

2026
Capalaba Hub
Activity Program 3
Catalogue



2026 Capalaba Hub Activity Program 3 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

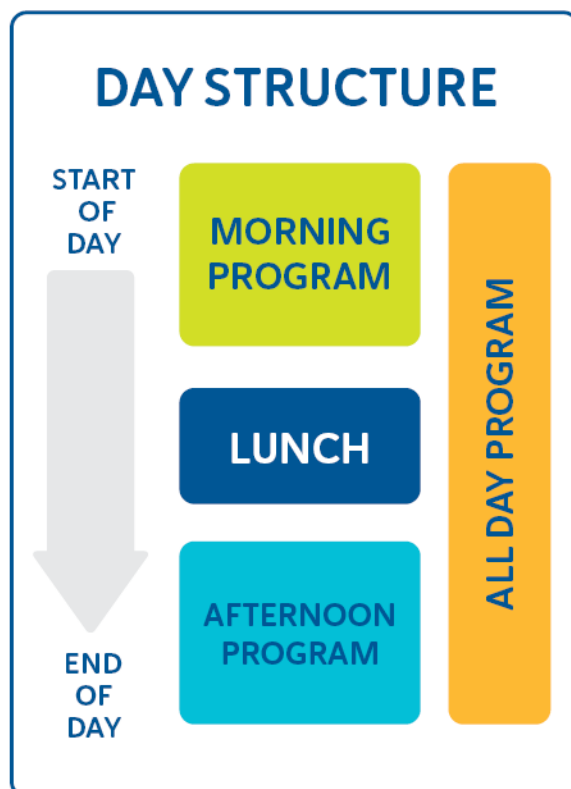
1 For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 Manager or return it to Capalaba HUB or Renee.cassidy@multicap.org.au or Angela.Neave@multicap.org.au by 25/06/2026.

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.
















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 & 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 9:00am-12:00pm – Choose one			Cost	Tick one
	<h3>Arts and Crafts</h3> <ul style="list-style-type: none"> Participants will explore various crafts, including card-making for special occasions and creating decorations for special occasions. This program fosters creativity, enhances fine motor skills, and provides a supportive space for self-expression and social connection. <p>Goals to achieve:</p>	Free	<input type="checkbox"/>	
 <p>Goal 1</p>	 <p>Goal 2</p>	 <p>Goal 3</p>		
	<h3>Healthy Walking Group</h3> <ul style="list-style-type: none"> Participate in walking at a local park. Enjoy positive impact on physical and mental well-being health. Increase motivation and social interaction. <p>Goals to achieve:</p>	Free *Shared km charges for transport*	<input type="checkbox"/>	
 <p>Goal 1</p>	 <p>Goal 2</p>	 <p>Goal 3</p>		
	<h3>Custom 1:1 Activity</h3> <ul style="list-style-type: none"> Build confidence and social connection through tailored 1:1 engagement. Provide opportunities to explore hobbies, interests, and new experiences. Engage in shopping, library, outdoor or indoor recreation activities. <p>*Limited "3 spots" Requires 1:1 support ratio</p> <p>Goals to achieve:</p>	Depending on the activity chosen for the day, participants may need to bring their own spending money or be invoiced at the end of the month	<input type="checkbox"/>	
 <p>Goal 1</p>	 <p>Goal 2</p>	 <p>Goal 3</p>		

Afternoon 12:30pm-2:00pm – Choose one

Cost

Tick one



Fun & Games

- Join in on an afternoon of laughter, strategy, and friendly competition!
- Challenge your friend to some of our most popular board, card or multi-activity games.
- 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 classics favourites at the Hub.

Goals to achieve:



Goal 1



Goal 2



Goal 3

Free



Music from around the world

- Customers choose songs from around the world.
- Dance and sing to music and watch songs on YouTube from ABBA to Classic Hits of the 80's.
- A blissful experience of sound and movement.

Goals to achieve:



Goal 1



Goal 2



Goal 3

Free



Custom 1:1 Activity

- Build confidence and social connection through tailored 1:1 engagement.
- Provide opportunities to explore hobbies, interests, and new experiences.
- Engage in shopping, library, outdoor or indoor recreation activities.

*Limited "3 spots" Requires 1:1 support ratio

Goals to achieve:



Goal 1



Goal 2



Goal 3

Depending on the activity chosen for the day, participants may need to bring their own spending money or be invoiced at the end of the month

All Day 9:00am-12:00pm – Choose one

Cost

Tick one



COCA – “A book by any other name”

- COCA Artists will prepare their solo pieces for an upcoming exhibition series.
- The theme is “Memory” and how it shapes our identity.
- Artists will use materials of their choice including clay, collage, fabric and painting.
- The exhibition series takes place across 3 venues from September to January and is a collaboration across Hubs.

