

2026 Nudgee Activity Program 3 Catalogue



2026 Nudgee Hub Activity Program 3 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

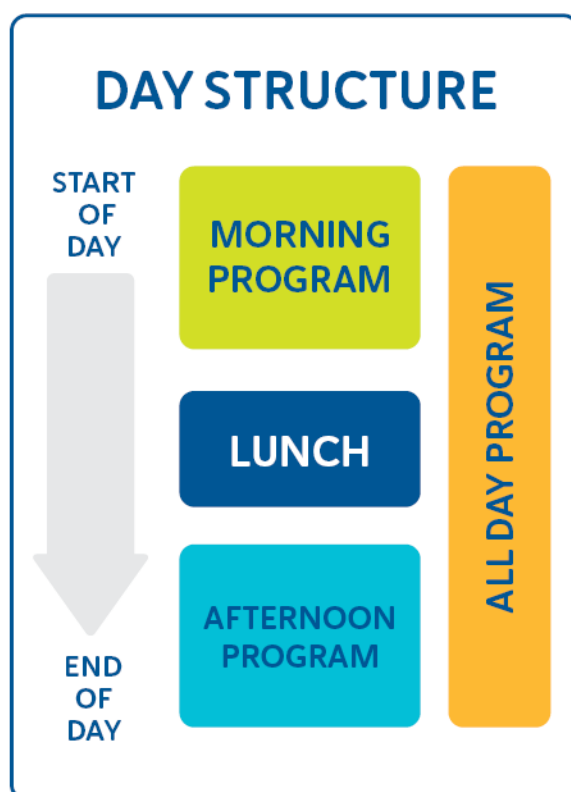
1 For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 or return it to Nudgee Hub or Jacqui.edmond@multicap.org.au by **22/5/2026**

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 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 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		Cost	Tick one
	<p>Beats & Connections: Community Music Social (Arana Hills Leagues Club)</p> <ul style="list-style-type: none"> • Move, groove and enjoy live music with friends! Sing, dance or unwind at local cafes, parks and seaside spots – perfect for music lovers and social fun. • Build social skills and connection. • Boost confidence and independence in community settings. • Strengthen communication skills. • Shared kilometre charges for transport. • Please bring: Money for café purchases if desired. <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>	Own money for Café purchases	<input type="checkbox"/>
	<p>Aqua Harmony: Swimming Wellness Program</p> <ul style="list-style-type: none"> • Heated pools are used during winter to ensure comfort and year-round participation. • Support physical health and overall wellbeing. • Support emotional wellbeing. • Develop body awareness and sensory regulation. • Improve flexibility and gentle movement skills. • Build confidence in water-based activities. <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>	\$5.70	<input type="checkbox"/>
	<p>ASDAN Craft Making</p> <ul style="list-style-type: none"> • ASDAN is a booklet, certificated 12-week recognized course for beginners in craft making. • Modules which will involve health and safety, knit and snitch, arts and craft and woodcraft <p>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.</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>First-time users: \$2 per week</p> <p>Existing users: Less than \$1 per week</p> <p>Payment method: Invoiced cost</p>	<input type="checkbox"/>

Afternoon		Cost	Tick one
	<p>Lane Legends: Bowling Adventure (Aspley 10 Pin Bowling)</p> <ul style="list-style-type: none"> Strengthen social skills and encourage positive interactions. Improve hand-eye coordination and fine motor control. Build confidence and independence when engaging in the community. Support emotional wellbeing and positive mood. Encourage community participation and inclusion. Shared kilometer charges for transport. <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>	\$8.50	<input type="checkbox"/>
	<p>World Beats & Open Mic</p> <p>Sing along to your favourite songs from across the globe, dance to hip hop, pop, and more, or step up and 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;">  Goal 1 </div> <div style="text-align: center;">  Goal 2 </div> <div style="text-align: center;">  Goal 3 </div> </div>	No cost	<input type="checkbox"/>
	<p>Sparkle & Create: Jewellery Making & Beading Program (Nudgee Hub)</p> <p>Join a relaxed, creative session designing jewellery and exploring beading at your own pace in a supportive environment. Build fine motor skills, creativity, and confidence while promoting wellbeing and social connection.</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>	\$5.00	<input type="checkbox"/>



Soundscape: Creative Music Therapy Session

Join friends at the hub for an engaging music therapy experience. Enjoy listening to music, singing, gentle movement, rhythm-based activities, and playing simple instruments while expressing emotions and sharing experiences.

