

2025
Kuraby Hub
Activity Program 4 Catalogue

2025 Kuraby Hub Activity Program 4 Catalogue

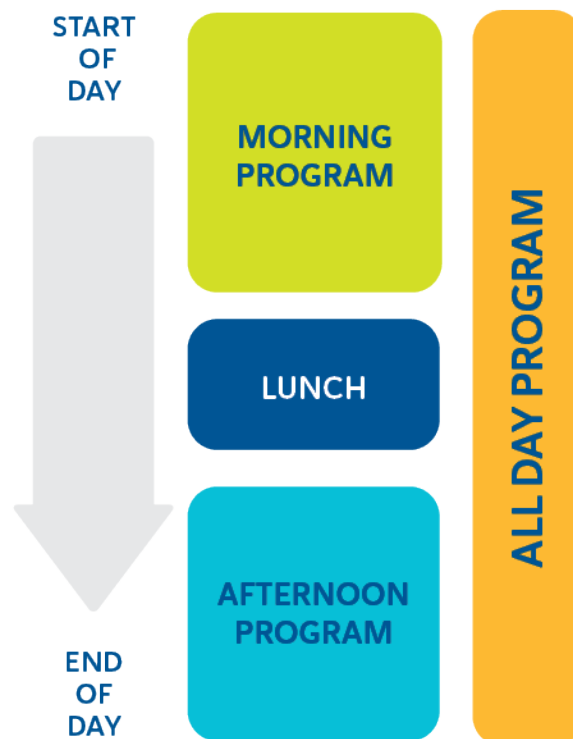
Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the Kuraby Hub. we hope you enjoy what we have in store.

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 Ann-Marie Barber or return it to Kuraby Hub or annmarie.barber@multicap.org.au by 25/08/2025
- 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 Ann-Marie on 07 34232707 or 0408400568
- 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 0734232707 or 0408400568

DAY STRUCTURE













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.

 <p>Improve physical health & wellbeing</p>	 <p>Improve emotional health & wellbeing</p>	 <p>Develop social skills & understanding</p>	 <p>Build independence</p>	 <p>Improve fine motor skills</p>
 <p>Explore creative pursuits</p>	 <p>Sensory Experience/ Exploration</p>	 <p>Adventure & Recreation Experience/Exploration</p>	 <p>Improve communication skills</p>	 <p>Integrate/ Participate in the local community</p>
 <p>Develop skills to support future employment</p>	 <p>Develop advocacy skills & understanding</p>	 <p>Develop numeracy and literacy skills</p>		



Monday Activities

Morning 08.30am-1130am (choose one)

☐ **Hydro Swimming Pool**

- 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.

Shared kilometer charges for transport



Goals to achieve:



**Cost: \$4.00 and
*Shared kilometer
charges for
transport***

Afternoon 12.00pm-2.30pm (choose one)

☐ **Let's Bowl**

- Team connection
- Communication practice
- Relationship building
- Physical & Motor Skills Benefits
- Independence
- Sense of achievement

Shared kilometer charges for transport



Goals to achieve:



Cost: \$10

All Day 08.30am-2.30pm (choose one)

☐ **Park and Walking**

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

Shared kilometer charges for transport

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



Goals to achieve:



**Cost: *Shared
kilometer charges
for transport***

☐ Art and Craft

- Participants will explore various crafts, including card-making for special occasions and decoration for special occasions.
- This program fosters creativity, enhances fine motor skills, and provides a supportive space for self-expression and social connection.

Supportive Environment.



Goals to achieve:



Cost **Free**

☐ Board Games

- Improved communication
- Teamwork and cooperation
- Relationships building
- Numeracy and literacy practice
- Fine motor skills.



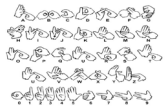
Goals to achieve:



Cost: **Free**

❑ The importance of communication

- 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.