Goals to achieve:



Goal 1



Goal 2



Goal 3

\$7.00 per week or invoiced monthly

Shared km charges for transport



Kitchen Quest

- Embark on a foodie adventure each week with friends.
- Start your day with a trip to Coles, Woolworths, or Aldi to shop for fresh ingredients.
- Practice paying for shopping ingredients via cash or tap and go payments.
- Learn new skills, experiment with flavours and create delicious meals to enjoy together while building confidence.

Goals to achieve:



Goal 1



Goal 2















Goal 3

\$10.00 per week or invoiced monthly

Shared km charges for transport

Tuesday Activities

Morning 9:00am-12:00pm – Choose one		Cost	Tick one
	<p>Bingo</p> <ul style="list-style-type: none"> Designed and facilitated to encourage participation and teamwork. Prizes to be won. Fun an inclusive environment for all participants. <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal 1 </div> <div style="text-align: center;">  Goal 2 </div> <div style="text-align: center;">  Goal 3 </div> </div>	\$2.00 per week of invoiced monthly	<input type="checkbox"/>
	<p>Singing, Dancing and Karaoke</p> <ul style="list-style-type: none"> Facilitated karaoke, singing, and dancing activities that encourage participation, confidence, teamwork, and a fun social atmosphere for all participants. Promotion of confidence, self-expression, and teamwork through music and dance. Adapted activity to suit different age groups, comfort levels, and group size. <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal 1 </div> <div style="text-align: center;">  Goal 2 </div> <div style="text-align: center;">  Goal 3 </div> </div>	Free	<input type="checkbox"/> <input type="checkbox"/>
	<p>Custom 1:1 Activity</p> <ul style="list-style-type: none"> Build confidence and social connection through tailored 1:1 engagement. Provide opportunities to explore hobbies, interests, and new experiences. Engage in shopping, library, outdoor or indoor recreation activities. <p>*Limited "3 spots" Requires 1:1 support ratio</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal 1 </div> <div style="text-align: center;">  Goal 2 </div> <div style="text-align: center;">  Goal 3 </div> </div>	Depending on the activity chosen for the day, participants may need to bring their own spending money or be invoiced at the end of the month	<input type="checkbox"/>

Afternoon 12:30pm-2:00pm – Choose one

Cost

Tick one



Social Lunch Club

- Join us each Tuesday as we make our way to Capalaba Tavern, one of Bayside’s favourite taverns.
- Enjoy a delicious lunch, good laughs, and great company with fellow friends.
- Participate in ordering meals and making food/drink choices independently.
- Work on building confidence and independence by accessing community venues.

Goals to achieve:



Goal 1



Goal 2



Goal 3

\$15.00 - \$20.00 per week of invoiced monthly



Movie & Snack Afternoon

- Participate in a group movie and snack afternoon at the Hub.
- Select movie options and make a group decision on which movie to watch for the afternoon.
- Develop confidence and comfort by participating in a group-based activity.
- Participate in preparation and sharing of snacks and refreshments.

Goals to achieve:



Goal 1



Goal 2



Goal 3

\$3.00 per week or invoiced monthly



Custom 1:1 Activity

- Build confidence and social connection through tailored 1:1 engagement.
- Provide opportunities to explore hobbies, interests, and new experiences.
- Engage in shopping, library, outdoor or indoor recreation activities.

*Limited “3 spots” Requires 1:1 support ratio

Goals to achieve:



Goal 1



Goal 2



Goal 3

Depending on the activity chosen for the day, participants may need to bring their own spending money or be invoiced at the end of the month

All Day 9:00am-2:00pm – Choose one

Cost

Tick one



Fishing exploration

- Participate in a community fishing outing as part of recreational and social engagement.
- Prepare fishing equipment and learn basic fishing skills.
- This activity supports outdoor participation and connection with the local community.
- Develop confidence by trying a new recreational experience.
- Pack a lunch or bring money to purchase some fish & chips from the local fish & chip shop.

*Limited spots so be quick.

