



2025 Nudgee 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 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.

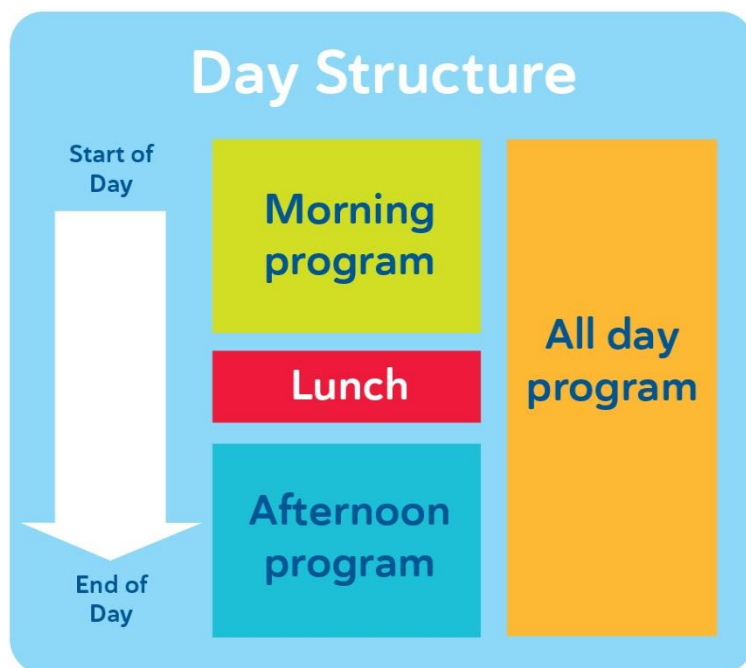
How it works

- 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 (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 Jacqui Edmond on 0437 158 035 or Jacqui.edmond@multicap.org.au or you can return it to hub staff.
- 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 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 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
	Swim Sports Stars Dive into fun and make a splash—join us for a swim and get your muscles moving. We will head to the local pool for a morning of water movement. Regular swimming can boost your mental well-being and promote a sense of happiness and positivity. Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>	\$5.50	
	Everything Sensory Join us as we enjoy a morning of sensory fun. Members can enjoy a wondrous atmosphere of colours, lights, scents, sounds and textures. The activities will help develop our fine motor skills and tantalise our senses. A range of in hub/out in the community Activities. Activities can be outside or inside. **We will only charge if materials need to be purchased for the activities we do** Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>	\$5	
	Be Dazzled by Jewellery Come along to the Zillmere Community Centre and make a piece of jewellery that is yours to keep. Unleash your creativity in the class and create your own unique piece of jewellery whilst connecting socially with others. Tea, Coffee and biscuits included ** Extra small cost for beads used each week Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>	\$5	

AND

Afternoon – Choose One



chosen
activity



Relax, Recharge, Refresh

Treat yourself to some time to spoil yourself participating in activities, where relaxation, recharging and refreshing is a top priority! We will enjoy a range of In Hub activities. Learn about Self Care, Benefits of Healthy eating, Chair Exercise and Relaxation. What a perfect way to end the day!

**** We will only charge if we need to buy resources for the session****

\$5

Goals to achieve:



Goal #1



Goal #2



Goal #3



Ten Pin Bowling

Bowling is a great way to unwind and have some fun. Enjoy an afternoon of laughter and competition while you knock down those pins. Bowling is a timeless activity that everyone can enjoy, regardless of age and skill level. It's a great way to bond with your friends and create lasting memories. So, what are you waiting for? Grab your bowling shoes and come out for a fun experience.