Goals to achieve:



Goal #1















Goal #2



Goal #3

As per
NDIS
Funding
plan

Tuesday Activities

Morning		Cost	Tick one
	<p>Sizzle & Share: A Creative Cooking Experience</p> <p>Join others for a fun and inclusive cooking session. Prepare a variety of snacks, meals, and desserts while building basic cooking skills, learning about healthy choices, and practising safe kitchen habits. Enjoy sharing and tasting your creations while spending quality time together with staff support.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <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>\$7.00</p>	<input type="checkbox"/>
	<p>Play & Roll: Mini Golf & Bowling Adventure</p> <ul style="list-style-type: none"> • Join others for a fun-filled day out featuring an 18-hole mini golf experience at Golf Central BNE near Brisbane Airport. Enjoy a vibrant course with exciting, themed elements at every hole. • Keep the good times going with a friendly bowling session, encouraging teamwork, confidence, and plenty of laughter. • Fully accessible and supportive for all participants, including those using mobility aids. • <i>Shared kilometer charges for transport</i> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <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>\$12.50 for Mini Golf \$8.50 for Mini Golf</p>	<input type="checkbox"/>
	<p>Perk Up & Wander: Café & Park Escapes</p> <p>Join friends for weekly café outings with tasty drinks and easy-going chats. Afterwards, discover nearby parks or walking trails, enjoy fresh air, gentle activity, and create fun, memorable moments together.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <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>Own Money FOR Café purchases</p>	<input type="checkbox"/>



Shoreline Steps & Sea Breeze Socials

Join friends from the hub for relaxed walks along beautiful local beaches. Enjoy the sound of the waves, fresh sea air, and soft sand beneath your feet. This activity supports gentle exercise, relaxation, and social connection in a calm and supportive environment. Suitable for all abilities, take your time to explore the shoreline, collect shells, and enjoy the outdoors while sharing laughs and making memories together.

- **Shared kilometer charges for transport**
- Please bring hats for sun safety

Goals to achieve:



Goal 1



Goal 2



Goal 3

No cost



Handmade Harmony : Craft & Conversation

Enjoy a relaxed afternoon in the Hub’s cosy lounge exploring simple craft activities. Share laughs, create and connect with friends while enjoying coffee and tea.

This welcoming creative session supports imagination and gentle hand movements, helps improve mood, reduces stress, and builds a sense of achievement in a calm, supportive, low-pressure environment.

Goals to achieve:



Goal 1



Goal 2



Goal 3

\$5.00



Rhythm & Fun: Zumba, Karaoke & Dance Party

Join friends at the hub for an energetic and enjoyable movement and music session. Dance along to Zumba routines, enjoy karaoke favourites, and get moving with fun group dancing in a lively, supportive environment.

Goals to achieve improve physical fitness, coordination, confidence, and social participation through music, movement, and group engagement.

Goals to achieve:



Goal 1











Goal 2















Goal 3

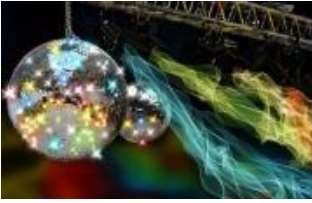

No Cost

Wednesday Activities

Morning		Cost	Tick one
	<p>Café Connect: Sips, Snacks & Social Time</p> <p>Join friends from the hub for relaxed café outings. Enjoy tasty treats, warm drinks, and good company while building confidence, social skills, and connections in a fun, supportive way.</p> <ul style="list-style-type: none"> • Shared kilometer charges for transport • Please bring: Money for café purchases if desired <p>Goals to achieve:</p> <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>	<p>Own money for Café purchases</p>	<input type="checkbox"/>
	<p>Green Trails & Picnic Tales</p> <p>Join friends from the hub for a relaxing morning outdoors. Enjoy a scenic walk, explore local plants and wildlife, friendly conversation and just good fun. This activity encourages light exercise, social connection, and wellbeing in a calm, supportive environment suitable for all abilities.</p> <p>Please bring: Your own money if food purchases are required.</p> <p>Goals to achieve:</p> <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>	<p>No cost</p>	<input type="checkbox"/>