Goals to achieve:



Goal 1















Goal 2



Goal 3

\$5.00 per week or invoiced monthly
*Pack lunch or bring money to buy lunch

Wednesday Activities

Morning 9:00am-12:00pm – Choose one	Cost	Tick one
 <p>ASDAN Meal Preparation and Cooking</p> <ul style="list-style-type: none"> Participate in a certified 12-week recognised course for beginners in meal preparation and cooking activities. Follow simple recipe instructions with support. Engage in cleaning dishes, wiping surfaces, and packing away kitchen items after cooking. <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Goal 1</div> <div style="text-align: center;"> Goal 2</div> <div style="text-align: center;"> Goal 3</div> </div>	<p>Initial start-up \$15 paid once. First time user \$2.00 per week. Existing user \$1.00 per week.</p> <p>Workbooks for module \$10.00 one-off payment over 12 weeks. *Materials fee \$5.00 per week</p>	<input type="checkbox"/>
 <p>Hub Gardening</p> <ul style="list-style-type: none"> Structured group gardening session in a shared Hub space, designed for all ability levels with adaptable tasks. Participants will purchase pots, soil and plants of their choice to grow and maintain. Sensory regulation through nature-based activities will be gained from this activity. Activity will involve peer encouragement and collaboration. <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Goal 1</div> <div style="text-align: center;"> Goal 2</div> <div style="text-align: center;"> Goal 3</div> </div>	<p>\$5.00 per week or invoiced monthly</p>	<input type="checkbox"/>
 <p>Custom 1:1 Activity</p> <ul style="list-style-type: none"> Build confidence and social connection through tailored 1:1 engagement. Provide opportunities to explore hobbies, interests, and new experiences. Engage in shopping, library, outdoor or indoor recreation activities. <p>*Limited “3 spots” Requires 1:1 support ratio</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Goal 1</div> <div style="text-align: center;"> Goal 2</div> <div style="text-align: center;"> Goal 3</div> </div>	<p>Depending on the activity chosen for the day, participants may need to bring their own spending money or be invoiced at the end of the month</p>	<input type="checkbox"/>



ASDAN Multisensory Baking

- Structured, accredited-style learning activity adapted from ASDAN units, designed for inclusive participation and life skills development.
- Build independence in living skills through baking.
- Develop sensory awareness and regulation
- Core multisensory baking activities include mixing dough, kneading, pouring and shaping ingredients.

Goals to achieve:



Goal 1



Goal 2



Goal 3

Initial start up \$15 paid once.

Workbooks for module \$10.00 one off payment over 12 weeks.

First time user \$2.00 per week
Existing user \$1.00 per week.

*Materials fee \$5.00 per week.



Creative Keepsakes

- Spend the afternoon bringing your memories to life on the page!
- Capture special moments and create a keepsake that's truly yours to treasure.
- Use 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.

Goals to achieve:



Goal 1



Goal 2



Goal 3

One off payment \$15.00 or invoiced first month



Custom 1:1 Activity

- Build confidence and social connection through tailored 1:1 engagement.
- Provide opportunities to explore hobbies, interests, and new experiences.
- Engage in shopping, library, outdoor or indoor recreation activities.

*Limited "3 spots" Requires 1:1 support ratio

Goals to achieve:



Goal 1



Goal 2



Goal 3

Depending on the activity chosen for the day, participants may need to bring their own spending money or be invoiced at the end of the month.

All Day 9:00am-2:30pm

Cost

Tick one



Dancercise

- Our team will support you to attend the “Here’s to life” service in Cleveland.
- Take part in a fun, inclusive dance sessions that celebrate participation and enjoyment.
- Build confidence through music and self-expression.
- This activity supports social connection and group participation.

Goals to achieve:



Goal 1



Goal 2











Goal 3

\$15.00 per week or invoiced monthly

Shared km charges for transport

Thursday activities

Morning 9:00am-12:00pm – Choose one		Cost	Tick one
	<p>Pamper Morning</p> <ul style="list-style-type: none"> • Spend the morning relaxing with staff, enjoying a self-care session, in a calm and welcoming environment. • Opportunity to enjoy gentle pampering activities and social connection. • Enjoy music, refreshments, and friendly conversation in a supportive environment. • This activity encourages social interaction and building friendships within the Hub. <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Goal 1</p> </div> <div style="text-align: center;">  <p>Goal 2</p> </div> <div style="text-align: center;">  <p>Goal 3</p> </div> </div>	<p>\$2.00 per week or invoiced monthly</p>	<input type="checkbox"/>
	<p>Custom 1:1 Activity</p> <ul style="list-style-type: none"> • Build confidence and social connection through tailored 1:1 engagement. • Provide opportunities to explore hobbies, interests, and new experiences. • Engage in shopping, library, outdoor or indoor recreation activities. <p>*Limited "3 spots" Requires 1:1 support ratio</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Goal 1</p> </div> <div style="text-align: center;">  <p>Goal 2</p> </div> <div style="text-align: center;">  <p>Goal 3</p> </div> </div>	<p>Depending on the activity chosen for the day, participants may need to bring their own spending money or be invoiced at the end of the month.</p>	<input type="checkbox"/>



Match & Sort

- Supported engagement in a match-and-sort activity at the Hub.
- Engage recognition and matching skills to match colours, shapes, numbers and everyday objects.
- Prompted concentration, problem-solving, and fine motor skills throughout the activity.
- This activity supports cognitive development, communication and social participation in groups.

