

2026  
Kuraby Hub  
Activity Program 3  
Catalogue



# 2026 Kuraby Hub Activity Program 3 Catalogue

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

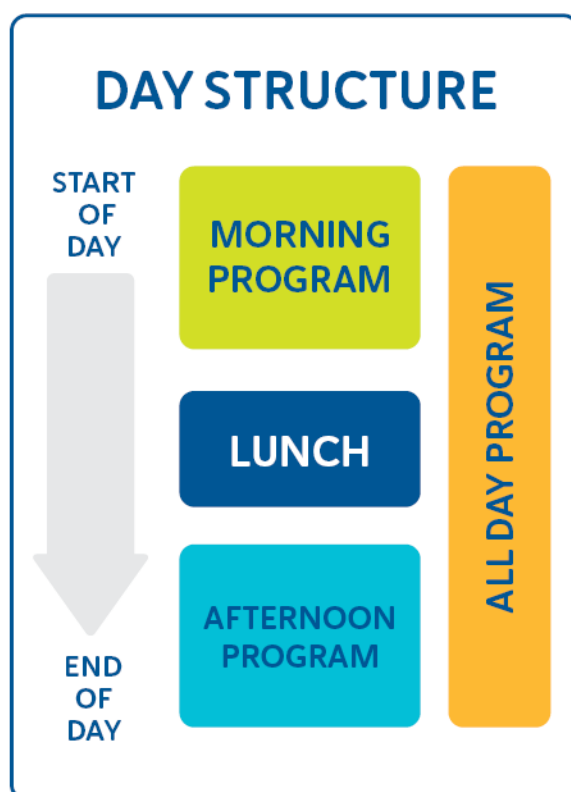
**1** For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 [annmarie.barber@multicap.org.au](mailto:annmarie.barber@multicap.org.au) and [Vijay.sudhakaran@multicap.org.au](mailto:Vijay.sudhakaran@multicap.org.au) by **5/06/2026**

**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 **0408 400 568**

**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 **0408 400 568**
















# 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

Morning		Cost	Tick one
	<p><b>Arts and craft</b></p> <ul style="list-style-type: none"> <li>• Explore fun crafts like card-making and decorations.</li> <li>• Create items for special occasions.</li> <li>• Build creativity and fine motor skills.</li> <li>• Enjoy a supportive space for self-expression and social connection.</li> </ul> <p><b>Goals to achieve:</b></p>	Free	<input type="checkbox"/>
<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>Asdan-Sound, Rhythm and Music</b></p> <ul style="list-style-type: none"> <li>• Enjoy learning through music and sound.</li> <li>• Explore rhythm, beats, and musical instruments.</li> <li>• Develop listening, touch, and sound awareness.</li> <li>• Build confidence through creative musical activities.</li> </ul> <p><b>First time Asdan weekly cost \$2 Existing users \$1</b></p> <p><b>Goals to achieve:</b></p>	<b>First time Asdan weekly cost \$2 Existing users \$1</b>	<input type="checkbox"/>
<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>Morning Park Walking</b></p> <ul style="list-style-type: none"> <li>• Walking around the park following the footpath.</li> <li>• Visit the outdoor gym.</li> <li>• See the local wildlife.</li> <li>• Count your steps.</li> </ul> <p><b>If the weather is unsuitable, indoor activities will be arranged.</b></p> <p><b>Shared kilometers. 30km surrounding areas.</b></p> <p><b>Goals to achieve:</b></p>	<b>Shared 30 km</b>	<input type="checkbox"/>
<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>			