Location: Aspley 10 Pin Bowl

Goals to achieve:



Goal #1















Goal #2



Goal #3

\$7.50

Tuesday activities

Morning – Choose One			✓ chosen activity
	'Articipate' at Artrageous <p>"Artrageous Arts.....the place to go to be inspired through creativity and good company.</p> <p>Join your hub friends at the Artrageous Studio in Deagon for artistic workshops lead by Anne Gadsby. Each week will be a different art project. An opportunity to explore your artistic flair.</p> <p>Goals to achieve:</p> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> <div>  <p>Goal #3</p> </div> </div>	\$10	
	Chit Chat Café <p>Visit different cafes around our local area and enjoy a coffee and a chat with friends.</p> <p>Increase your independence by choosing, ordering and paying for your drink at the café.</p> <p>**Own money for drink**</p> <p>Goals to achieve:</p> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> <div>  <p>Goal #3</p> </div> </div>	Own cost \$\$\$	
	Exploring our own backyard! <p>Have Fun and explore a different location each week. Enjoy a walk by the ocean, do some sightseeing, enjoy a walk in a park, visit a local museum or Art Gallery or could it even be fishing. So many places to explore in our own backyard of Brisbane. Experience new adventures, together with your friends you'll be seeing amazing sights and be a part of great activities that will create long lasting memories.</p> <p>**BYO Lunch/morning tea or money to purchase food**</p> <p>Goals to achieve:</p> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> <div>  <p>Goal #3</p> </div> </div>	own cost \$\$\$	

AND

Afternoon – Choose One



chosen
activity



Master Chef Challenge

This cooking challenge is perfect for increasing your skills in and around the kitchen. You will learn the fundamentals of cooking, healthy food choices and not forgetting most importantly kitchen safety. You'll learn how to create a variety of meals like quick and easy healthy snacks.

By the end of the program, you'll have the beginner skills and confidence to whip up meals that will impress even the toughest food critics.

\$5

Goals to achieve:



Goal #1



Goal #2



Goal #3



Learn a new Skill!

Explore and learn new skills. Members can learn basic administration skills such as answering phones, keyboard typing, scanning, sending emails, shredding documents, laminating and using a printer.

Maybe you would like to learn a new craft or hobby such as gardening, Photography Learn the art of capturing the perfect picture, Visit a Bunnings workshop. The choice is yours.

No
cost

Goals to achieve:



Goal #1





Goal #2



Goal #3

OR – choose one All Day activity below

All Day – Choose One		 chosen activity
	<p>COCA</p> <p>Bring along your artistic ideas to make them a reality as you join us for the COCA program! Whether you like to paint, draw or sculpt we will find a project for you!</p> <p>COCA members will be involved in all aspects of design, planning, performance and presentation of their art. With a structured curriculum, members will be provided necessary and continual opportunities to enhance their critical skill sets in focus and memory retention, task and time management.</p> <p>Goals to achieve:</p> <div> <div data-bbox="651 920 727 994"> <p>Goal #1</p> </div> <div data-bbox="874 920 951 994"> <p>Goal #2</p> </div> <div data-bbox="1110 920 1187 994"> <p>Goal #3</p> </div> </div>	<p>\$5</p>

Wednesday activities

Morning – Choose One



chosen
activity



Music Therapy

Music therapy is a research-based allied health service in which music is used to actively support people as they aim to improve their health, functioning, well-being. You don't need to be musical to take part in or benefit from music therapy. Qualified music therapists plan and provide musical experiences for each customer. Each session is tailored to your needs and goals.

Goals to achieve:



Goal #1



Goal #2



Goal #3

As per
Schedule
of
Support



Bush Adventures

Join us as we enjoy a morning of exploring the local bush. It could be at a local park or even at the Boondall Wetlands. The activities will help develop our fine motor skills and tantalise our senses. A range of In or Out of Hub activities including outdoor adventures.

****We will only charge if materials need to be purchased for the activities we do****

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$5



Just Keep Swimming!

Enjoy a casual swim at a local pool with your friends from the hub and work towards increasing your fitness, balance and coordination. Regular swimming can boost your mental well-being and promote a sense of happiness and positivity.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$5.50

AND

Afternoon – Choose One

✓
chosen
activity



Strike or Spare - Ten Pin Bowling

Join your friends to roll some strikes and create unforgettable memories as we compete each week to see if we can improve our scores. See how many pins you can knock down while cheering on your peers

Location: Aspley 10 Pin Bowl

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$7.50



Music, Movies, Games and Just Fun in the Hub!!

