

2026

Capalaba HUB

Activity Program 1 Catalogue



# 2026 Capalaba Activity Program 2 Catalogue

Welcome to our Hub Activity Program! We're pleased to have you join us at the Capalaba Hub and we hope you enjoy everything we have in store.

Our 12-week Hub programs are designed to provide structure, consistency and a strong focus on achieving meaningful outcomes. When selecting your activities, you will be signing up for and committing to the full 12-week program for each day you attend the Hub.

This approach gives you the opportunity to fully develop your skills, see your progress over time and work toward your goals with a sense of completion at the end of the program. It also helps you build stronger connections with other customers and experience more substantial benefits than one-off activities can offer.

At the end of each 12-week cycle, you'll have the chance to showcase your new skills during two dedicated showcase weeks held in July and December. These weeks give you the opportunity to participate in a one-off activity that highlights your achievements or demonstrates the progress you've made.

## 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 Renee Cassidy or return it to Capalaba Hub or Renee.cassidy@multicap.org.au or Angela.neave@multicap.org.au by 13/03/2026

3

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 us on 0403 949 211

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 0403 949 211

## DAY STRUCTURE

START  
OF  
DAY

MORNING  
PROGRAM

LUNCH

AFTERNOON  
PROGRAM

END  
OF  
DAY














ALL DAY PROGRAM

# Hub Activity Program Goal Reference Guide

To help identify which options best support your individual goals, we have added icons under each one.

These icons show the core goals that each option is designed to help you achieve. Up to three icons may appear, highlighting the primary goals most closely linked to that option, though it may support additional goals as well.

If you're unsure what a particular icon represents, please refer to the list below to match each icon with its related goal.

 <p>Improve physical health &amp; wellbeing</p>	 <p>Improve emotional health &amp; wellbeing</p>	 <p>Develop social skills &amp; understanding</p>
 <p>Build independence</p>	 <p>Improve fine motor skills</p>	 <p>Explore creative pursuits</p>
 <p>Sensory Experience/ Exploration</p>	 <p>Adventure &amp; 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 &amp; understanding</p>
 <p>Develop numeracy and literacy skills</p>		



# Monday Activities



Chosen activity

Morning (choose one)



## 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 permitting – In-Centre activities\*

Cost: Free

Goals to achieve:



Goal #1



Goal #2



Goal #3

**Cost:**

Free  
\*Shared kilometer charges for transport\*



## Paper Pulp at Capalaba

- 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.
- Cost: \$2.00 per week

Goals to achieve:



Goal #1



Goal #2



Goal #3

**Cost:**

\$2.00 per week or invoiced monthly\*



Chosen activity

## Afternoon (choose one)



### Fun and Games Fiesta

- Get ready for an afternoon of laughter, strategy, and friendly competition! Challenge your friends to some of our most popular board games, put your problem-solving skills to the test with puzzles, and enjoy plenty of fun along the way. Whether you're a master strategist or just playing for laughs, this games session is the perfect way to spend time together, connect, and enjoy some classic favourites at the Hub.

#### Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:  
Free



### Music From Around the World Singing and Dancing

- Customer choice songs from around the world and dance to music and watch the song on YouTube. From ABBA to Classic Hits of the 80's.

#### Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:  
Free



Chosen activity

### All Day (choose one)



#### COCA

- This quarter COCA Artists will participate in a COLLAGE program. Collage is the assemblage of materials to create a unified image. The collaged image can be simple or complex and artists work on solo and group-based projects. We explore scale and size to inspire the imagination!

\*Shared kilometer charges for transport\*

Cost: \$5.00 per week

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:

\$5.00 per week or invoiced monthly\* Shared kilometer charges for transport\*



#### Kitchen Quest

- Embark on a foodie adventure each week! Start your day with a trip to Coles, Woolworths, or Aldi to shop for fresh ingredients – practicing tap-and-go payments, following shopping lists, and engaging with the community along the way. Then it's back to the kitchen where your groceries come to life in a MasterChef inspired cooking session. Learn new skills, experiment with flavours, and create delicious meals to enjoy together while building confidence in the kitchen.

\*Shared kilometer charges for transport\*

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:

\$7.00 per week or invoiced monthly and shared kilometer charges for transport\*

# Tuesday Activities



Chosen activity

## Morning (choose one)



### Lucky Numbers

- Get ready for a lively game of Bingo where number called brings you closer to win! Join the group for an exciting session filled with laughter, friendly competition, and the thrill of shouting out *Bingo!* Will your numbers be the lucky ones? Come along and find out, prizes, fun, and good company are all part of the game!

