



**2026**

Nudgee Hub

Activity Program 2 Catalogue



## 2026 Nudgee Hub Activity Program 2 Catalogue

Welcome to our Hub Activity Program! We're pleased to have you join us at the Nudgee 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

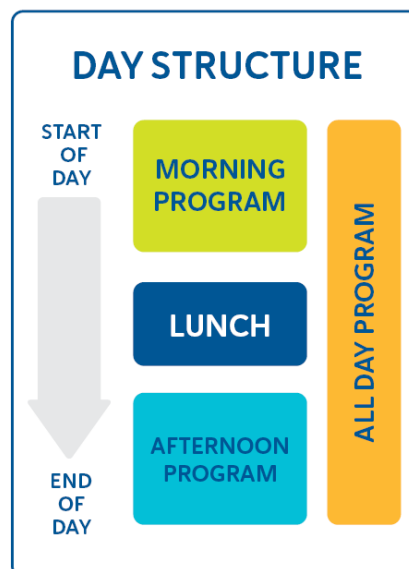
**1** For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (i.e.. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 or return it to Nudgee Hub or [jacqui.edmond@multicap.org](mailto:jacqui.edmond@multicap.org). by 17/11/2025

**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 0437158035

**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 0437158035
















## 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.


		
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 Morning Activities













Morning (Choose One)		Chosen activity	
	<p><b>Rhythm &amp; Connections: Community Music Social (Arana Hills Leagues Club)</b></p> <ul style="list-style-type: none"> <li>• Move, groove, and enjoy live music with friends! Sing, dance, or relax at local cafés, parks, and seaside spots. Perfect for music lovers and social fun.</li> <li>• Improve social skills and understanding</li> <li>• Increase confidence and independence in community settings</li> <li>• Improve communication skills</li> </ul> <p><i>*Shared kilometer charges for transport*</i>  <b>Please bring:</b> Money for café purchases if desired</p> <p>Goals to achieve:</p>	<p><b>Cost:</b> Free</p>	
	<p><b>Swimming Gentle Waters Wellness Program</b></p> <ul style="list-style-type: none"> <li>• Improve physical health and wellbeing</li> <li>• Improve emotional health and wellbeing</li> <li>• Develop body awareness and sensory regulation</li> <li>• Increase flexibility and gentle movement skills</li> <li>• Build confidence in water-based activities</li> </ul> <p>Goals to achieve:</p>	<p><b>Cost:</b> \$5.70</p>	
	<p><b>ASDAN Craft Making</b></p> <p>ASDAN is a booklet, certificated 12-week recognized course for beginners in craft making.</p> <p>Modules which will involve- Health and safety, Knit and snitch, arts and craft and woodcraft.</p> <p><i>*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 weeks*</i></p> <p><i>*This activity includes lunch or coffee by the water.</i></p> <p>Goals to achieve:</p>	<p><b>Cost:</b> First-time users: \$2 per week  Existing users: Less than \$1 per week  Payment method: Invoiced cost</p>	

# Monday Afternoon Activities

Afternoon (Choose One)			 Chosen activity
	<p><b>Gutter Giggles: Bowling Adventure (Aspley 10 Pin Bowling)</b></p> <ul style="list-style-type: none"> <li>Develop social skills and understanding</li> <li>Improve hand-eye coordination and fine motor skills</li> <li>Build confidence and independence in the community</li> <li>Enhance emotional health and wellbeing</li> <li>Participate and integrate in the local community</li> </ul> <p><i>*Shared kilometer charges for transport*</i></p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal #1</b> </div> <div style="text-align: center;">   <b>Goal #2</b> </div> <div style="text-align: center;">   <b>Goal #3</b> </div> </div>	<p><b>Cost:</b> \$8.50</p>	
	<p><b>Global Groove &amp; Karaoke</b></p> <p>Sing along to your Favorite songs from around the world, dance to Hip Hop, pop, and more, or take the mic for some karaoke fun!</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal #1</b> </div> <div style="text-align: center;">   <b>Goal #2</b> </div> <div style="text-align: center;">   <b>Goal #3</b> </div> </div>	<p><b>Cost:</b> Free</p>	
	<p><b>Steps &amp; Sunshine</b></p> <ul style="list-style-type: none"> <li>Join friends for a fun and active outdoor session at the park. Track your steps while walking together, challenge yourself with outdoor gym equipment, and build confidence at your own pace.</li> <li>This program supports physical fitness, reduces stress, and promotes wellbeing through fresh air and gentle movement. It is a great way to stay active, connect with others, and enjoy the outdoors in a supportive environment.</li> </ul> <p><i>*Shared kilometer charges for transport*</i></p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal #1</b> </div> <div style="text-align: center;">   <b>Goal #2</b> </div> <div style="text-align: center;">   <b>Goal #3</b> </div> </div>	<p><b>Cost:</b> Free</p>	
	<p><b>Music &amp; Mind: Creative Music Therapy</b></p> <p>Join friends at the hub for an engaging music therapy session. Enjoy listening to music, singing, gentle movement, rhythm activities, and playing simple instruments while expressing feelings and sharing experiences. Build communication, confidence, and emotional wellbeing in a relaxed and supportive environment.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal #1</b> </div> <div style="text-align: center;">   <b>Goal #2</b> </div> <div style="text-align: center;">   <b>Goal #3</b> </div> </div>	<p><b>Cost:</b> As per NDIS Funding plan</p>	