Afternoon		Cost	Tick one
	<p>Strike Zone Social: Bowling Fun Day (Aspley 10 Pin Bowl)</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, focusing on confidence, connection, and great times together.</p> <ul style="list-style-type: none"> Shared kilometer charges for transport <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>	\$8.50	<input type="checkbox"/>
	<p>Melody & Mocktails: Dance, Sing & Socialise</p> <ul style="list-style-type: none"> Join friends from the hub for an afternoon of music and fun. Sing along to favourite songs, dance or simply enjoy the lively atmosphere. Sup on refreshing mocktails while you relax and connect with others. Build confidence, boost mood and enjoy great company in a fun, supportive space. <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>	No cost	<input type="checkbox"/>
	<p>Cinema Sips & Mocktail Moments</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 conversation. Tea, coffee, and snacks provided.</p> <p>Goals to achieve: Build social connection, encourage creativity, and support relaxation in a friendly group setting.</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>	No cost	<input type="checkbox"/>

Thursday activities

All Day		Cost	Tick one
	<p>Bingo & Club Day: Groove, Games & Disco Fun</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> <ul style="list-style-type: none"> • Shared kilometer charges for transport • Please bring money if attending a club venue or purchasing personal items. <p>Goals to achieve:</p>	<p>Bingo \$10 plus lunch cost</p>	<input type="checkbox"/>
	<p>Community Adventures: Games outing</p> <p>Enjoy an exciting community day out with friends featuring interactive challenge experiences, a variety of fun venues. 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> <ul style="list-style-type: none"> • Shared kilometer charges for transport <p>Goals to achieve:</p>	<p>Own money for Lunch</p>	<input type="checkbox"/>



Goal 1



Goal 2



Goal 3



Goal 1



Goal 2



Goal 3



Bushland Adventures: Takeaway Trails & Park Picnic Fun

Join friends from the hub for a day exploring local bushland and outdoor spaces. Enjoy gentle walks through natural trails, take in the sounds of nature, and experience the calm of the outdoors. Stop to collect takeaway food and enjoy a relaxed picnic at the park together.

This outing focuses on light exercise, movement, social connection, and building independence and confidence while enjoying nature and shared experiences in a supportive environment.

- ***Shared kilometer charges for transport***
- Please bring money for takeaway lunch and any personal purchases.

Goals to achieve:



Goal 1



Goal 2















Goal 3

**Own
money for
lunch**



Friday Activities

All Day	Cost	Tick one
 <p>Brunch, Beats & Steps: Cook, Track & Karaoke</p> <p>Start the day with a hands-on brunch session, preparing delicious lunch favourites and light bites with friends. Enjoy good food, great company, and relaxed conversation together.</p> <p>Head to the park for light exercise and track your steps using a fitness tracker while enjoying fresh air and movement. Return to the hub to keep the energy going with karaoke, music, and fun activities. Build social skills, confidence, and creativity while sharing laughs in a warm, supportive environment.</p> <ul style="list-style-type: none"> • Shared kilometer charges for transport <p>Goals to achieve:</p> <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>	<p>\$5.00</p>	<input type="checkbox"/>
 <p>Sizzle & Stroll: BBQ Bites & Outdoor Fun</p> <p>Enjoy a delicious 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 the outdoors. Tea, coffee, and refreshments provided.</p> <ul style="list-style-type: none"> • Shared kilometer charges for transport • Please bring money along for lunch <p>Goals to achieve:</p> <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>	<p>\$5.00</p>	<input type="checkbox"/>
 <p>Social Circles: Clubs, Chats & Good Times</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. Participants may choose to play bingo at their own cost. Everyone is welcome to join this relaxed inclusive session. Bring your energy, curiosity and love for meeting new people.</p> <ul style="list-style-type: none"> • Shared kilometer charges for transport <p>Goals to achieve:</p> <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>	<p>Own cost for lunch</p>	<input type="checkbox"/>

2026 Nudgee Hub 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 1 st 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 Friday 25 th April – ANZAC Day 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 2026 – Ekka Show Day	

Program 4		
	Start Date	End Date
Activity Program	Monday 21 st September	Friday 11 th December
Hub Closed	Monday 6 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	