

2025
Nudgee Hub
Activity Program 3 Catalogue

2025 Nudgee Hub Activity Program 3 Catalogue

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

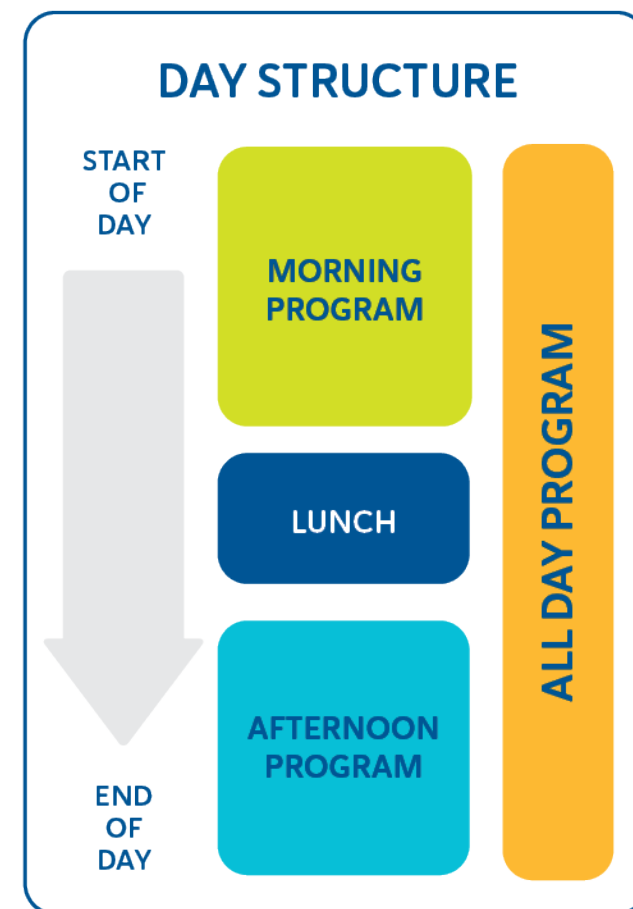
1 For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), please make sure the activities you choose are ones that align well with your NDIS goals, or are activities you are passionate about.

2 Tick the program you wish to be registered into as outlined below and either phone through your choices to Jacqui Edmond – ph. 0437 158 035 or return it to the Nudgee Hub or email it to jacqui.edmond@multicap.org.au by 30/05/2025

3 Program allocation is based on first-come, firstserved; so, make sure you get your selections in fast! If you need help to complete the form, please call us on 0437 158 035

4 A confirmation letter will be sent to you with the activities you are participating in.

5 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 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.

 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 9.30am-12.00pm (choose one)

☐ **Morning Melodies**

Join your friends from the hub at the Arana Hills Leagues Club for a morning of live music and dancing.




Goals to achieve:






Cost: Money for drink

☐ **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



Goals to achieve:




Cost: \$8 Incl. beads




Afternoon 12.30pm-3.00pm (choose one)

☐ **Mental & Emotional Wellness**

Engage yourself in some soothing activities like Yoga, DIY fitness challenges, gratitude journalling, social connections and building healthy communication practices.




Goals to achieve:






Cost: No Cost

☐ **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. Grab your bowling shoes and come out for a fun experience. Location: Aspley 10 Pin Bowl



Goals to achieve:



Cost: \$8 includes game and shoe hire (if required)

☐ Lets go 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:



Cost: \$5.50

Tuesday Activities

Morning 9.30am-12.00pm (choose one)

☐ 'Articipate' at Artrageous

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.



Goals to achieve:



Cost: \$10

☐ CAFÉ Surfing!!

Visit different cafes around our local area and enjoy a coffee and a chat with friends from the hub. Increase your independence by choosing, ordering and paying for your drink at the café.

****Own money for drink and food****



Goals to achieve:



Cost: For
drink/snack

Afternoon 12.30pm-3.00pm (choose one)

☐ MASTER CHEF Challenge 2.0

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.



Goals to achieve:



Cost: \$7

☐ MASTER CLASS

Enhance your skillset in multiple new activities. Continuous learning and new experiences acquired throughout the program. Discover your full potential



Goals to achieve:



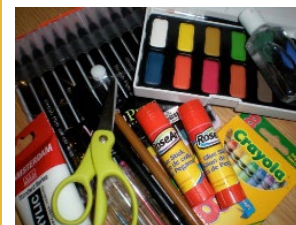
Cost: \$3

All Day 9.30am-3.00pm (choose one)

☐ COCA

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!

