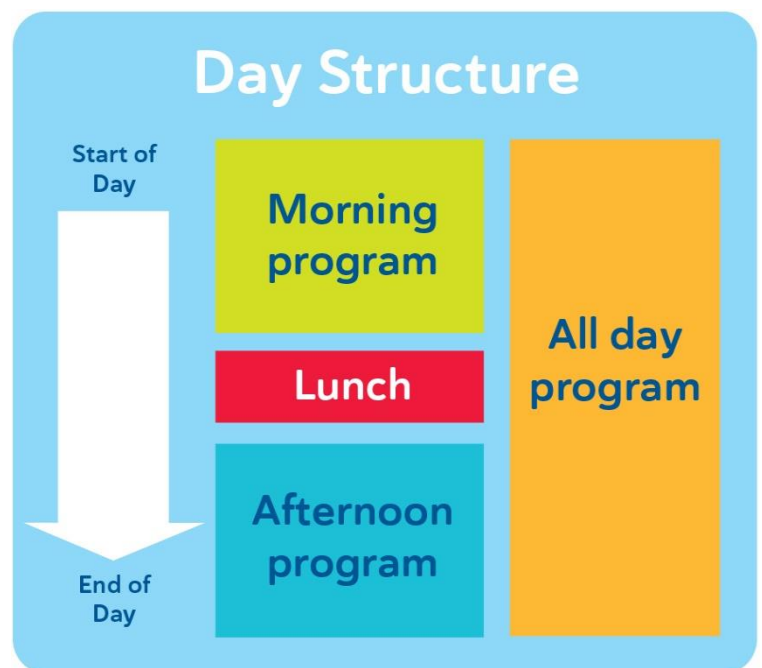
- For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available.

As you are committing to that specific activity for 12 weeks (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 0408400568 or return it to

annmarie.barber@multicap.org.au **By 7th March 2025**

- **The program allocation is based on first-come, first-served**; so, make sure you get your selections fast! If you need help to complete the form, please call us on 0408400568 or email on annmarie.barber@multicap.org.au
- 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 please contact 0408400568 (Ann-Marie Barber)
















Hub Activity Program Goal Reference Guide










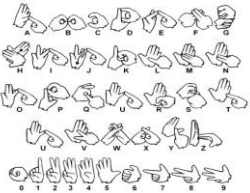



To support you in being able to identify activities in the Program Catalogue that will support you to achieve your individual goals we have added an icon/s to each activity so you can easily identify what core goals the activity is designed to support you to achieve.

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
	<h3 style="text-align: center;">Hydro Swimming Pool</h3> <ul style="list-style-type: none"> • Benefits. • Building Endurance Muscle strength. • Health, heart lungs and wellbeing. • The maintain water temperature typically between 32-36c which is warmer than a standard swimming pool. <p style="text-align: center;">*Shared kilometer charges for transport*</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>*Shared kilometer charges for transport*</p>	
	<h3 style="text-align: center;">Papier-Mache at Kuraby</h3> <ul style="list-style-type: none"> • Papier-Mache is not only versatile crafting material but also a lot of fun due to its creative possibilities and the tactile nature of the process. • Hand over Hand. • Sensory. <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>\$1</p>	
	<h3 style="text-align: center;">The importance of communication</h3> <ul style="list-style-type: none"> • The art of language by using symbols. • Signs and speech to enable me to communicate with everyday life. • By using Makaton with the assistance of Using website. • Will go over the same signs for the first 4 weeks and then change. <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>Free</p>	

Afternoon – Choose One

✓
chosen activity

	<h3 style="text-align: center;">Let's Bowl</h3> <ul style="list-style-type: none"> • Lace up your bowling shoes and hit the lanes for a game of ten pin bowling at Mount Gravatt Lanes. • Pick your ball. • Have a side. • Do you have a ramp or not. • Take turns. • Have fun. <p style="text-align: center;">*Shared kilometer charges for transport*</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>*Shared kilometer charges for transport* \$7.50</p>	
	<h3 style="text-align: center;">Music from around the world singing and dancing</h3> <ul style="list-style-type: none"> • Customer choice songs from around the world and dance to music and watch the song on YouTube. From Bollywood to Hip hop. <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 style="text-align: center;">Free</p>	
	<h3 style="text-align: center;">ASDAN Craft Making</h3> <p>ASDAN is a booklet, certificated 12-week recognized course for beginners in craft making.</p> <p>Modules which will involve- Health and safety, Knit and snitch, arts and craft and woodcraft 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 weeks.</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>First time ASDAN user weekly cost app \$2 existing user weekly costless than \$1 Invoiced Cost</p>	