Afternoon		Cost	Tick one
	<p><b>Let's Bowl</b></p> <ul style="list-style-type: none"> <li>• Build team connection and positive relationships.</li> <li>• Encourages communication and social interactions skills.</li> <li>• Supports physical coordination and motor skills development.</li> <li>• Promotes independence and a sense of achievement.</li> </ul> <p><b>Shared kilometers. 20km surrounding areas.</b></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>\$10/ Shared Km</b></p>	<input type="checkbox"/>
	<p><b>Light refreshment in the park</b></p> <ul style="list-style-type: none"> <li>• Enjoy time outdoors with friendly staff and community members.</li> <li>• Choose a hot or cold drink you like.</li> <li>• Relax with fresh air, light conversation, and people-watching.</li> <li>• Unwind, explore the park, and enjoy a peaceful break.</li> </ul> <p><b>If not suitable weather, light refreshment Indoor.</b></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>\$2-\$5</b></p>	<input type="checkbox"/>
	<p><b>Board Games</b></p> <ul style="list-style-type: none"> <li>• Challenge your mates and show your skills.</li> <li>• Play classic games like Uno.</li> <li>• Enjoy Connect-4 and Snakes and Ladders.</li> <li>• Have fun with Guess Who and friendly competition.</li> </ul> <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>Free</b></p>	<input type="checkbox"/>



### Walking in the Park

- Walking around the park, while counting your steps, to stay active and motivated.
- Use the outdoor gym equipment to challenge yourself and see how strong and fit you are.
- These activities help improve your overall fitness and physical health.
- Spending time walking and exercising outdoors can also help reduce stress and improve your mood.

**Shared kilometers. 60km surrounding areas.**

**If weather conditions are unsuitable: local library indoor activities.**

**Goals to achieve:**



**Goal 1**







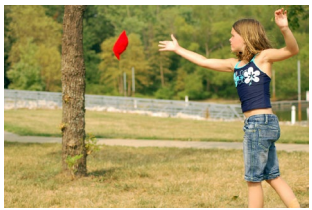







**Goal 2**



































**Goal 3**

**Transport Shared 60Km**













# Tuesday Activities













Morning		Cost	Tick one
	<p><b>Kuraby Research Group</b></p> <ul style="list-style-type: none"> <li>• Visit Logan North Library’s accessibility center.</li> <li>• Use computers and assistive technology.</li> <li>• Learn in a sensory-friendly environment.</li> <li>• Build confidence and overcome learning barriers.</li> </ul> <p><b>Shared kilometers. 10km surrounding areas</b></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>Shared 10km</b></p>	<input type="checkbox"/>
	<p><b>Fun Fitness at Kuraby Hub</b></p> <ul style="list-style-type: none"> <li>• Walking to the sensory park.</li> <li>• Visit the outdoor gym.</li> <li>• Join Rhythm fitness sessions in the hub.</li> <li>• Practice ball coordination skills and yoga.</li> </ul> <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>Free</b></p>	<input type="checkbox"/>
	<p><b>Centre of Creative Arts - Painting for Beginners</b></p> <ul style="list-style-type: none"> <li>• Learn basic painting in a beginner-friendly program.</li> <li>• Develop your own artistic style through solo and group projects.</li> <li>• Create artwork based on themes you enjoy.</li> <li>• Explore different painting styles, tools and materials.</li> </ul> <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>\$5 per week</b></p>	<input type="checkbox"/>

Afternoon		Cost	Tick one			
	<p><b>Holey Moley Golf</b></p> <ul style="list-style-type: none"> <li>• Fun and accessible mini golf for all abilities.</li> <li>• Inclusive, low-pressure activities to build confidence.</li> <li>• Sensory-friendly challenges in a supportive social setting.</li> <li>• Promotes independence and a sense of achievement.</li> </ul> <p>Shared kilometers. 30km surrounding areas.</p> <p>Goals to achieve:</p>	<p>\$10 and Shared Transport</p>	<input type="checkbox"/>			
<table border="1"> <tr> <td data-bbox="443 533 700 658">  Goal 1         </td> <td data-bbox="700 533 959 658">  Goal 2         </td> <td data-bbox="959 533 1219 658">  Goal 3         </td> </tr> </table>		 Goal 1	 Goal 2	 Goal 3		
 Goal 1	 Goal 2	 Goal 3				
	<p><b>Literacy and Numeracy</b></p> <ul style="list-style-type: none"> <li>• Use multi-sensory teaching methods: visual, auditory, and tactile.</li> <li>• Simplify language and provide clear, step-by-step instructions.</li> <li>• Incorporate assistive technology (e.g. Screen readers, speech-to-text-tools)</li> <li>• Reading and numeracy materials adapted to suit individual needs.</li> </ul> <p>Goals to achieve:</p>	<p>Free</p>	<input type="checkbox"/>			
<table border="1"> <tr> <td data-bbox="443 1108 700 1234">  Goal 1         </td> <td data-bbox="700 1108 959 1234">  Goal 2         </td> <td data-bbox="959 1108 1219 1234">  Goal 3         </td> </tr> </table>		 Goal 1	 Goal 2	 Goal 3		
 Goal 1	 Goal 2	 Goal 3				
	<p><b>Flexible Hub Activities</b></p> <ul style="list-style-type: none"> <li>• Customers choose from a range of engaging weekly activities.</li> <li>• Two tailored activities are available at a time based on interests, abilities and goals.</li> <li>• This activity supports choice, control and meaningful skill development.</li> <li>• Build confidence and social participation in a supportive environment.</li> </ul> <p>Goals to achieve:</p>	<p>Free</p>	<input type="checkbox"/>			
<table border="1"> <tr> <td data-bbox="443 1686 700 1814">  Goal 1         </td> <td data-bbox="700 1686 959 1814">  Goal 2         </td> <td data-bbox="959 1686 1219 1814">  Goal 3         </td> </tr> </table>		 Goal 1	 Goal 2	 Goal 3		
 Goal 1	 Goal 2	 Goal 3				