Commented [OC1]: Change photo

## Tuesday Morning Activities









Morning (Choose One)			Chosen activity
	<p><b>Kitchen Creations: Cook &amp; Share</b></p> <p>Join friends for a fun, inclusive cooking session! Prepare a variety of dishes from snacks and meals to desserts while learning basic skills, healthy choices, and safe kitchen habits. Share laughs, taste your creations, and enjoy time together with staff support.</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal #1</b> </div> <div style="text-align: center;">   <b>Goal #2</b> </div> <div style="text-align: center;">   <b>Goal #3</b> </div> </div>	<p><b>Cost:</b> \$7</p>	
	<p><b>Mega Fun Day: Mini Golf &amp; Bowling Bonanza</b></p> <ul style="list-style-type: none"> <li>Join friends for an exciting day out featuring an 18-hole mini golf adventure at Golf Central BNE near Brisbane Airport. Explore a colourful course with themed surprises at every hole.</li> <li>Keep the fun rolling with a friendly bowling session, building teamwork, confidence, and lots of laughs.</li> <li>Fully accessible and supportive for everyone, including those using mobility aids.</li> </ul> <p><i>*Shared kilometer charges for transport*</i></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal #1</b> </div> <div style="text-align: center;">   <b>Goal #2</b> </div> <div style="text-align: center;">   <b>Goal #3</b> </div> </div>	<p><b>Cost:</b> \$12.50 for Mini Golf \$8.50 for Mini Golf</p>	
	<p><b>Brew &amp; Chew: Park Adventures</b></p> <p>Join friends for weekly café visits with tasty drinks and friendly chats. After coffee, explore nearby parks or walking trails, enjoy fresh air, light exercise, and share fun, memorable moments together.</p> <p><i>*Shared kilometer charges for transport*</i></p> <p><b>Please bring:</b> Money for café purchases if desired</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">   <b>Goal #1</b> </div> <div style="text-align: center;">   <b>Goal #2</b> </div> <div style="text-align: center;">   <b>Goal #3</b> </div> </div>	<p><b>Cost:</b> Free</p>	

**Commented [OC2]:** Which one is mini golf, which one is bowling?































## Tuesday Afternoon Activities

Afternoon (Choose One)			✓ Chosen activity
	<p><b>Beach Bums &amp; Breezes: Sandy Strolls</b></p> <p>Join friends from the hub for gentle walks along beautiful local beaches. Enjoy the sound of the wave's fresh sea breeze and soft sand underfoot. This activity promotes light exercise relaxation and social connection in a calm supportive environment. Perfect for all abilities take your time explore the shoreline collect shells and soak up the outdoors while sharing laughs and making memories together.</p> <p><i>*Shared kilometer charges for transport*</i>  <b>Please bring:</b> hats for sun safety</p> <p><b>Goals to achieve:</b></p>	<p><b>Cost:</b> Free</p>	
 <p><b>Goal #1</b></p>	 <p><b>Goal #2</b></p>	 <p><b>Goal #3</b></p>	
	<p><b>Craft &amp; Chatter: Cozy Creations</b></p> <p>Enjoy a relaxing afternoon at the hub's comfy lounge exploring easy, craft projects. Share laughs, create, and connect with friends while enjoying coffee and tea.</p> <p>This welcoming art project encourages creativity and gentle hand movements, boosts mood, reduces stress, and provides a sense of accomplishment — all in a calm, supportive, low-pressure environment.</p> <p><b>Goals to achieve:</b></p>	<p><b>Cost:</b> Free</p>	
 <p><b>Goal #1</b></p>	 <p><b>Goal #2</b></p>	 <p><b>Goal #3</b></p>	
	<p><b>Storytime &amp; Smiles: Words in Action</b></p> <p>Join friends at the hub for a fun engaging literacy session. Enjoy reading stories playing word games writing short stories or letters and sharing ideas. Boost reading writing and communication skills in a relaxed supportive environment.</p> <p><b>Goals to achieve:</b></p>	<p><b>Cost:</b> Free</p>	
 <p><b>Goal #1</b></p>	 <p><b>Goal #2</b></p>	 <p><b>Goal #3</b></p>	