All Day – Choose One



chosen activity



Park and walking

- Walking around the park counting your steps.
- Go on gym Equipment see how good you can be.
- Help with fitness.
- Help with stress.
- Fresh Air great.

Shared kilometer charges for transport

***Weather permitted Local Library -Indoor Sports ***

Shared kilometer charges for transport*

Goals to achieve:



Goal #1
















Goal #2



Goal #3

Tuesday activities

Morning – Choose One			 chosen activity		
	<p style="text-align: center;">Kuraby Research Group</p> <ul style="list-style-type: none"> • Visiting the Logan North Library’s Accessibility Centre. • Overcome barriers to learning and discover new assistive. • Using technology Computers. • Sensory-friendly learning environment. <p style="text-align: center;">*Shared kilometer charges for transport*</p> <p>Goals to achieve:</p>	 Goal #1	 Goal #2	 Goal #3	<p>Shared kilometer charges for transport</p>
	<p style="text-align: center;">Life skills</p> <ul style="list-style-type: none"> • As a group each week we will choose a new life skill to implement with staff assistance this can be skills. • Personal care, hygiene, Washing Hair. • Speech, language, Makaton. • Duties around the Hub. <p>Goals to achieve:</p>	 Goal #1	 Goal #2	 Goal #3	<p>Free</p>
	<p style="text-align: center;">Board Games</p> <ul style="list-style-type: none"> • Challenge yourself against your mates and show your skills at Uno, connect 4. • Snakes and Ladders. • Guess Who. <p>Goals to achieve:</p>	 Goal #1	 Goal #2	 Goal #3	<p>\$1</p>

Afternoon – Choose One

✓
chosen
activity



Paradise indoor Golf

- 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.

Shared kilometer charges for transport

Goals to achieve:



Goal #1



Goal #2



Goal #3

Shared
kilometer
charges
for
transport
\$10



Centre of Creative Arts (COCA)

Module Collage

Coca- Mixed Media Art Program

In this program we will work each week on painting, collage, and sculpture to create Two large canvas that will be displayed in Kuraby Hub.

Customers will learn how to create Themes and work in stages of Base painting, placement, and 3D art.

Customers will benefit in Teamwork, fine motor skills, tactile, visual and self-expression.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Free



Sensory Activities

- Learning all about the five sensory systems in the brain.
- Understanding our sensory and recognizing our experiences to our emotions.
- Fine Motor Skills Gross Motor skills.
- hand eye Coordination.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$2

All Day – Choose One

✓
chosen
activity



Park and walking

- Walking around the park counting your steps.
- Go on gym Equipment see how good you can be.
- Help with fitness.
- Help with stress.
- Fresh Air great.

Shared kilometer charges for transport

Weather permitted Local Library -Indoor Sports

Goals to achieve:



Goal #1

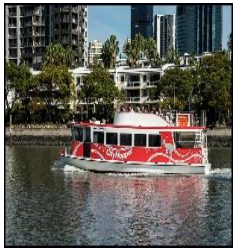


Goal #2



Goal #3

Shared
kilometer
charges
for
transport



Bus or Train Travel Than onto city Cat

- Members will learn how to read a timetable.
- 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 ride on bus-Train.