Goals to achieve:



Cost: **Free**

❑ Basic Gardening

- Introduction to gardening and understanding plants tools and safety.
- Hand over hand sensory feeling
- Our focus is on creating safe, accessible and enjoyable outdoor space.
- Our goals are to grow plants so we can take them home.
- **One off payment \$10**



Goals to achieve:



Cost: **As about**

Tuesday Activities

Morning 08.30am-11.30am (choose one)

☐ Centre of Creative Arts (COCA)

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:



Cost: **Free**

Afternoon 12.00pm-2.30pm (choose one)

☐ Paradise indoor Golf

- See if we have the next Tiger woods. In our own VIP Box and with our friends.
- See who is the top scorer.
- Hand coordinating
- Social and community

Shared kilometer charges for transport



Goals to achieve:



Cost: **\$10 and *Shared kilometer charges for transport***

All Day 08.30am-2.30pm (choose one)

☐ 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

Weather permitted Local Library -Indoor Sports



Goals to achieve:



Cost: **Go-Card - Shared kilometer charges**

☐ Kuraby Research Group

- Visiting the Logan North Library's Accessibility Centre.
- Overcome barriers to learning and discover new assistive.
- Using technology Computers.
- Sensory-friendly learning environment.

Shared kilometer charges for transport

Park and walking Can join in with this Program.



Goals to achieve:



Cost: *Shared kilometer charges for transport*

☐ Photography/Scrap book

- As a group discuss what subjects is from the week.
- Learn how to work a camera.
- Take photos of nature and all around you.
- Take photos of animals in the park.
- Community
- Help with wellbeing

One off payment \$15



Goals to achieve:



Cost: As above

☐ Brigalow

- Sing, dance and listen to live music at our local brigalows country Music club, Improves.
- Meets other peers from Multicap you not seen for ages.
- Lite lunch will be provided
- This event is 1st and 3rd Tuesday of the month. On alternate Tuesday we will join local library.

Shared kilometer charges for transport
Please remember to bring pack lunch on alternate Tuesday when not at Brigalows

Cost: \$8.00



Goals to achieve:



Cost: AS Above



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:



Cost: Free



Chair Yoga and wellbeing

- Feel the benefit whilst sitting on a chair.
- Improves Flexibility.
- Reduces stress.
- Boosts circulation.
- Supports mental clarity.
- Follow YouTube.



Goals to achieve:



Cost: Free

Wednesday Activities

Morning 08.30am-1130am (choose one)

5,000 Steps Walking and Gym Fitness in Park

- 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.

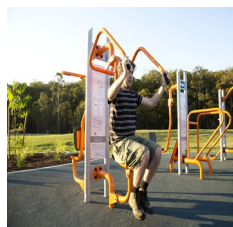
10 x 2 lots Push up and Body pulls.

10 X 2 lots Chest Press.

10 x 2 lots Leg Press.

10 x 2 lots Elliptical Training.

Weather permitted indoor Sports



Goals to achieve:



Cost: Free

Afternoon 12.00pm-2.30pm (choose one)

☐ ASDAN-SOUND, RHYTHM AND MUSIC

- Do you love music. This course is perfect for you.
- . This course will help you develop the sound touch and understanding of music.
- This course will help you develop the sound touch and understanding of music.

First time ASDAN weekly cost app \$2 existing user weekly cost less than \$1 Invoiced



Goals to achieve:



**Cost: As above
Asdan Price**

All Day 08.30am-2.30pm (choose one)

☐ 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.
- Social Connections.
- Improved Mental Health.

Shared kilometer charges for transport



Goals to achieve:



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

☐ **ASDAN-SOUND, RHYTHM AND MUSIC**

- Do you love music. This course is perfect for you.
- This course will help you develop the sound touch and understanding of music.
- This course will help you develop the sound touch and understanding of music.

First time ASDAN weekly cost app \$2
existing user weekly cost less than \$1
Invoiced



Goals to achieve:



Cost: Asdan Price

☐ **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:



Cost: Free

☐ **Bingo game with Picture cards**

- Improved communication
- Memory recognition
- Relationships building

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

Goals to achieve:



Cost: Free

☐ **Board Games**

- Improved communication
 - Teamwork and cooperation
 - Relationships building
 - Numeracy and literacy practice
- Fine motor skills.



Goals to achieve:



Cost: Free

Thursday Activities

Morning 08.30am-1130am (choose one)

☐ Kuraby Research Group

- Visiting the Logan North Library's Accessibility Centre.
- Overcome barriers to learning and discover new assistive.
- Using technology Computers.
- Sensory-friendly learning environment.

Shared kilometer charges for transport

Park and walking Can join in with this Program.



Goals to achieve:



Cost: ***Shared kilometer charges for transport***

Afternoon 12.00pm-2.30pm (choose one)

☐ Pamper me Thursday at Kuraby

A relaxing way to end the week.