Goals to achieve:



Goal #1



Goal #2



Goal #3

**Cost:**  
\$2.00  
per  
week of  
invoiced  
monthly



### Board Games

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

Cost: Free

Goals to achieve:



Goal #1



Goal #2



Goal #3

**Cost:**  
Free



Chosen activity

## Afternoon (choose one)



### Capalaba Tavern Visit

- Join us each Tuesday as we make our way to Capalaba Tavern, one of Baysides favourite taverns. Enjoy a delicious lunch, good laughs, and great company.

\*Shared kilometer charges for transport

**Cost:**  
\$15.00 - \$20.00 per week of invoiced monthly

**Goals to achieve:**



Goal #1



Goal #2



Goal #3



### Sensory Activities

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

**Cost:**  
\$2.00 per week of invoiced monthly

**Goals to achieve:**



Goal #1



Goal #2



Goal #3



Chosen activity

All Day (choose one)



### Cast a Line, Stay to Dine

- Learn how to bait your hook and reel in some fun as we head out to the sea each week! Together we'll explore different fishing spots, practice our skills, and enjoy the excitement of catching fish in new locations. Whether it's your first time or you're already a keen fisher, every trip is a chance to relax, learn, and have a great time by the water.
- Also, bring a packed lunch or buy some fish and chips while out, this would be a good opportunity to enjoy one another's company.

\*Shared kilometer charges for transport\*

\*Weather permitting – In-Centre activities\*

**Goals to achieve:**



**Goal #1**



**Goal #2**



**Goal #3**

**Cost:**









\$3.00 (fishing) per week invoiced monthly. Packed lunch or \$10.00 for fish & chips. Shared kilometer charges for transport.

# Wednesday Activities



Chosen activity

Morning (choose one)

	<h3>ASDAN Meal Preparation and Cooking</h3> <ul style="list-style-type: none"> <li>ASDAN is a booklet, certificated 12-week recognised course for beginners in multisensory experiences. ASDAN cooking is designed to teach essential culinary skills, food safety, and healthy eating to learners of all abilities.</li> </ul> <p>First time ASDAN user: \$2.00 per week invoiced monthly          Existing ASDAN user: \$1.00 per week invoiced monthly          Starting book: \$15.00          \$10.00 one off workbook payment over course of 12 weeks</p> <p><b>Goals to achieve:</b></p>	<p><b>Cost:</b>          First time ASDAN \$2.00 invoiced monthly.          Existing ASDAN user weekly cost \$1.00 invoiced monthly.</p>	
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	
	<h3>Colouring and Painting</h3> <ul style="list-style-type: none"> <li>Dive into the world of creativity by colouring your favourite images on piece of paper, painting rocks or draw on your canvas and paint it after.</li> <li>This activity can unleash our customers imaginations, confidence, and the possibilities for artistic expressions are as diverse as the crafts themselves.</li> </ul> <p>Cost: \$30.00 one off payment over 12 weeks.</p> <p><b>Goals to achieve:</b></p>	<p><b>Cost:</b>          One off payment \$30.00 or invoiced first month</p>	
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	

Afternoon (choose one)



**ASDAN Multisensory Baking**

- ASDAN Multisensory Baking teaches kitchen safety, food preparation, and sensory skills to learners of all abilities. It focuses on building independence, confidence, and practical skills through hands-on baking tasks.

First time ASDAN user: \$2.00 per week

Existing ASDAN user: \$1.00 per week

Starting book: \$15.00

\$10.00 one off workbook payment over course of 12 weeks

**Goals to achieve:**



Goal #1



Goal #2



Goal #3

**Cost:**

First time ASDAN user weekly cost \$2.00 invoiced monthly

Existing ASDAN user weekly cost \$1.00 invoiced monthly



**Creative Keepsakes**

Spend the morning bringing your memories to life on the page! Using a variety of papers, textures, paints, and markers, you'll add your personal touch to a scrapbook filled with the highlights of our 12 weeks together. Each page is a chance to celebrate your journey, capture special moments, and create a keepsake that's truly yours to treasure.

**Goals to achieve:**



Goal #1



Goal #2



Goal #3

**Cost:**

One off payment \$15.00 or invoiced first month



Chosen activity

All Day (choose one)



### Dancercise.

- Our team will support you to attend “Here’s to life” service in Cleveland. This dance program, specifically designed to be inclusive and accessible, will enable you to socialize, meet new people, and improve your fitness, all while having fun. There is even an opportunity to participate in an end of year performance. Followed by Dancercise we will travel to one of our nearby coastal/community locations to enjoy a picnic and a relaxing afternoon with friends, exploring the beauty of nature in the area.