Bring or buy lunch

Goals to achieve:



Goal #1



Goal #2







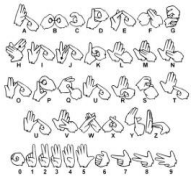







Goal #3

Go Card

Wednesday activities

Morning – Choose One

✓
chosen activity

	<h3 style="text-align: center;">Sensory Activities</h3> <ul style="list-style-type: none"> • Learning all about the five sensory systems in the brain. • Understanding our sensory and recognizing our experiences to our emotions. • Fine Motor Skills Gross Motor skills. • Hand eye Coordination. <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>\$2</p>	
	<h3 style="text-align: center;">Important communication</h3> <ul style="list-style-type: none"> • The art of language by using symbols. • Signs and speech to enable me to communicate with everyday life. • By using Makaton with the assistance of Using website. • Will go over the same signs for the first 4 weeks and then change. <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>Free</p>	
	<h3 style="text-align: center;">5,000 Steps Walking and Gym Fitness in Park</h3> <ul style="list-style-type: none"> • 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. <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 style="text-align: center;">*Shared kilometer charges for transport* Weather permitted indoor Sports</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>Free</p>	

Afternoon – Choose One

✓
chosen activity



Let's Bowl

- Lace up your bowling shoes and hit the lanes for a game of ten pin bowling at Mount Gravatt Lanes.
- Pick your ball.
- Have a side if you need them.
- Have a ramp.
- Take turns.
- Have fun.

Shared kilometer charges for transport

Shared kilometer charges for transport \$7.50

Goals to achieve:



Goal #1



Goal #2



Goal #3



Board Games

- Challenge yourself against your mates and show your skills at.
- Uno.
- connect 4.
- Snakes and Ladders.
- Guess Who.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$1

B I N G O

14	24	44	53	68
7	28	31	54	73
2	26	★	51	67
3	22	39	57	75
9	20	37	50	71

Bingo game with Picture cards

- Let's play bingo with pictures of animals and Iconic place Let's see who will win.
- Whoever has the most stars at the end of 12 weeks will receive a Prize.
- Using your words when a picture comes up first and you have it you need to call out your name First one who calls out will win card.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Free

All Day – Choose One



chosen
activity



Community outing Shopping Centre out for Lunch.

- Nice walk around shops and then onto your favorite place to eat. With your peers.
- In the first week pick all your favorite places and have a list of where you be going.

Shared kilometer charges for transport

**\$15-\$20
Shared
kilometer
charges
for
transport**

Goals to achieve:



Goal #1
















Goal #2



Goal #3

Thursday activities













Morning – Choose One			 chosen activity
	<p style="text-align: center;">Kuraby Research Group</p> <ul style="list-style-type: none"> • Visiting the Logan North Library’s Accessibility Centre. • Overcome barriers to learning and discover new assistive. • Using technology Computers. • Sensory-friendly learning environment. <p style="text-align: center;">*Shared kilometer charges for transport*</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>Free</p>	
	<p style="text-align: center;">Fun Fitness at Kuraby Hub</p> <p>Each week we will focus on different exercises in the hub.</p> <ul style="list-style-type: none"> • Walking towards. (Sensory Park) • Seated exercise. • Konga. • Ball coordination skills and Yoga. <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>Free</p>	
	<p style="text-align: center;">Music Therapy (morning session)</p> <ul style="list-style-type: none"> • 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>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>As per NDIS agreement</p>	

Please contact Queenie at queenien@multicap.org.au at least 3 days prior to the day if you wish to cancel.

Afternoon – Choose One



chosen activity

	<p style="text-align: center;">Life Skills</p> <ul style="list-style-type: none"> • Purchase products from our Cooking Program. • Improve your money handling skills. • Community integration. • Following Direction from staff in what ingredient to buy. <p style="color: red;">*Shared kilometer charges for transport*</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 style="color: red;">Shared kilometer charges for transport</p>	
	<p style="text-align: center;">Pamper me Thursday at Kuraby</p> <p>A relaxing way to end the week.</p> <ul style="list-style-type: none"> • Pampering includes hand and arm massage. • Foot spa in Epson salt, nail painting. • Assist with washing hair. • Shoulder massage. <p>General relaxation time, with scented candles, slippers, and weighted blankets.</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 style="color: red;">\$2</p>	
	<p style="text-align: center;">60s 70s 80s and music from today</p> <ul style="list-style-type: none"> • Singing and dancing to your favorite music. • With your peers. • Why not bring out the drums and piano and learn out to play them. • Lots of fun. <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 style="color: red;">Free</p>	

All Day – Choose One



chosen activity

Op Shopping and Life skill

- Op Shopping Customers will have the opportunity to visit different op shops within the region with their peers and find some great deals.
- Support staff will assist in budgeting for the day if needed.
- Then off to buy food for our cooking or BBQ program every Friday.