- Pampering includes hand and arm massage.
- Foot spa in Epson salt, nail painting.
- Assist with washing hair.
- Shoulder massage.

General relaxation time, with scented candles, slippers, and weighted blankets.



Goals to achieve:



Cost: **Free**

All Day 08.30am-2.30pm (choose one)

☐ Op-Shopping and Walking

- 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.
- Support staff will assist in budgeting for the day if needed.

Shared kilometer charges for transport

Bring \$5 for op-shop



Goals to achieve:



Cost: ***Shared kilometer charges for transport***

☐ **Art and Craft**

- Participants will explore various crafts, including card-making for special occasions and decoration for special occasions.
- Inspire people with disabilities through hands on activities.
- This program fosters creativity, enhances fine motor skills, and provides a supportive space for self- expression and social connection.

Supportive Environment.



Goals to achieve:



Cost: Free

☐ **Empowered Shopping Life Skills for all.**

- Purchase essential products to support our cooking program.
- Enhancing practical life skills and prompting community access
- Community integration.
- Following Direction from staff in what ingredient to buy.

Shared kilometer charges for transport



Goals to achieve:



Cost: *Shared kilometer charges for transport*

☐ Music Therapy (morning session)

- A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills.

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



Goals to achieve:



Cost: **As per NDIS agreement**

Karaoke Dance Party

- To create an inclusive engaging and entertaining environment
- Boosts confidence and encourages self-expression through music and dancing and creative costumes
- Supports both social and engagement and confidence building
- Health and wellbeing

*** Bring costume from home ***



Goals to achieve:



Cost: **Free**

Friday Activities

Morning 08.30am-1130am (choose one)

☐ **learning all about making a sandwich
or wrapping Kuraby Master cooking**

- Our customers work closely with staff to build up their fine and gross motor skills to prepare and create meals.
- Each week we will focus on learning new skills and building on these skills as the week progresses.
- Hand over hand Gross motor skills and Fine motor skills



Goals to achieve:



**Cost: Share Receipt
with all customers.**

Afternoon 12.00pm-2.30pm (choose one)

Karaoke Dance Party

- To create an inclusive engaging and entertaining environment
- Boosts confidence and encourages self-expression through music and dancing and creative costumes
- Supports both social and engagement and confidence building
- Health and wellbeing

*** Bring costume from home ***



Goals to achieve:



Cost: Free

All Day 08.30am-2.30pm (choose one)

☐ **Board Game**

- Teamwork and cooperation
- Relationships building
- Improved communication
- Numeracy and literacy practice
- Fine motor skills.



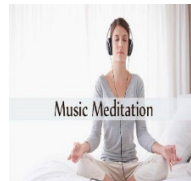
Goals to achieve:



Cost: Free

☐ **Meditation**

- The opportunity to mediate.
- Listen to calming music.
- Practice movement.
- Reduce Stress.
- Helps with mental health.



Goals to achieve:



Cost: Free'

☐ **Park and walking**

- Walking around the park counting your steps.
- Go on the gym equipment see how good you can be.
- Help with fitness.
- Help with stress.
- Fresh Air is great for you.
- Enjoy a snag on the BBQ

Shared kilometer charges for transport

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

Share Receipt with all customers.



Goals to achieve:



**Cost: *Shared
kilometer charges for
transport***

❑ Hydro Swimming Pool

- 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.

Shared kilometer charges for transport



Goals to achieve:



Cost: **\$4**

❑ Asdan Self Advocacy Haven

- Learn how to use your voice and make awesome choices.
- We'll dive into fun activities, cool games, and exciting discussions that's show you how powerful your voice can be.
- This is about discovering how awesome you are and learning to speak about 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:



Cost: **Free**

Saturday Program

27th September 2025 9am to 3 pm

☐ Dreamworld

- Go with your friends.
 - See all the animals.
 - Interacted in the community.
 - In warmer weather we go for a dip in the water.
 - **Annual Pass Please bring.**
- *Shared kilometer charges for transport***



Goals to achieve:



Cost: \$20-\$100
Depends /*Shared
kilometer charges
for transport*

4th October 2025 9am to 3 pm

☐ Recreational Swimming Springwood or runcorn pool.