\*Shared kilometer charges for transport\*

**Goals to achieve:**

**Cost:**

\$15.00 per week or invoiced monthly. Shared kilometer charges for transport.



**Goal #1**









**Goal #2**



**Goal #3**

# Thursday Activities

Morning (choose one)			✓ Chosen activity
	<p><b>Fun Fitness at Capalaba Hub</b></p> <p>Each week we will focus on different exercises in the hub.</p> <ul style="list-style-type: none"> <li>• Walking towards. (Sensory Park)</li> <li>• Seated exercise.</li> <li>• Konga.</li> <li>• Ball coordination skills and Yoga.</li> </ul> <p><b>Goals to achieve:</b></p>		<p><b>Cost:</b> Free</p>
	 <b>Goal #1</b>	 <b>Goal #2</b>	

Afternoon (choose one)			✓ Chosen activity
	<p><b>60s 70s 80s and Music from Today</b></p> <ul style="list-style-type: none"> <li>• Singing and dancing to your favorite music.</li> <li>• With your peers.</li> <li>• Why not bring out the drums and piano and learn out to play them.</li> <li>• Lots of fun.</li> </ul> <p><b>Goals to achieve:</b></p>		<p><b>Cost:</b> Free</p>
	 <b>Goal #1</b>	 <b>Goal #2</b>	



Chosen activity

### All Day (choose one)



#### Sailability / Bayside Adventures

- Participate in a supported sailing program that gives you the opportunity to sail in a yacht or dinghy. Accessible to individuals with a range of disabilities, including those who utilise wheelchairs and walkers

\*Shared kilometer charges for transport\*

Cost: \$10.00, packed lunch

Goals to achieve:



Goal #1



Goal #2



Goal #3

**Cost:**  
\$10.00 per week or invoiced monthly. Shared kilometer charges for transport\*



#### Grill and Chill

- Soak up the outdoors with a classic BBQ in the park! Enjoy sizzling sausages, burgers, and plenty of tasty bites while relaxing with friends under the shade. After lunch, stick around for games, chats, or just a laid-back afternoon making the most of the fresh air and good company.

\*Shared kilometer charges for transport\*

Goals to achieve:



Goal #1



Goal #2



Goal #3

**Cost:**  
\$5.00 per week or invoiced monthly. Shared kilometer charges for transport\*

# Friday Activities



Chosen activity

Morning (choose one)



## Board & Card Games

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

Cost: Free

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:  
Free



## Mug & Mingle

- Join us as we explore the local Capalaba cafés! Each week we'll visit a different local spot to sample delicious drinks, try tasty treats, and soak up the unique atmosphere each café has to offer. It's the perfect way to relax, socialise, and discover your new favourite hangout while sharing laughs and good company with friends.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:  
Free



Chosen activity

## Afternoon (choose one)



### Movies at Capalaba 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

Cost:  
Free



### Puzzlemania

- Engage in different educational activities which focus on numbers, letters, and basic problem solving, as well as learn how to successfully complete puzzles.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:  
Free

# 2026 Capalaba HUB Program Dates

Office Opens 2<sup>nd</sup> January 2026 Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Monday 5 <sup>th</sup> January 2026	Friday 27 <sup>th</sup> March 2026
Hub Closed	Monday 26 <sup>th</sup> January 2026 – Australia Day	

Program 2		
	Start Date	End Date
Activity Program	Monday 30 <sup>th</sup> March 2026	Friday 19 <sup>th</sup> June 2026
Hub Closed	Friday 3 <sup>rd</sup> April 2026 – Good Friday Monday 6 <sup>th</sup> April 2026 – Easter Monday Friday 25 <sup>th</sup> April – Anzac Day Monday 2 <sup>nd</sup> May 2026 – Labour Day	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 22 <sup>nd</sup> June 2026	Friday 26 <sup>th</sup> June 2026

Program 3		
	Start Date	End Date
Activity Program	Monday 29 <sup>th</sup> June 2026	Friday 18 <sup>th</sup> September 2026
Hub Closed	12 <sup>th</sup> August 2026 Ekka Show Day (Brisbane Region)	

Program 4		
	Start Date	End Date
Activity Program	Monday 21 <sup>st</sup> September	Friday 11 <sup>th</sup> December
Hub Closed	Monday 5 <sup>th</sup> October 2026 – Kings Birthday	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 14 <sup>th</sup> December	Friday 18 <sup>th</sup> December
Hub Closed	Monday 21 <sup>st</sup> December 2026 – Sunday 3 <sup>rd</sup> January 2027	