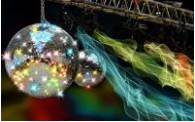





## Wednesday Morning activities

Morning (Choose One)			✓ Chosen activity
	<p><b>Bites and Banter</b></p> <p>Join friends from the hub for relaxed café outings. Enjoy tasty treats warm drinks and great company while building confidence social skills and connections in a fun supportive way.</p> <p><i>*Shared kilometer charges for transport*</i></p> <p><b>Please bring:</b> Money for café purchases if desired</p> <p><b>Goals to achieve:</b></p>	<p><b>Cost:</b> \$7</p>	
 Goal #1	 Goal #2	 Goal #3	
	<p><b>Nature &amp; Nibbles</b></p> <p>Join friends from the hub for a relaxing day outdoors. Enjoy a scenic walk, discover local plants and wildlife and share a picnic with tasty snacks, drinks and friendly conversation. This activity promotes light exercise social connection and wellbeing in a calm supportive environment suitable for all abilities.</p> <p><b>Please bring:</b> your own money or food</p> <p><b>Goals to achieve:</b></p>	<p><b>Cost:</b> Free</p>	
 Goal #1	 Goal #2	 Goal #3	











## Wednesday Afternoon Activities

Afternoon (Choose One)		✓ Chosen activity			
	<p><b>Bowling Bonanza: Strikes &amp; Smiles (Aspley 10 Pin Bowl)</b></p> <p>Enjoy a day of strikes, spares, and laughter at Aspley 10 Pin Bowl. Join friends for friendly competition, teamwork, and fun in a relaxed social setting. Perfect for all skill levels and focused on confidence, connection, and good times.</p> <p><i>*Shared kilometer charges for transport*</i></p> <p><b>Goals to achieve:</b></p>	<p><b>Cost:</b> \$8.50</p>			
	<table border="1"> <tr> <td data-bbox="368 853 432 913">  Goal #1                 </td> <td data-bbox="571 853 635 913">  Goal #2                 </td> <td data-bbox="772 853 836 913">  Goal #3                 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	
 Goal #1	 Goal #2	 Goal #3			
	<p><b>Groove, Sing &amp; Shine: Music, Dance &amp; Mocktails</b></p> <p>Join friends from the hub for an afternoon of music and fun. Sing along to favourite songs, dance, or simply enjoy the lively atmosphere. Sip on refreshing mocktails while you relax and connect with others.</p> <p>Boost confidence, lift your mood, and enjoy great company in a fun, supportive space.</p> <p><b>Goals to achieve:</b></p>	<p><b>Cost:</b> Free</p>			
	<table border="1"> <tr> <td data-bbox="368 1167 432 1227">  Goal #1                 </td> <td data-bbox="571 1167 635 1227">  Goal #2                 </td> <td data-bbox="772 1167 836 1227">  Goal #3                 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	
 Goal #1	 Goal #2	 Goal #3			
	<p><b>Mocktails &amp; Movie Magic</b></p> <p>Create your own colourful, refreshing mocktails and enjoy a fun movie with friends. Everyone is welcome to join this relaxed social session. No experience needed—just bring your creativity and enjoy the chat. Tea, coffee, and snacks provided.</p> <p><b>Goals to achieve:</b></p>	<p><b>Cost:</b> Free</p>			
	<table border="1"> <tr> <td data-bbox="368 1451 432 1512">  Goal #1                 </td> <td data-bbox="571 1451 635 1512">  Goal #2                 </td> <td data-bbox="772 1451 836 1512">  Goal #3                 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	
 Goal #1	 Goal #2	 Goal #3			

