

# 2025 Nudgee Hub Activity Program 4 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

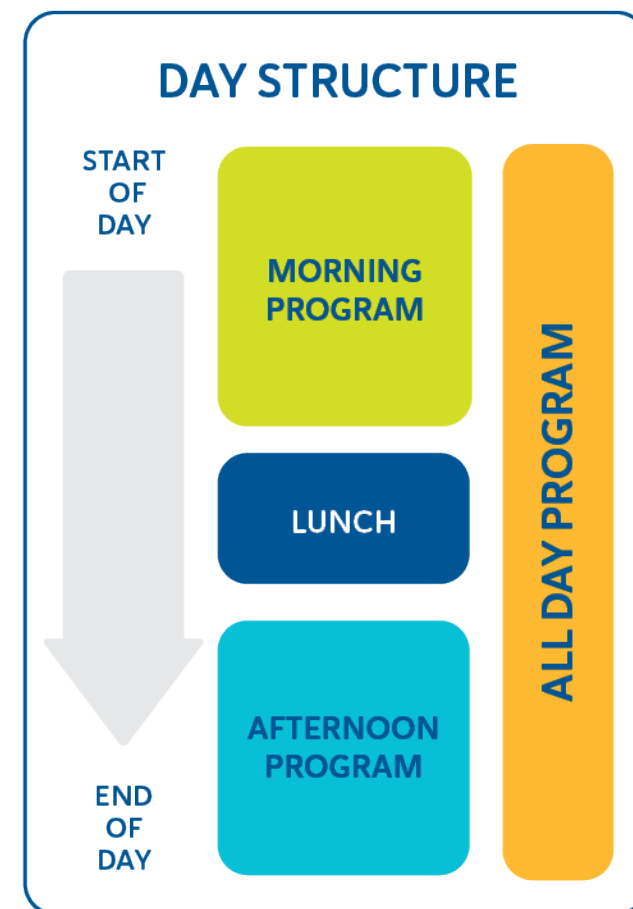
**1** For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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](mailto:jacqui.edmond@multicap.org.au) by 27/8/2025

**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)

☐ **Jam and Jive Journey**

Get ready to move, groove, and have a blast! Join your friends from the hub and in addition to Arana Hills Leagues Club, you will have the opportunity to visit a variety of other local music venues for a fun and accessible morning of live music, dancing, and good vibes. Whether you love to dance, tap along, or simply enjoy the tunes, this event is for everyone – all abilities welcome! Let’s make it a morning to remember!



**Goals to achieve:**



**Cost:** Money for drink

## Afternoon 12.30pm-3.00pm (choose one)

☐ **"The Zen Den Adventures Move & Mood Magic"**

A calm, safe sensory space; “Adventures in the community outings with gentle exploration. Soothe and Groove with the ideas of Music, Movement and emotional regulation.

Participants engage with interactive bubble play, which encourages visual tracking, focus, and gentle movement. Bubbles are used alongside calming prompts and soft music to create a playful, low-stress environment.

This program can include gentle nature exploration, or visits to local sensory-friendly locations. When appropriate, we use transport to reach quiet nature spots, helping participants feel grounded and connected with their environment.



**Goals to achieve:**



**Cost:** No Cost



## ☐ Sparkle & Shine: Create Your Own Jewellery! 💎

Join us at the Zillmere Community Centre for a fun and inclusive jewellery-making session where everyone can shine! Get creative and design your very own unique piece to take home. No experience needed – just bring your imagination and enjoy connecting with friends in a relaxed, supportive space.

Tea, coffee, and biscuits provided – come for the craft, stay for the chats!



**Goals to achieve:**



**Cost:** \$8 Incl. beads

## ☐ Strike Up the Fun: All-Abilities Ten Pin Bowling! 🎳

Get ready for an afternoon of laughs, friendly competition, and high fives at Aspley 10 Pin Bowl! Bowling is a fun and accessible activity for everyone – no matter your age or ability. Whether you're aiming for a strike or just enjoying the vibe, you're guaranteed a great time with friends. Let's roll into some fun – bowling shoes provided, smiles guaranteed!



**Goals to achieve:**



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

## ☐ **Splash & Smile: Fun Water Time for Everyone!**

Join your friends from the hub for a safe and enjoyable swim in an accessible pool. Swimming in the water helps improve movement, balance, and strength in a gentle way that suits everyone's abilities. Being in the water can also relax your mind and lift your mood, making it a great activity to support your emotional wellness and overall happiness.