All Day		Cost	Tick one
	<p><b>Walking in the Park</b></p> <ul style="list-style-type: none"> <li>Walking around park, while counting your steps, to stay active and motivated.</li> <li>Use the outdoor gym equipment to challenge yourself and see how strong and fit you are.</li> <li>These activities help improve your overall fitness and physical health.</li> <li>Spending time walking and exercising outdoors can also help reduce stress and improve your mood.</li> </ul> <p><b>Shared kilometers. 60km surrounding areas.</b></p> <p><b>If weather conditions are unsuitable: local library indoor activities.</b></p> <p><b>Goals to achieve:</b></p>	<p><b>Shared kilometers. 60km sounding areas.</b></p>	<input type="checkbox"/>
	<p><b>Brigalow (1<sup>st</sup> and 3<sup>rd</sup> of the month, park week 2<sup>nd</sup> and 4<sup>th</sup>)</b></p> <ul style="list-style-type: none"> <li>Sing, dance and listen to live music at our local Brigalow's country music club, <i>Improves</i>.</li> <li>Meet up with other peers from Multicap.</li> <li>Light lunch will be provided.</li> </ul> <p><b>Shared kilometer charges for transport</b></p> <p><b>Please remember to bring a packed lunch on alternate Tuesday when not at Brigalows</b></p> <p><b>Goals to achieve:</b></p>	<p><b>\$8 -\$10</b> <b>Depends on customers and staff / Shared 50kms</b></p>	<input type="checkbox"/>

# Wednesday Activities

Morning		Cost	Tick one
	<h3>Holey Moley Golf</h3> <ul style="list-style-type: none"> <li>• Fun and accessible mini golf for all abilities.</li> <li>• Inclusive, low-pressure activities to build confidence</li> <li>• Sensory-friendly challenges in a supportive social setting.</li> <li>• Promotes independence and a sense of achievement.</li> </ul> <p><b>Shared kilometers. 30km surrounding areas.</b></p> <p><b>Goals to achieve:</b></p>	<p><b>\$10 Shared Km</b></p>	<input type="checkbox"/>
<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>			
	<h3>Sensory Activities</h3> <ul style="list-style-type: none"> <li>• Learning all about the five sensory systems in the brain.</li> <li>• Understanding our sensory and recognizing our experiences to our emotions.</li> <li>• Fine motor skill development.</li> <li>• Gross motor skill development.</li> <li>• Hand eye coordination.</li> </ul> <p><b>Goals to achieve:</b></p>	<p><b>Free</b></p>	<input type="checkbox"/>
<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>			
	<h3>5,000 Steps Walking and Gym Fitness in the Park</h3> <p>10 x 2 lots Push up and body pulls.            10 X 2 lots Chest press.            10 x 2 lots Leg press.            10 x 2 lots Elliptical training.</p> <p><b>Shared kilometers. 30km surrounding areas.</b></p> <p><b>If weather conditions unsuitable: local library indoor activities.</b></p> <p><b>Goals to achieve:</b></p>	<p><b>Shared kilometers. 30km sounding areas.</b></p>	<input type="checkbox"/>
<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>			

