

2026 Kuraby Hub Activity Program 4 Catalogue



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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 (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 Vijay Sudhakaran or return it to Kuraby Hub or Vijay.sudhakaran@multicap.org.au

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 0481483499

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 0481483499

DAY STRUCTURE

START
OF
DAY

MORNING
PROGRAM

LUNCH

AFTERNOON
PROGRAM

END
OF
DAY

ALL DAY PROGRAM

Hub Activity Program Goal Reference Guide

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

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

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

 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		



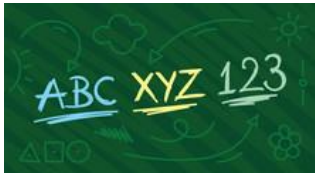
Monday Activities

Morning		Cost	Tick one
	Let's Bowl • Build team connection and positive relationships. • Encourages communication and social interactions skills. • Supports Physical coordination and motor skills development. • Promotes independence and a sense of achievement. Shared kilometers. 20km surrounding areas. Goals to achieve:  Goal 1  Goal 2  Goal 3	\$10/ Shared Km	☐
	Arts and craft • Explore fun crafts like card-making and decorations. • Create items for special occasions. • Build creativity and fine motor skills. • Enjoy a supportive space for self-expression and social connection. Goals to achieve:  Goal 1  Goal 2  Goal 3	Free	☐ ☐
	Board Games • Challenge your mates and show your skills. • Play classic games like uno. • Enjoy connect-4 and Snakes and Ladders. • Have fun with guess who and friendly competition. Goals to achieve:  Goal 1  Goal 2  Goal 3	Free	☐

Afternoon			Cost	Tick one
	Walking in the Park - Walking around 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. Shared kilometers. 30km surrounding areas. If not suitable weather conditions: local library indoor activities. Goals to achieve:		Transport Shared 30Km	☐
	 Goal 1	 Goal 2		
	Light refreshment in the park - Enjoy time outdoors with friendly staff and community members. - Choose a hot or cold drink you like. - Relax with fresh air, light conversation, and people-watching. If not suitable weather, light refreshment Indoor. Goals to achieve:		\$2-\$5	☐
	 Goal 1	 Goal 2		
	60,70s,80s & Today's Music - Sing and dancing to your favorite music from past and present. - Enjoy music sessions with your peers. - Have fun, move your body and express yourself. Goals to achieve:		Free	☐
	 Goal 1	 Goal 2		

All Day		Cost	Tick one
	Swimming and Bowling all day - Swimming can help improve physical fitness, Coordination, and confidence for customers. - Water activities can provide relaxation, social interaction, and a fun way to stay active. - Ten pin bowling helps develop hand-eye coordination and teamwork skills. - Bowling is an inclusive social activity that encourage participation, confidence, and enjoyment. Goals to achieve:	\$15	☐
	 Goal 1  Goal 2  Goal 3		

Tuesday Activities

Morning		Cost	Tick one
	Kuraby Research Group - Visit Logan North Library's accessibility center. - Use computers and assistive technology. - Learn in a sensory-friendly environment. - Build confidence and overcome learning barriers. Shared kilometers. 10km surrounding areas Goals to achieve:	Shared 10km	☐
	 Goal 1  Goal 2  Goal 3		
	Literacy and numeracy - Use multi-sensory teaching methods: visual, auditory, and tactile. - Simplify language and provide clear, step-by-step instructions. - Incorporate assistive technology (e.g. Screen readers, speech-to-text-tools) - Adapt reading and numeracy materials to suit individual needs. Goals to achieve:	Free	☐
	 Goal 1  Goal 2  Goal 3		
	Fun fitness at Kuraby Hub - Walking to the sensory park. - Visit the outdoor gym. - Join Rhythm fitness sessions in the hub. - Practice ball coordination skills and yoga. Goals to achieve:	Free	☐
	 Goal 1  Goal 2  Goal 3		

Afternoon			Cost	Tick one
	Holey Moley golf • Fun and accessible mini golf for all abilities. • Inclusive, low-pressure activities to build confidence. • Sensory-friendly Challenges in a supportive social setting. • Promotes independence and a sense of achievement. Shared kilometers. 30km surrounding areas. Goals to achieve:		\$10 and Shared Transport	☐
	 Goal 1	 Goal 2		
	Sensory activities • Learning all about the five sensory systems in the brain. • Understanding our sensory and recognizing our experiences to our emotions. • Fine Motor Skills Gross Motor skills. • Hand eye Coordination. Goals to achieve:		Free	☐
	 Goal 1	 Goal 2		