**Goals to achieve:**



**Cost: \$5.50**

## ☐ **Mug Making & Painting Lots more**

### **Workshop!**

Get creative and have fun designing your own custom coffee mug in a relaxed, friendly setting with friends from the hub! Paint bright patterns, write uplifting messages, and add your unique flair. Enjoy tea, coffee, and light snacks while crafting a special keepsake. No experience needed — just bring your imagination!



**Goals to achieve:**



**Cost: \$5.00**

## Tuesday Activities

### Morning 9.30am-12.00pm (choose one)

#### ☐ Kitchen Legends: The Breakfast Club Edition!

Start your day the delicious way with our fun and inclusive breakfast cooking session, designed for all abilities! Join your friends in the kitchen as we whip up simple, tasty breakfast favourites using easy-to-follow steps. You'll learn basic cooking skills, safe kitchen habits, and how to make healthy morning choices—all while having a laugh and enjoying the warm, social vibes of the breakfast club. With plenty of support from staff, everyone gets to be a breakfast legend and enjoy a yummy meal together to kick off the day!



Goals to achieve:



Cost: \$7

### Afternoon 12.30pm-3.00pm (choose one)

#### ☐ Crafternoon Delights

Craft your heart out. Enjoy an afternoon tea in the Hub Make and Mingle Café.

Tinker with easy hands-on activities using simple materials. Whether it's painting, gluing, decorating, or designing, there's always something magical to make. With gentle guidance and encouragement, everyone is supported to explore their creativity at their own pace—no experience needed!

At the end of each session, participants take home their beautiful handmade treasures to share with family, display with pride, or simply enjoy as a reminder of a calm, creative time.



Goals to achieve:



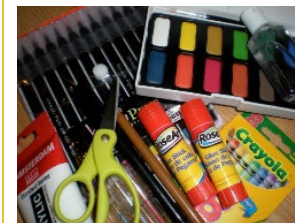
Cost: \$7

### All Day 9.30am-3.00pm

#### ☐ 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

## ☐ Sip, Socialise & Explore: Café & Park Adventures

Join us weekly to visit cozy local cafés with outdoor spaces for delicious drinks and friendly chats. Build your independence by choosing and ordering your Favorite drink. Afterward, we'll explore nearby parks or gardens for gentle walks and simple gardening activities like planting or watering. Bring your own money for food and drinks and enjoy fun, fresh air, and good company!



**Goals to achieve:**



**Cost:** For drink/snack

## ☐ Golf Central BNE: Mini Golf Adventure at Skygate!

Get ready for a fun and inclusive mini golf experience at Golf Central BNE, located right near Brisbane Airport. This colourful 18-hole course takes you on a playful journey "around the world," with each hole offering a new themed surprise. The course is designed to be accessible and easy to move through, making it suitable for people with mobility aids or high support needs.



**Goals to achieve:**



**Cost:** \$12.50



## Wednesday Activities

### Morning 9.30am-12.00pm (choose one)

#### ☐ Brew & Bond Adventures!

Join your friends from the hub for a fun and relaxed outing to explore different local cafés! Enjoy tasty treats, warm drinks, and great company while building confidence, communication skills, and social connection. These casual catchups are a great way to boost your mood, try something new, and brighten your day in a supportive and inclusive environment.

**Discover alternative outdoor cafés in Northern Brisbane, including Red Brick Espresso, Studio Espresso, Gather Nundah, The Burrow Café, Pawpaw Café, The Coffee Spot, Rock Café, The Bay, and Heck Yes Café.**

**Final Wednesday Celebration Road Trip to Strawberry View Coffee Shack , Caboolture**



**Goals to achieve:**

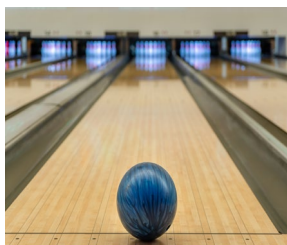


**Cost:** For drink/snack

### Afternoon 12.30pm-3.00pm (choose one)

#### ☐ Pins & Grins – Bowling Bash!

Grab your crew and hit the lanes for a fun-filled bowling session packed with laughter, movement, and friendly competition! Whether you're rolling for strikes or just aiming straight, this inclusive activity is all about giving it a go, celebrating each other's wins, and building confidence in a supportive group. Ramps and bumpers available – everyone's welcome to shine and have a ball!



**Goals to achieve:**



**Cost:** \$8 inc. shoe hire.

### Morning Activity 9:00-10:00 For Customers with Funding as per Schedule of Support

#### ☐ 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

## ☐ The Hub Lounge Hangout

Whether you love friendly competition or prefer to relax with a good movie, this HUB Day is packed with variety and joy. Start with team trivia or board games with your fellow HUB mates or grab some popcorn and enjoy a film together. We keep the atmosphere light, the laughter flowing, and the connections strong. It's your weekly reset, filled with fun and community.