Afternoon		Cost	Tick one
	<p><b>Let's Bowl</b></p> <ul style="list-style-type: none"> <li>• Build team connection and positive relationships.</li> <li>• Encourages communication and social interactions skills.</li> <li>• Supports physical coordination and motor skills development.</li> <li>• Promotes independence and a sense of achievement.</li> </ul> <p><b>Shared kilometers. 20km surrounding areas.</b></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>\$10 Shared Kms</b></p>	<input type="checkbox"/>
	<p><b>Flexible In-Hub Activities</b></p> <ul style="list-style-type: none"> <li>• Skill development through meaningful activities</li> <li>• Confidence building</li> <li>• Social participation in a supportive environment</li> <li>• Choice and control</li> </ul> <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>Free</b></p>	<input type="checkbox"/>
	<p><b>Arts and Craft Painting</b></p> <ul style="list-style-type: none"> <li>• Join your peers to create, share ideas, and try new craft activities.</li> <li>• Get creative by painting, coloring, cutting and pasting.</li> <li>• Be adventurous and create some masterpieces.</li> <li>• Week by week schedule.</li> </ul> <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>Free</b></p>	<input type="checkbox"/>

All Day

Cost

Tick one



### Community Outing with a Group Lunch.

- Plan and coordinate a community outing that includes a group lunch.
- Opportunities for social connection over lunch.

Shared kilometers. 60km surrounding areas.

Goals to achieve:



Goal 1















Goal 2















Goal 3

\$20/Shared  
60Km

# Thursday activities

Morning		Cost	Tick one
	<p><b>Kuraby Research Group</b></p> <ul style="list-style-type: none"> <li>• Visit Logan North Library’s Accessibility Centre.</li> <li>• Use computers and assistive technology.</li> <li>• Learn in a sensory-friendly environment.</li> <li>• Build confidence and overcome learning barriers.</li> </ul> <p><b>Shared kilometers. 10km surrounding areas.</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="531 618 699 752">  <p>Goal 1</p> </div> <div data-bbox="699 618 951 752">  <p>Goal 2</p> </div> <div data-bbox="951 618 1206 752">  <p>Goal 3</p> </div> </div>	<p><b>Shared 10Km</b></p>	<input type="checkbox"/>
	<p><b>Baking at Kuraby</b></p> <ul style="list-style-type: none"> <li>• Enjoy hands-on baking activities in a supportive environment.</li> <li>• Learn basic cooking and kitchen safety skills.</li> <li>• Follow simple recipes and work as a team.</li> <li>• Build confidence while having fun and sharing food.</li> </ul> <p><b>Shared Purchase for ingredients</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="531 1133 699 1274">  <p>Goal 1</p> </div> <div data-bbox="699 1133 951 1274">  <p>Goal 2</p> </div> <div data-bbox="951 1133 1206 1274">  <p>Goal 3</p> </div> </div>	<p><b>Shared Purchase for ingredients</b></p>	<input type="checkbox"/>
	<p><b>Music Therapy (Morning Session)</b></p> <ul style="list-style-type: none"> <li>• Research-based music therapy supports individual goals.</li> <li>• Support communication and self-expression.</li> <li>• Develop self-regulation and emotional skills.</li> <li>• Build social interaction and connection through music.</li> </ul> <p><b>Please contact Queenie at <a href="mailto:queenien@multicap.org.au">queenien@multicap.org.au</a> at least 3 days prior to the day if you wish to cancel.</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="531 1648 699 1778">  <p>Goal 1</p> </div> <div data-bbox="699 1648 951 1778">  <p>Goal 2</p> </div> <div data-bbox="951 1648 1206 1778">  <p>Goal 3</p> </div> </div>	<p><b>As per NDIS Agreement</b></p>	<input type="checkbox"/>