COCA members will be involved in all aspects of design, planning, performance and presentation of their art.



Goals to achieve:



Cost: \$7

☐ Mystery Explorers

Have fun and explore a different location each week. Enjoy a walk by the ocean, do some sightseeing, enjoy a walk in a park. Experience new adventures, together with your friends you'll be seeing amazing sights and be a part of an adventure that will create long lasting memories.



Goals to achieve:



Cost: No Cost

Wednesday Activities

Morning 9.30am-12.00pm (choose one)

☐ 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:



Cost: \$5.50

☐ Creative Movement

Join your friends in doing some exercise as a group. It could be a chair yoga session in the hub or going to an outside gym in a park.



Goals to achieve:



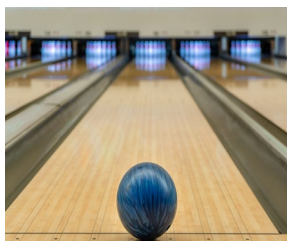
Cost: No Cost

Afternoon 12.30pm-3.00pm (choose one)

☐ Strike or Spare - Ten Pin Bowling

Join your friends to roll some strikes and create unforgettable memories as you compete each week to see if you can improve your skills and score.

See how many pins you can knock down while cheering on your peers



Goals to achieve:



Cost: \$8 inc. shoe hire.

☐ Music, Movies, Games and 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.



Goals to achieve:



Cost: No Cost

☐ Music Therapy with Music Therapist

Individual 30 mins. sessions

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:



Cost: Schedule of Support Required

Thursday Activities

All Day 9.30am-3.00pm (choose one)

☐ Hub Singalong, Club Lunch & Live Music

Get dressed up and enjoy a meal and afternoon at a local Leagues Club. Spend the morning at the Hub with your friends. Customers can choose to play their favourite game or sing out their hearts to their songs of choice. Mid-Morning we will get organised to enjoy a lunch and afternoon at the local Leagues/RSL Club. Enjoy being with your friends from the Hub, while listening and dancing to some 'Live Music'.

Alternative Venues for Lunch – Dolphins, Redcliffe RSL & The Sands Social Sandgate



Goals to achieve:



Cost: Own cost for lunch & drink

All Day 9.30am-3.00pm (choose one)

☐ Bingo Blitz, Lunch & Live Music

Can you win the Jackpot! Chance your luck with a morning of Bingo fun a local Leagues Club or RSL followed by a scrumptious lunch. Enjoy time with your friends from the Hub, enjoy listening and dancing to 'Live Music'** **Customers will need to bring money Bingo and lunch****

- **Alternative Venues for Bingo - Kedron Wavell/ Dolphins**
- **Alternative Venues for Lunch – Dolphins Redcliffe RSL & The Sands Social Sandgate**



Goals to achieve:



Cost: Approx cost of \$25 (Bingo \$8 and Lunch \$15)

Friday Activities

Morning 9.30am-12.00pm (choose one)

☐ COOKOUT Chill and Grill

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.



Goals to achieve:

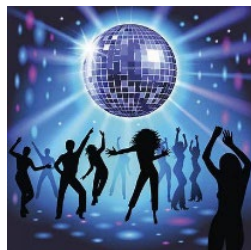


Cost: \$5

Afternoon 12.30pm-3.00pm (choose one)

☐ Drama, Dance & Exercise

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.



Goals to achieve:



Cost: No Cost

☐ Chill & 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? Relax with your friends while you enjoy watching the movie.



Goals to achieve:



Cost: No Cost

2025 Nudgee Hub Program Dates

Office Opens 6 January 2025 | Hub closed on public holidays

	Program 1	Program 2	Showcase Week 1	Program 3	Program 4	Showcase Week 2
Start Date	Monday 6 th January	Monday 31 st March	Monday 23 rd June	Monday 30 th June	Monday 22 nd September	Monday 15 th December
End Date	Friday 28 th March	Friday 20 th June	Friday 27 th June	Friday 19 th September	Friday 12 th December	Friday 19 th December
Hub Closed	Australia Day Monday 27 th January	Good Friday Friday 18 th April Easter Monday Monday 21 st April Anzac Day Holiday Friday 25 th April Labour Day Monday 5 th May		EKKA Show Day Wednesday 13 th August	King's Birthday Monday 6 th October	Hub Closed: Monday 22 nd December 2025 - Monday 5 th January 2026