All Day		Cost	Tick one
	Walking in the park - Walking around 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 not suitable weather conditions: local library indoor activities. Goals to achieve:  Goal 1  Goal 2  Goal 3	Shared kilometers. 60km surrounding areas.	☐
	Brigalow (1st and 3rd of the month, park week 2nd and 4th) - Sing, dance and listen to live music at our local brigalow's country Music club, Improves. - Meets other peers from Multicap you not seen for ages. - Light lunch will be provided. Shared kilometer charges for transport Please remember to bring pack lunch on alternate Tuesday when not at Brigalows Goals to achieve:  Goal 1  Goal 2  Goal 3	\$8 -\$10 Depends on customers and staff / Shared 50kms	☐

Wednesday Activities

Morning			Cost	Tick one
	Sensory activities • Learning all about the five sensory systems in the brain. • Understanding our sensory and recognizing our experiences to our emotions. • Fine Motor Skills Gross Motor skills. • Hand eye Coordination. Goals to achieve:		Free	☐
	 Goal 1	 Goal 2		
	Board Games • Challenge your mates and show your skills. • Play classic games like uno. • Enjoy connect-4 and Snakes and Ladders. • Have fun with guess who and friendly competition. Goals to achieve:		Free	☐
	 Goal 1	 Goal 2		

Afternoon			Cost	Tick one
	Arts and craft painting - Join your peers to create, share ideas, and try new craft activities. - Get creative by painting, coloring, cutting and pasting. - Be adventurous and create some masterpieces. - Week by week schedule. Goals to achieve:		Free	☐
	 Goal 1	 Goal 2		
	Flexible in-hub activities - Skill development through meaningful activities - Confidence building - Social participation in a supportive environment - Choice and Control Goals to achieve:		Free	☐
	 Goal 1	 Goal 2		
		 Goal 3		

All Day		Cost	Tick one
	Community outing with a group lunch. - Plan and coordinate a community outing that includes a group lunch. - Organize and support a community outing with a shared group lunch. - Coordinate community outing, providing opportunities for social connection over lunch. - Plan a well-structured community outing with group dining experience. Shared kilometers. 60km surrounding areas. Goals to achieve:	\$20/Shared 60Km	☐
	 Goal 1  Goal 2  Goal 3		
	Walking in the Park - Walking around 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 not suitable weather conditions: local library indoor activities. Goals to achieve:	Transport Shared 60Km	☐
	 Goal 1  Goal 2  Goal 3		

Thursday activities

Morning			Cost	Tick one
	Kuraby research group • Visit Logan North Library's Accessibility Centre. • Use computers and assistive technology. • Learn in a sensory-friendly environment. • Build confidence and overcome learning barriers. Shared kilometers. 10km surrounding areas. Goals to achieve:		Shared 10Km	☐
	 Goal 1	 Goal 2		
	Baking at Kuraby • Enjoy hands-on baking activities in a supportive environment. • Learn basic cooking and kitchen safety skills. • Follow simple recipes and work as a team. • Build confidence while having fun and sharing food. Shared Purchase for ingredients Goals to achieve:		Shared Purchase for ingredients	
	 Goal 1	 Goal 2		

Afternoon			Cost	Tick one
	Life skills and pampering • Support capacity building in daily living and self-care skills. • Promote dignity, comfort, and personal wellbeing. • Encourage choice, routine and participant independence. • Support emotional regulation, relaxation, and social connection. Goals to achieve:	Free		☐
	 Goal 1	 Goal 2	 Goal 3	
	Arts and craft • Explore fun crafts like card-making and decorations. • Create items for special occasions. • Build creativity and fine motor skills. • Enjoy a supportive space for self-expression and social connection. Goals to achieve:	Free		☐
	 Goal 1	 Goal 2	 Goal 3	

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 walk 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:	Owe money \$5-\$10/Shared 60km ☐
		
Goal 1	Goal 2	Goal 3

Friday Activities

Morning		Cost	Tick one
	Hydro Swimming Pool • Building Endurance Muscle strength. • Health, heart lungs and wellbeing. • The maintain water temperature typically between 32-36c which is warmer than a standard swimming pool. *Shared kilometer charges for transport* Goals to achieve:	\$4	☐
	 Goal 1  Goal 2  Goal 3		☐
	Cooking at Kuraby • Learn basic cooking and food preparation skills. • Follow simple and accessible recipes. • Practice kitchen safety and teamwork. • Build independence while enjoying shared meals. Goals to achieve:	Shared Purchased	
	 Goal 1  Goal 2  Goal 3		