Afternoon		Cost	Tick one
	<p><b>Life Skills and Pampering</b></p> <ul style="list-style-type: none"> <li>• Support capacity building in daily living and self-care skills.</li> <li>• Promote dignity, comfort, and personal wellbeing.</li> <li>• Encourage choice, routine and participant independence.</li> <li>• Support emotional regulation, relaxation, and social connection.</li> </ul> <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>	Free	<input type="checkbox"/>
	<p><b>60, 70s, 80s &amp; Today's Music</b></p> <ul style="list-style-type: none"> <li>• Sing and dance to your favorite music from the past and present.</li> <li>• Enjoy music sessions with your peers.</li> <li>• Try instruments like drums and piano.</li> <li>• Have fun, move your body and express yourself.</li> </ul> <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>	Free	<input type="checkbox"/>
	<p><b>Holey Moley Golf</b></p> <ul style="list-style-type: none"> <li>• Fun and accessible mini golf for all abilities.</li> <li>• Inclusive, low-pressure activities to build confidence</li> <li>• Adaptive sessions supporting participation at every level.</li> <li>• Sensory-friendly challenges in a supportive social setting</li> </ul> <p><b>Shared kilometers. 20km surrounding areas.</b></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>	\$10/Shared 20 Km	<input type="checkbox"/>

All Day

Cost

Tick one



### Op-Shopping and Walking

- Visit a variety of local op-shops with peers to find great deals.
- Enjoy a gentle stroll between locations to support physical walking.
- Develop money-handling and budgeting skills, with staff support if needed.
- Build independence and social connections within the community.

**Shared kilometers. 60km surrounding areas.**

**Goals to achieve:**



Goal 1















Goal 2















Goal 3

Owe money \$5-\$10/Shared 60km

# Friday Activities

Morning		Cost	Tick one
	<p><b>Cooking at Kuraby</b></p> <ul style="list-style-type: none"> <li>Learn basic cooking and food preparation skills.</li> <li>Follow simple and accessible recipes.</li> <li>Practice kitchen safety and teamwork.</li> <li>Build independence while enjoying shared meals.</li> </ul> <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>Shared Purchased</b></p>	<input type="checkbox"/>
	<p><b>Board Games</b></p> <ul style="list-style-type: none"> <li>Challenge your mates and show your skills.</li> <li>Play classic games like Uno.</li> <li>Enjoy Connect-4 and Snakes and Ladders.</li> <li>Have fun with Guess Who and friendly competition.</li> </ul> <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>Free</b></p>	<input type="checkbox"/>
	<p><b>5,000 Steps, Walking and Gym Fitness in the Park</b></p> <p>10 x 2 lots Push up and body pulls.            10 X 2 lots Chest press.            10 x 2 lots Leg press.            10 x 2 lots Elliptical training.</p> <p><b>Shared kilometers. 30km surrounding areas.</b></p> <p><b>If weather conditions are unsuitable: Joining cooking program.</b></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>Free</b></p>	<input type="checkbox"/>

Afternoon		Cost	Tick one
	<p><b>Movies at Kuraby</b></p> <ul style="list-style-type: none"> <li>• Enjoy watching a variety of movies together.</li> <li>• Relax in a comfortable, supportive setting.</li> <li>• Build social connection through shared entertainment.</li> <li>• Afterwards, discuss the movie with your peers.</li> </ul> <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>	Free	<input type="checkbox"/>
	<p><b>Let's Bowl</b></p> <ul style="list-style-type: none"> <li>• Team connection.</li> <li>• Communication practice.</li> <li>• Physical and motor skills benefits.</li> <li>• Sense of achievement.</li> </ul> <p><b>Shared kilometers. 60km surrounding areas.</b></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>	\$10/Shared 20km	<input type="checkbox"/>
 <p style="text-align: center;">Music Meditation</p>	<p><b>Music Meditation</b></p> <ul style="list-style-type: none"> <li>• Opportunity to meditate and relax</li> <li>• Listen to calming, soothing music.</li> <li>• Practice gentle movement and stretching.</li> <li>• Support mindfulness, calm and wellbeing.</li> </ul> <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>	Free	<input type="checkbox"/>

All Day

Cost

Tick  
one



### Park and Walking with Fish and Chips.

- Enjoy a gentle walk in the park and get some fresh air.
- Build fitness and wellbeing through light exercise.
- Socialize with friends and staff in a relaxed setting.
- Finish the outing by enjoying fish and chips together.