Shared kilometer charges for transport

Please bring money along for shopping.

Goals to achieve:



Goal #1



Goal #2
















Goal #3

Shared kilometer charges for transport



Friday activities

Morning – Choose One			 chosen activity
	<h3 style="text-align: center;">Hydro Swimming Pool</h3> <ul style="list-style-type: none"> • Benefits. • Building Endurance Muscle strength. • Health, heart lungs and wellbeing. • The maintain water temperature typically between 32-36c which is warmer than a standard swimming pool. <p style="text-align: center;">*Shared kilometer charges for transport*</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>Shared kilometer charges for transport</p>	
	<h3 style="text-align: center;">Lunch at Kuraby</h3> <ul style="list-style-type: none"> • Customers will plan and choice what food there are going to make in the cooking program, for the next 12 week. • Hand over hand. • Customer following instructions from staff. • Customer knowing how to cut and peel. • Learn about oven temperature. • Learn about health and safety in Kitchen. <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>Shared Purchased</p>	
	<h3 style="text-align: center;">Board Games</h3> <ul style="list-style-type: none"> • Challenge yourself against your mates and show your skills. • Uno. • connect 4. • Snakes and Ladders. • Guess Who. <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>Free</p>	

Afternoon – Choose One

✓
chosen
activity



Movies at Kuraby on projector

- Each week the group chooses a film from our selection of fun and family flicks while sharing their own reviews with friends.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Free



Music Meditation

- The opportunity to mediate.
- Listen to calming music.
- Practice movement.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Free



Asdan Self Advocacy Haven

Join our Self-Advocacy Session for a fun-filled adventure where you'll learn how to use your voice and make awesome choices. We'll dive into fun activities, cool games, and exciting discussions that'll show you how powerful your voice can be. This is about discovering how awesome you are and learning to speak up for the things that matter to you. No pressure, just good times and great discoveries!

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

**\$1 to \$2
Depends
if you
done
Asdan
before**

All Day – Choose One

✓
chosen
activity

Exploration South Brisbane

Explore with our peers.

Week 1 South Bank.

Week 2 Botanic Garden city – City Hopper.

Week 3 Kingston Butter Factory and Diary Hill Park.

Week 4 Brisbane City Hall -City Hopper.

Week 5 Cabbage Tree Point.

Week 6 Mount-Cootha.

Week 7 Riverdale Park Lunch at Yatala Pies.

Week 8 RSPCA Wacol.

Week 9 Queens Park Ipswich.

Week 10 Cinema Local.

Week 11 Wellington Point.

Week 12 Customer's will choose with their peers.

Shared kilometers from 50 to 90klms charges for transport

Goals to achieve:



Goal #1



Goal #2



Goal #3

**Shared kilometers
from 50 to 90klms
charges for
transport**



Saturday activities

All Day – Choose One

✓
chosen
activity

- 5th April Plaster Fun House. (\$30)
- 12th April Bowling and Laser or just Bowling. (From \$29.99)
- 19th April Public Holiday. Kuraby Hub Closed
- 26th April Dream World. (Annual pass or \$90 day pass)
- 3rd May Kingston Butter Factory. (No Cost)
- 10th May Nielsen’s Native Nursery +Marine Gardens.
(no Cost)
- 17th May Time Zone Indooroopilly (\$35)
- 24th May BBQ in Park. (Shared cost of Groceries)
- 31st May Dream World. (Annual pass or \$90 day pass)
- 7th June Zone Bowling Mount Gravett (From \$29.99)
Bowling and Laser or just Bowling.
- 14th June Walking and Op Shopping. (no Cost)
- 21st June Dream World. (Annual pass or \$90 day pass)
Shared kilometer charges for transport

Shared kilometers
from 50 to 90klms
charges for
transport



Goals to achieve:



Goal #1



Goal #2



Goal #3

2025 Kuraby Hub Program Dates

Office Opens 6 January 2025 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	Wednesday 13 th August – Royal Queensland Show (Brisbane 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	