Afternoon			Cost	Tick one
	Movies at Kuraby - Enjoy watching a variety of movies together. - Relax in a comfortable, supportive setting. - Build social connection through shared entertainment. - Discuss with peers after movies. Goals to achieve:		Free	☐
	 Goal 1	 Goal 2		
	Board Games - Challenge your mates and show your skills. - Play classic games like uno. - Enjoy connect-4 and Snakes and Ladders. - Have fun with guess who and friendly competition. Goals to achieve:		Free	☐
	 Goal 1	 Goal 2		
		 Goal 3		

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 with fish and chips to enjoy together. Shared kilometers. 60km surrounding areas. Goals to achieve:		\$20/Shared 60Km	☐
	 Goal 1	 Goal 2	 Goal 3	

Saturday Activities

All Day		Cost	Tick one
	19th September 9am-3pm Op-Shopping and walking - Visit a variety of local op-shops with peers to find great deals. - Enjoy a gentle walk between locations to support physical walking. - Develop money-handing and budgeting skills, with staff support if needed - Build independence and social connections within the community. Shared kilometers. 50km surrounding areas. Goals to achieve:  Goal 1  Goal 2  Goal 3	\$10/Shared Km	☐
	26th September 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 Money for Lunch if required. Goals to achieve:  Goal 1  Goal 2  Goal 3	Pass/Shared Km	☐

Saturday Activities

All Day		Cost	Tick one
	3rd October 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:	\$35/Shared Km	☐
	 Goal 1  Goal 2  Goal 3		

Saturday Activities

All Day		Cost	Tick one
	10th October 9am-3pm Cinema Southbank or Victoria Point. • Enjoy the movie on the big screen. • Relax in a comfortable, supportive environment. • Share snacks and social time with your group. • Build connection through a fun cinema experience. Shared kilometers. 60km surrounding areas. Goals to achieve:  Goal 1  Goal 2  Goal 3	\$35/Shared Km	☐
	17th October 9am-3pm 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 with fish and chips to enjoy together. Shared kilometers. 60km surrounding areas. Goals to achieve:  Goal 1  Goal 2  Goal 3	\$20/Shared Km	☐

Saturday Activities

All Day				Cost	Tick one
	24th October 9am-3pm Time zone arcade games • Enjoy a variety of fun and interactive arcade games. • Play at your own pace in a supportive environment. • Build hand-eye coordination and concentration. • Socialize and have fun with friends and staff. Shared kilometers. 60km surrounding areas. Goals to achieve:			\$20/Shared Km	☐
	 Goal 1	 Goal 2	 Goal 3		
	31st October 9am-3pm Halloween at 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 Goals to achieve:			\$20/Shared km	☐
	 Goal 1	 Goal 2	 Goal 3		

Saturday Activities

All Day		Cost	Tick one
	7th November 9am-3pm Bake off at Kuraby Hub - Choose what you like to bake. - Will you be baking as a group or individual. - Team building. - Interacted in the community. - Take photos. *Shared kilometer charges for transport* Goals to achieve:	\$10/Shared Km	☐
	 Goal 1  Goal 2  Goal 3		
	14th November 9am-3pm Area 51 Ipswich - Enjoy an exciting indoor adventure park experience. - Try activities like climbing, obstacle courses, and trampolines. - Build confidence, coordination, and physical fitness. - Have fun in a safe, supportive, and social environment. Shared kilometers. 60km surrounding areas Goals to achieve:	\$20/Shared km	☐
	 Goal 1  Goal 2  Goal 3		

Saturday Activities

All Day		Cost	Tick one
	21st November 9am-3pm Movies at Kuraby • Enjoy watching a variety of movies together. • Relax in a comfortable, supportive setting. • Build social connection through shared entertainment. • Discuss with peers after movies. Goals to achieve:	\$5/Shared Km	☐
	 Goal 1  Goal 2  Goal 3		
	28th November 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 Money if required for lunch. Goals to achieve:	\$20/Shared km	☐
	 Goal 1  Goal 2  Goal 3		

Saturday Activities

All Day		Cost	Tick one
	5th December 9am-3pm Christmas Arts and craft / Tie-Dye T-Shirt • Design and create your own tie-dyed T-shirt. • Explore colors, patterns, and creative techniques. • Develop fine motor skills and self-expression. • Enjoy a fun supportive, hands-on activity. Shared kilometers. 20km surrounding areas. Goals to achieve:	\$35/Shared Km	☐
	 Goal 1  Goal 2  Goal 3		
	12th December 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 Money if required for lunch. Goals to achieve:	\$35/Shared Km	☐
	 Goal 1  Goal 2  Goal 3		

2026 Kuraby Hub Program Dates

Office Opens 4th January 2027 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	