**Shared kilometers. 60km surrounding areas.**

**Goals to achieve:**



**Goal 1**











**Goal 2**











**Goal 3**









**\$20/Shared  
60Km**

# Saturday Activities

All Day		Cost	Tick one
	<p><b>27<sup>th</sup> June 9am-3pm</b>  <b>Time Zone Arcade Games</b></p> <ul style="list-style-type: none"> <li>• Enjoy a variety of fun and interactive arcade games.</li> <li>• Play at your own pace in a supportive environment.</li> <li>• Build hand-eye coordination and concentration.</li> <li>• Socialize and have fun with friends and staff.</li> </ul> <p><b>Shared kilometers. 60km surrounding areas.</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="528 689 608 763">  <p><b>Goal 1</b></p> </div> <div data-bbox="783 689 863 763">  <p><b>Goal 2</b></p> </div> <div data-bbox="1038 689 1118 763">  <p><b>Goal 3</b></p> </div> </div>	<p><b>\$35/Shared Km</b></p>	<input type="checkbox"/>
	<p><b>4<sup>th</sup> July 9am-3pm</b>  <b>Arts and Craft Tie-Dye T-Shirt</b></p> <ul style="list-style-type: none"> <li>• Design and create your own tie-dyed T-shirt.</li> <li>• Explore colors, patterns, and creative techniques.</li> <li>• Develop fine motor skills and self-expression.</li> <li>• Enjoy a fun supportive, hands-on activity.</li> </ul> <p><b>Shared kilometers. 20km surrounding areas.</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="528 1234 608 1308">  <p><b>Goal 1</b></p> </div> <div data-bbox="783 1234 863 1308">  <p><b>Goal 2</b></p> </div> <div data-bbox="1038 1234 1118 1308">  <p><b>Goal 3</b></p> </div> </div>	<p><b>\$35/Shared Km</b></p>	<input type="checkbox"/>

All Day	Cost	Tick one	
	<p><b>11<sup>th</sup> July 9am-3pm</b>  <b>Ipswich Art Gallery Light Play</b></p> <ul style="list-style-type: none"> <li>• Explore interactive light-based art installations.</li> <li>• Enjoy a sensory-friendly visual experience.</li> <li>• Encourage creativity, curiosity and engagement.</li> <li>• Experience art in a calm supportive group setting.</li> </ul> <p><b>Shared kilometers. 60km surrounding areas.</b></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>Free /Shared Km</b></p>	<input type="checkbox"/>
	<p><b>18<sup>th</sup> July 9am-3pm</b>  <b>Op-Shopping and Walking</b></p> <ul style="list-style-type: none"> <li>• Visit a variety of local op-shops with peers to find great deals.</li> <li>• Enjoy a gentle walk between locations to support physical walking.</li> <li>• Develop money-handing and budgeting skills, with staff support if needed.</li> <li>• Build independence and social connections within the community.</li> </ul> <p><b>Shared kilometers. 50km surrounding areas.</b></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>\$5-10 Shared Km</b></p>	<input type="checkbox"/>

All Day		Cost	Tick one
	<p><b>25<sup>th</sup> July 9am-3pm</b>  <b>Dreamworld</b></p> <ul style="list-style-type: none"> <li>• Enjoy a fun day at a popular theme park.</li> <li>• Experience, rides, shows, and attractions.</li> <li>• Build confidence through new experiences.</li> <li>• Socialize and have fun in a supportive group setting.</li> </ul> <p><b>Shared kilometers. 60km surrounding areas.</b></p> <p><b>Annual Pass Required.</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <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>Pass/Shared Km</b></p>	<input type="checkbox"/>
	<p><b>1<sup>st</sup> August 9am-3pm</b>  <b>Mount Tambourine Garden Skywalk</b></p> <ul style="list-style-type: none"> <li>• Enjoy a scenic walk-through rainforest and treetops bridges.</li> <li>• Experience nature, fresh air, and beautiful views.</li> <li>• Support gentle exercise and wellbeing.</li> <li>• Explore a calm, relaxing environment with the group.</li> </ul> <p><b>Shared kilometers. 60km surrounding areas.</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <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>\$18/Shared Km</b></p>	<input type="checkbox"/>