Goals to achieve:



Goal 1



Goal 2



Goal 3

Free



Custom 1:1 Activity

- Build confidence and social connection through tailored 1:1 engagement.
- Provide opportunities to explore hobbies, interests, and new experiences.
- Engage in shopping, library, outdoor or indoor recreation activities.

*Limited "3 spots" Requires 1:1 support ratio

Goals to achieve:



Goal 1



Goal 2



Goal 3

Depending on the activity chosen for the day, participants may need to bring their own spending money or be invoiced at the end of the month.

All Day 9:30am-2:30pm

Cost

Tick one



Sailability / Bayside Adventures

- Engage in sailing and outdoor recreation activities.
- Engage in inclusive and supported recreational opportunities in a safe environment.
- Develop social skills and positive peer interactions in group settings.
- When Sailability is not available due to weather, participants will attend local beachside parks and enjoy a packed lunch with friends.

Goals to achieve:



Goal 1



Goal 2



Goal 3

\$10.00 per week or invoiced monthly.

Shared km charges for transport



Community Explorer and BBQ

- Build skills visiting new beachside places in the local community.
- Engage socially to learn and build skills interacting in unfamiliar environments.
- Participate in recreational activities before firing up the BBQ to enjoy lunch in the park.

Goals to achieve:



Goal 1



Goal 2











Goal 3

\$8.00 per week or invoiced monthly.

Shared km charges for transport

Friday Activities

Morning 9:00am-12:00pm – Choose one		Cost	Tick one
	<h3>Board & Card Games</h3> <ul style="list-style-type: none"> Challenge yourself against your friends and show your skills. Develop social skills such as turn-taking, cooperation, patience and respectful communication. Enhance cognitive skills, including memory, problem-solving, planning and decision-making through gameplay. This activity supports independence by encouraging choice-making and following game rules. <p>Goals to achieve:</p>	Free	<input type="checkbox"/>
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Goal 1</p> </div> <div style="text-align: center;">  <p>Goal 2</p> </div> <div style="text-align: center;">  <p>Goal 3</p> </div> </div>			
	<h3>Custom 1:1 Activity</h3> <ul style="list-style-type: none"> Build confidence and social connection through tailored 1:1 engagement. Provide opportunities to explore hobbies, interests, and new experiences. Engage in shopping, library, outdoor or indoor recreation activities. <p>*Limited “3 spots” Requires 1:1 support ratio</p> <p>Goals to achieve:</p>	Depending on the activity chosen for the day, participants may need to bring their own spending money or be invoiced at the end of the month.	<input type="checkbox"/>
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Goal 1</p> </div> <div style="text-align: center;">  <p>Goal 2</p> </div> <div style="text-align: center;">  <p>Goal 3</p> </div> </div>			

Afternoon 12:30pm-2:30pm – Choose one

Cost

Tick one



Movies at Capalaba on the Projector

- Join our in-centre movie session at the Hub, supporting inclusion and shared leisure experiences.
- Promotes relaxation and emotional wellbeing in a calm, structured environment.
- This activity provide opportunities for choice and self-expression through selection of movies and group activities.

Goals to achieve:



Goal 1



Goal 2



Goal 3

Free



Custom 1:1 Activity

- Build confidence and social connection through tailored 1:1 engagement.
- Provide opportunities to explore hobbies, interests, and new experiences.
- Engage in shopping, library, outdoor or indoor recreation activities.

*Limited "3 spots" Requires 1:1 support ratio

Goals to achieve:



Goal 1



Goal 2



Goal 3

Depending on the activity chosen for the day, participants may need to bring their own spending money or be invoiced at the end of the month.

2026 Capalaba Program Dates

Office Opens 2 January 2026 Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Monday 5 th January	Friday 27 th March
Hub Closed	Thursday 1st January – New Year's Day Monday 26 th January – Australia Day	

Program 2		
	Start Date	End Date
Activity Program	Monday 30 th March	Friday 19 th June
Hub Closed	Friday 3 rd April – Good Friday Monday 6 th April – Easter Monday Monday 4 th May – Labour Day	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 22 nd June	Friday 26 th June

Program 3		
	Start Date	End Date
Activity Program	Monday 29 th June	Friday 18 th September
Hub Closed	Wednesday 12 th August – Royal Queensland Show (Brisbane area only)	

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

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 14 th December	Friday 18 th December
Hub Closed	Saturday 19 th December 2026 – Sunday 3 rd January 2027	