- Building endurance muscle strength.
- Great for your health.
- Help with your lungs' wellbeing.
- Help with fitness.
- Help with your mental Health.
- Great Exercise.

Shared kilometer charges for transport



Goals to achieve:



Cost: \$4.40/ Shared
kilometer charges for
transport*

11th October 2025 9am to 3 pm

☐ Time zone Mt Gravatt

Let's Bowl

- Team connection
- Communication practice
- Relationship building
- Physical & Motor Skills Benefits
- Independence
- Sense of achievement

Shared kilometer charges for transport



Goals to achieve:



Cost: \$30 Depends /
Shared kilometer
charges for transport*

18th October 2025 9am to 3 pm

☐ **Op-Shopping and Walking**

- 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.
- Support staff will assist in budgeting for the day if needed.

Shared kilometer charges for transport



Goals to achieve:



Cost:

**Depends/
*Shared
kilometer charges
for transport**

25th October 2025 9am to 3 pm

☐ **Dreamworld**

- Go with your friends.
- See all the animals.
- Interacted in the community.
- In warmer weather we go for a dip in the water.
- **Annual Pass Please Bring.**

Shared kilometer charges for transport



Goals to achieve:



**Cost: Annual Pass/
*Shared kilometer
charges for
transport****

1st November 2025 9am to 3 pm.

☐ **Southbank and Markets**

- Customers will have the opportunity to visit Southbank Markets with their peers and find some great deals.
- Support staff will assist in budgeting for the day if needed.
- Count your steps and get close to nature.
- improving your health and wellbeing.



Goals to achieve:



**Cost: Depends/
*Shared kilometer
charges for
transport***

8th November 2025 9am to 3 pm

☐ **Sunnybank Feast +Walking**

- Choose a place where to go for Lunch in Sunnybank.
- Meet new people.
- Order your meal and pay.
- Take photos of your food.
- Pay with your own money or card

Shared kilometer charges for transport



Goals to achieve:



Cost: From Lunch Money*Shared kilometer charges for transport*

15th November 2025 9am to 3 pm

☐ **Dreamworld**

- Go with your friends.
- See all the animals.
- Interacted in the community.
- In warmer weather we go for a dip in the water.
- **Annual Pass Please Bring.**

Shared kilometer charges for transport



Goals to achieve:



**Cost: Annual Pass/
*Shared kilometer charges for**

22nd November 2025 9am to 3 pm

☐ **Mountain Tambourine visit the Christmas shop and go on the bush walk**

- Interacted in the community.
- In our walking program customers can explore nature at some of our beautiful local parks and walking tracks.
- Commit to get fit!
- improving your health and wellbeing.

Shared kilometer charges for transport



Goals to achieve:



**Cost: Annual Pass/
*Shared kilometer charges for transport***

29th December 2025 9am to 3 pm

☐ **Time zone Mt Gravatt**

Let's Bowl

- Team connection
- Communication practice
- Relationship building
- Physical & Motor Skills Benefits
- Independence
- Sense of achievement

Shared kilometer charges for transport



Goals to achieve:



Cost: \$30 Depends / Shared kilometer charges for transport*

6th December 2025 9am to 3 pm

☐ **Dreamworld**

- Go with your friends.
- See all the animals.
- Interacted in the community.
- In warmer weather we go for a dip in the water.

• Annual Pass Please bring.

Shared kilometer charges for transport



Goals to achieve:



Cost: *Shared kilometer charges for transport*

13th December 2025 9am to 3 pm

☐ **Christmas party BBQ in Park End of Year**

- End of year Party
- BBQ in park
- Improve wellbeing.
- Go with your friends.

Shared kilometer charges for transport

***Shared cost with food ***

Goals to achieve:

Cost: As above



2025 Kuraby 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	6 th January 2025	7 th April 2025	23 rd June 2025	30 th June 2025	22 nd September 2025	15 th December 2025
End Date	4 th April 2025	20 th June 2025	27 th June 2025	19 th September 2025	12 th December 2025	19 th December 2025
Hub Closed	New Year Holiday 1 st January 2025 Australia Day 27 th January 2025	Good Friday 18 th April 2025 Easter Monday 21 st April 2025 Anzac Day Holiday 25 th April 2025 Labour Day 5 th May 2025		EKKA Show Day 13 th August 2025	King's Birthday 6 th October 2025	Closure 22 nd December 2025- 5 th January 2026