All Day		Cost	Tick one
	<p><b>8<sup>th</sup> August 9am-3pm</b>  <b>Ekka Showgrounds</b></p> <ul style="list-style-type: none"> <li>• Enjoy rides, show bags and live entertainment.</li> <li>• Explore animal exhibits, displays and competitions.</li> <li>• Experience food stalls and local attractions.</li> <li>• Have fun socializing in a lively community setting.</li> </ul> <p><b>Shared kilometers. 30km surrounding areas.</b></p> <p><b>Public train to Ekka.</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p><b>Goal 1</b></p> </div> <div style="text-align: center;">  <p><b>Goal 2</b></p> </div> <div style="text-align: center;">  <p><b>Goal 3</b></p> </div> </div>	<p><b>\$50/Shared km</b></p>	<input type="checkbox"/>
	<p><b>15<sup>th</sup> August 9am-3pm</b>  <b>Cinema Southbank or Victoria Point.</b></p> <ul style="list-style-type: none"> <li>• Enjoy the movie on the big screen.</li> <li>• Relax in a comfortable, supportive environment.</li> <li>• Share snacks and social time with your group.</li> <li>• Build connection through a fun cinema experience.</li> </ul> <p><b>Shared kilometers. 60km surrounding areas.</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p><b>Goal 1</b></p> </div> <div style="text-align: center;">  <p><b>Goal 2</b></p> </div> <div style="text-align: center;">  <p><b>Goal 3</b></p> </div> </div>	<p><b>\$30/Shared km</b></p>	<input type="checkbox"/>

All Day

Cost

Tick one



22<sup>nd</sup> August 9am-3pm

### Plaster Fun House

- Paint and decorate plaster shapes.
- Explore colors, designs, and creativity.
- Develop fine motor and focus skills.
- Enjoy a sun, relaxed, hands-on activity.

Shared kilometers. 60km surrounding areas.

Goals to achieve:



Goal 1



Goal 2



Goal 3

\$5 -  
30/Shared  
Km



29<sup>th</sup> August 9am-3pm

### Dreamworld

- Enjoy a fun day at a popular theme park.
- Experience, rides, shows, and attractions.
- Build confidence through new experiences.
- Socialize and have fun in a supportive group setting.

Shared kilometers. 60km surrounding areas.

Annual Pass Required

Goals to achieve:



Goal 1











Goal 2



Goal 3

Annual  
Pass  
shared 20  
km

All Day	Cost	Tick one
 <p><b>5<sup>th</sup> September 9am-3pm</b>  <b>Zone Bowling Kessels Road</b></p> <ul style="list-style-type: none"> <li>• Enjoy a fun and inclusive bowling experience.</li> <li>• Play at your own pace with support as needed.</li> <li>• Build coordination, focus, and confidence.</li> <li>• Socialize and have fun with friends and staff.</li> </ul> <p><b>Shared kilometers. 30km surrounding areas</b>  <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>\$20/Shared Km</b></p>	<input type="checkbox"/>
 <p><b>12<sup>th</sup> September 9am-3pm</b>  <b>Area 51 Ipswich</b></p> <ul style="list-style-type: none"> <li>• Enjoy an exciting indoor adventure park experience.</li> <li>• Try activities like climbing, obstacle courses, and trampolines.</li> <li>• Build confidence, coordination, and physical fitness.</li> <li>• Have fun in a safe, supportive, and social environment.</li> </ul> <p><b>Shared kilometers. 60km surrounding areas</b>  <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>\$20/Shared km</b></p>	<input type="checkbox"/>

# 2026 Kuraby Hub Program Dates

Office Opens 2 January 2026 Hub closed on public holidays

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

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

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

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

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 – 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	Saturday 19 <sup>th</sup> December 2026 – Sunday 3 <sup>rd</sup> January 2027	