## Thursday activities

All Day (Choose One)			✓ Chosen activity
	<p><b>Sunshine Social &amp; Disco Celebration</b></p> <p>Enjoy a fun social day with friends starting with bingo at the hub, a relaxed picnic in the park, or a visit to a local RSL or community club. Build independence, social skills, and confidence while enjoying games, conversation, and light activities.</p> <p>In the afternoon, return to the hub for a lively disco session with music, dancing, and colourful mocktails. A great mix of fun, connection, and celebration in a supportive environment.</p> <p>Please bring money if attending a club venue or purchasing personal items.</p> <p><i>*Shared kilometer charges for transport*</i></p> <p><b>Goals to achieve:</b></p>	<p><b>Cost:</b> Free</p>	
	<p><b>Goal #1</b></p>	<p><b>Goal #2</b></p>	<p><b>Goal #3</b></p>
	<p><b>Ultimate Games Day: Mini Golf, Challenges &amp; Lunch Out</b></p> <p>Enjoy an exciting day out with friends featuring mini golf and interactive challenge experiences at a variety of fun venues. Take on colourful courses, solve creative puzzles, and share plenty of laughs along the way. Finish the day with a relaxed lunch at a restaurant or local café, building teamwork, confidence, and social connection in a fun and supportive environment.</p> <p><i>*Shared kilometer charges for transport*</i></p> <p><b>Please bring:</b> money along for lunch</p> <p><b>Goals to achieve:</b></p>	<p><b>Cost:</b> Free</p>	
	<p><b>Goal #1</b></p>	<p><b>Goal #2</b></p>	<p><b>Goal #3</b></p>
	<p><b>Sights, Bites &amp; City Delights</b></p> <p>Join friends from the hub for a day exploring some of local community's favourite destinations. Stroll along scenic riverside walkways, visit local landmarks and cultural spaces, and soak up the city atmosphere. Afterwards, enjoy a relaxed lunch at a local café or restaurant.</p> <p>This outing focuses on discovery, social connection, and building independence and confidence while experiencing the energy of the city.</p> <p>Please bring money for lunch and any personal purchases.</p> <p><i>*Shared kilometer charges for transport*</i></p> <p><b>Goals to achieve:</b></p>	<p><b>Cost:</b> Free</p>	
	<p><b>Goal #1</b></p>	<p><b>Goal #2</b></p>	<p><b>Goal #3</b></p>

## Friday activities

All Day (Choose One)			 Chosen activity
	<p><b>Brunch &amp; Beats: Cook, Connect &amp; Karaoke</b></p> <p>Start the day with a hands-on brunch session, preparing delicious breakfast favourites and light bites with friends. Enjoy good food, great company, and relaxed conversation around the table.</p> <p>In the afternoon, keep the energy going with karaoke, music, and fun activities at the hub. Build social skills, confidence, and creativity while sharing laughs in a warm, supportive environment.</p> <p><i>*Shared kilometer charges for transport*</i></p> <p><b>Goals to achieve:</b></p>	<p><b>Cost:</b> Free</p>	
 <b>Goal #1</b>	 <b>Goal #2</b>	 <b>Goal #3</b>	
	<p><b>BBQ, Giggles &amp; Green Adventures</b></p> <p>Enjoy a tasty BBQ with friends featuring hotdogs, burgers, and roast chicken, followed by a gentle nature walk and fun outdoor games. Everyone is welcome to join this relaxed social session. Bring your appetite, energy, and love for fresh air. Tea, coffee, and refreshments provided.</p> <p><i>*Shared kilometer charges for transport*</i></p> <p><b>Goals to achieve:</b></p>	<p><b>Cost:</b> Free</p>	
 <b>Goal #1</b>	 <b>Goal #2</b>	 <b>Goal #3</b>	
	<p><b>Clubs, Catch-Ups &amp; Laughter: Social Adventures with Friends</b></p> <p>Join a fun filled day visiting RSL, Zillmere Leagues Club, Aspley Leagues Club or Dolphins Leagues Club for socialising, light activities and refreshments. <b>Participants may choose to play bingo at their own cost.</b> Everyone is welcome to join this relaxed inclusive session. Bring your energy, curiosity and love for meeting new people.</p> <p><i>*Shared kilometer charges for transport*</i></p> <p><b>Goals to achieve:</b></p>	<p><b>Cost:</b> Free (Bingo Cost: \$6.00)</p>	
 <b>Goal #1</b>	 <b>Goal #2</b>	 <b>Goal #3</b>	

## 2026 Nudgee 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 4 <sup>th</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	