Join us in the hub for a fun afternoon. It's your choice. Will it be dancing, singing or rocking out on the musical instruments. Some may choose to relax and watch a Movie or a Musical. Or a bit of fun with making some Mocktails or playing your favorite game of Bingo

Goals to achieve:



Goal #1








Goal #2



Goal #3

No
cost

Thursday activities

Morning –			 chosen activity
	Karaoke and Board Games Spend the morning at the Hub with your friends. Members can choose whether to play a round of bingo or their favourite board game or sing out their hearts to their karaoke songs of choice. Mid-Morning we will get organised to enjoy a lunch and afternoon at the Dolphins League Club.	No Cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		

Afternoon -



chosen
activity



Dolphins Leagues Club – Lunch & Live Music

Get dressed up and enjoy a meal and afternoon at the Dolphins Leagues Club. Enjoy being with your friends from the Hub, while listening and dancing to some 'Live Music'. 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.

**** Members will need to bring money for their purchase of lunch or BYO lunch****

Goals to achieve:



Goal #1



Goal #2



Goal #3

Own cost
for lunch if
purchasing.
\$\$\$

All Day – Choose One

✓
chosen
activity



Dolphins Leagues Club – Bingo Blitz, Lunch & Live Music

Can you win the Jackpot! Chance your luck with a morning of Bingo fun at the Dolphins Leagues Club at Redcliffe followed by a scrumptious lunch at the Bistro. enjoy time with your friends from the Hub, enjoy listening and dancing to 'Live Music'. 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.

**** Members will need to bring money for their purchases****

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$25 for
Bingo
and
your
choice
of
lunch



All Day Adventures!

Stimulate curiosity and learn new skills as we head out to explore our wonderful community. You will be exploring nearby towns and experiencing new adventures with your friends.

Build your skills in travel training by going for a journey on a bus or even go for a ride on the city cat or even explore the botanic gardens. Each week will be a new adventure!

****Bring or buy lunch, members will also need a go card for some travel****

(The program will require min. of 3 customers to commence)

Goals to achieve:



Goal #1







Goal #2



Goal #3

Own cost for
Lunch

Friday activities

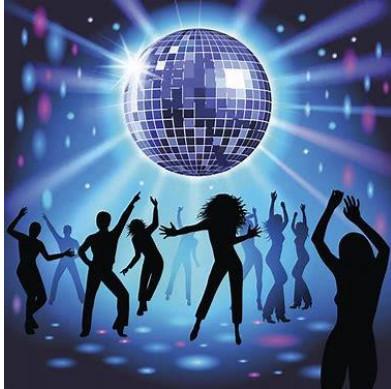
Morning				✓ chosen activity
	The Great Outdoors <p>Join us as we all go out into the great outdoors for a picnic/BBQ together. Could it be at the Beach or in the Bush or at a local park? Help us by participating in planning the picnic. Your skills will be needed to set up and cook or prepare the picnic lunch. Don't worry there will be still plenty of time for fun and laughter with outdoor games and even a little exercise. In the week prior we will discuss and plan together the following weeks picnic.</p>			\$5
	Goals to achieve:  Goal #1	 Goal #2	 Goal #3	

AND

Afternoon - Choose One



chosen
activity



Disco, Dance & Mocktails Party

Let's get your dancing shoes on as we end the week on a high!

Dance, Sing or rock out to all your favorite hits.

Create and taste some exotic flavored Mocktails to cool you down after all that dancing and singing! Mmmm what color or fruit could be used in these sensational mixtures. Let your taste buds go wild. Try some new flavors!

Goals to achieve:



Goal #1



Goal #2



Goal #3

No
Cost



Chill out & Relax with a movie.

It's time to sit back and relax after a big week and enjoy a movie of your choice in the Hub. Will it be a comedy, romance or adventure movie? So many to choose from. On the big screen tv in the hub, there is some comfortable couches to relax on with your friends while you enjoy watching the movie together.

Goals to achieve:



Goal #1



Goal #2



Goal #3

No
Cost

2025 Nudgee 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	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	