It's the perfect blend of relaxation and laughter, with something for everyone to enjoy — no pressure, just good times.



**Goals to achieve:**



**Cost:** No Cost

## ☐ Mood and Move Magic

This is a beautiful program — Afternoon Move & Groove sessions that combine gentle exercise, chair yoga, light movement in the park gym, and even a chance to sing your heart out! It's all about lifting moods, building confidence, and staying active and connected in a joyful way.

Welcome to your weekly wellness session with a twist! *The HUB Harmony Hour* blends mindful movement with musical moments. It's the perfect way to stay active, connected, and confident — all in one relaxing afternoon.



**Goals to achieve:**



**Cost:** No Cost

## Thursday Activities

**All Day** 9.30am-3.00pm (Choose one)

### ☐ The HUB Adventure Day

#### Shop Smart, Eat Well, Win Big

Join us every week for a new Adventure come for the fun and stay for HUB Bingo. From sight seeing to Thrift shopping. Some weeks enjoy the freedom to browse and shop at your own pace, building independence, other days we will explore a Town.

Afterward, we'll relax with a group lunch at a nearby accessible café. Then, stick around for a friendly afternoon of bingo with prizes and laughs

Bring your own money for shopping and lunch, and come ready for socialising, great finds, tasty food, and bingo fun and Bingo Prizes

#### Lunch Spots

Red Brick Espresso, Gather, Studio Espresso, Chermside Centre cafés, Virginia Tavern, Redcliffe Waterfront spots, and lots more..



**Goals to achieve:**



**Cost:** Own cost for shopping, lunch & drink

**All Day** 9.30am-3.00pm (choose one)

### ☐ Hub Hits and Outing Beats

Full of Energy, Connection and Fun.

Kick off your day at The HUB with a dose of pure joy! Whether you're ready to grab the mic for karaoke and sing your heart out, or you'd rather join a group game and bring out your playful side, there's something for everyone to enjoy.

Once we've warmed up the room and shared some good times, we'll head out together to a local venue for a relaxed group lunch, complete with live music to keep the good vibes going. It's all about fun, friendship, and feeling part of something special. Whether you're a performer, a player, or just in it for the lunch and laughs, this weekly outing is designed with YOU in mind.



**Goals to achieve:**



**Cost:** Own cost for lunch & drink

**All Day** 9.30am-3.00pm (choose one)

### ☐ HUB Club Crawl

Start your day with the excitement of Bingo at a welcoming local club, where every number called could bring you closer to a win!

Perfect Combo, Shout Bingo at the Leagues, then feast at your favorite RSL. Enjoy the rhythm of live music—perfect for listening, tapping your feet, or dancing with friends from the Hub.

Please bring: Money for Bingo and lunch

- **Minimum: 3 participants**



**Goals to achieve:**



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

## Friday Activities

### Morning 9.30am-12.00pm (choose one)

#### ☐ BBQ Bash and Games Splash

##### With the Hub Bush and BBQ Crew

All Time Favorite, a day of fresh air, good food, and fun! We'll head out together for a picnic/BBQ – it could be at the beach, in the bush, or in a local park – and you can help plan the perfect spot. Alongside the sizzling BBQ, get ready for some friendly competition with Boccia and Bean Bag Toss. These inclusive games are perfect for all mobility levels, whether you're aiming for precision or just having a laugh. Bring your energy, team spirit, and appetite for a relaxed day of connection, coordination, and community fun!

Final Friday Celebration **Mooloolaba Lunch Road Trip for wrap up, making Great Memories.**



Goals to achieve:



Cost: \$5

### Afternoon 12.30pm-3.00pm (choose one)

#### ☐ The Hub Jukebox Jam

Get ready to shake things up! *Groove & Move* is your all-in-one HUB party — where we end the day with music, dancing, and movement to get those good vibes flowing.

Music that moves you — from toe-tapping grooves to full-on dance floor moments. Then, step up for karaoke where you can sing solo, duet with a friend, or cheer from the crowd. We wrap it all up with games, laughs, and a chance to take home some fun prizes. No pressure, just pure enjoyment — your stage, your style!



Goals to achieve:



Cost: No Cost

#### ☐ Movie & Mates Afternoon

Unwind after a big week with a cozy movie session at the Hub. Each time, a different customer gets to choose the film—whether it's laugh-out-loud comedy, heartwarming romance, or thrilling adventure. Settle in with friends, relax, and enjoy the show!

**Movie selection: Rotates between customers each session.**



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