

2026 Nudgee Hub Activity Program 4 Catalogue



2026 Nudgee Activity Program 4 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 28/8/2026

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

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
	Beyond Beats & Café Fun social activity where participants visit different local cafés, enjoy time with friends and practise important everyday skills. Participants are encouraged to communicate with café staff, make choices, place their own orders and select healthy food and drink options. The activity supports communication, social skills and independence by providing opportunities to make decisions, build confidence and participate in everyday community experiences in a relaxed and supportive environment. Goals to achieve:	Personal Budget	☐
	 Communication Skills  Build Independence  Social Skills		
	Water Warriors – Swimming Adventures Fun swimming activity that provides an enjoyable sensory experience while supporting physical health and wellbeing. Participants can enjoy the feeling and movement of the water, practise swimming and water-based activities, and have fun in a safe and supportive environment. The activity also encourages confidence, social interaction and community participation by visiting local swimming facilities and becoming more comfortable taking part in community activities. Goals to achieve:	\$5.50	☐
	 Physical Health  Community Participation  Sensory Experience		
	The Book Nook Fun literacy activity where participants visit different local libraries, explore books and enjoy discovering new stories. Participants can choose books, practise reading and communication skills, and share their favourite stories. The activity helps build literacy, confidence and independence while encouraging participants to explore and take part in their local community. Goals to achieve:	No Cost	☐
	 Numeracy & Literacy  Build Independence  Community Participation		

Afternoon		Cost	Tick one
	Strike Society – Bowling Adventures Enjoy a fun and social bowling adventure with friends while building confidence and independence in the community. Practise making your own choices, taking turns, keeping score and managing your own bowling experience. Explore a local community venue, develop everyday social skills and enjoy being active while spending time with friends. With friendly staff support, you can participate at your own pace, celebrate your achievements and have a great time together. Goals to achieve:	\$8.60	☐
	 Community participation  Physical Health  Communication Skills		
	Festive Flair Creations – Craft Explore your creativity while learning new craft skills and building confidence and independence. Try different materials, tools and techniques as you create your own unique projects. Craft activities provide opportunities to practise fine motor skills, hand-eye coordination, concentration and following steps independently. Have fun learning, creating and celebrating your achievements in a supportive and encouraging environment. Goals to achieve:	\$7	☐
	 Explore creative pursuits  Build independence  Develop fine motor skills		
	Beats, Voices & Vibes Enjoy a calm and welcoming space to relax, listen to music and enjoy good vibes with friends. Take some time to unwind with your favourite songs, discover new music and soak up the atmosphere. When you're feeling ready, grab the microphone and join in with karaoke, sing along to familiar tunes or simply enjoy cheering others on. A relaxed, inclusive experience where everyone can enjoy music at their own pace. Goals to achieve:	No Cost	☐
	 Emotional Wellbeing  Social skills & understanding  Explore creative pursuits		

Tuesday Activities

Morning		Cost	Tick one
	A World of Taste – Cooking Program Join friends for a fun, inclusive cooking experience where you can explore dishes from around the world! Prepare everything from tasty snacks and delicious meals to sweet desserts while discovering new Flavors and cultures. Learn basic cooking skills, healthy food choices, and safe kitchen habits along the way Goals to achieve:	\$5	☐
	 Build Independence  Skills for Future Employment  Develop Motor Skills		
	Brisbane Adventure Club Discovering new activities in Brisbane provides opportunities to participate in the local community while experiencing adventure and recreation. Through engaging in different activities, participants can build confidence, develop social skills, form new connections, and gain a greater understanding of their community and surroundings. Goals to achieve:	Personal budget	☐
	 Community Participation  Adventure & Recreation Experience  Social Skills & Understanding		☐
	Sip, Snack and Socialise Join friends for a fun and social café adventure as we discover new cafés and explore what they have to offer! Enjoy trying different foods and drinks, making new choices, and learning how to make healthier options while still having fun. Spend time chatting, laughing and connecting with friends while building confidence in choosing, ordering and enjoying food in the community, with friendly staff support along the way. Goals to achieve:	Personal Budget	
	 Develop Communication Skills  Build Independence  Develop Communication Skills		

Afternoon		Cost	Tick one
	Explore the Shore – Beach Exploration Join friends for a fun-filled beach adventure where you can explore, relax and enjoy the sights, sounds and sensations of the seaside. Feel the sand beneath your feet, listen to the waves, discover shells and enjoy the fresh ocean breeze. Try fun sensory activities, explore the beach together and make great memories with friends, all with friendly staff support. Goals to achieve:	No Cost	☐
	 Sensory Experience  Adventure & Recreation Experience  Develop Communication Skills		
	Creative Sparks Get creative, have fun and bring your ideas to life! Explore a variety of arts and crafts activities while creating your own unique handmade pieces. Try new creative pursuits, experiment with different materials and techniques, and enjoy the freedom to express yourself. Share ideas, celebrate your creations and connect with others in a fun and supportive environment. Goals to achieve:	\$7	☐
	 Explore Creative Pursuits  Build Independence  Sensory Experience		
	Music, Mates & Memories Get ready to sing, play and have fun with friends! Enjoy live music from our in-house musicians, join in with your favourite songs through karaoke, or simply sit back and enjoy the music. Build confidence, express yourself, discover new talents and share plenty of laughs in a fun, welcoming and supportive environment. Whether you love being on the microphone or cheering from the sidelines, everyone is welcome! Goals to achieve:	No Cost	☐
	 Explore creative pursuits  Social Skills & Understanding  Build Independence		

Wednesday Activities

Morning		Cost	Tick one
	Healthy Eats & Happy Meets Discover new cafés and enjoy getting out into the community with friends! Build independence by practising everyday skills such as choosing what you would like, reading menus, placing your own orders, handling money, developing budgeting skills and making healthy food and drink choices. Enjoy socialising, trying new places and building confidence while participating in the local community with friendly staff support. Goals to achieve:	Personal Budget	☐
 Build Independence	 Numeracy & Literacy	 Community Participation	
	Trails, Treats & Togetherness Get active, enjoy the outdoors and discover new ways to support your physical and emotional wellbeing. Explore parks, walking trails and beautiful outdoor spaces while enjoying fresh air, movement and recreation with friends. Take part in fun adventures, enjoy a picnic together and discover new activities that encourage confidence, connection and a healthy, active lifestyle. Goals to achieve:	No Cost	☐
 Physical Health	 Emotional Health & wellbeing	 Adventure & Recreation	☐
	Cards, Games & Connection Enjoy fun and engaging games with friends while building valuable everyday skills. Take part in card games, board games, bingo and group activities that encourage communication, turn-taking, teamwork and positive social interactions. Develop numeracy skills through counting, numbers, scoring and simple problem-solving, while building literacy skills through reading, following instructions and recognising words. A fun and supportive way to learn, connect and grow together. Goals to achieve:	No Cost	
 Develop Social Skills & Understanding	 Fine Motor Skills	 Skills for Future Employment	

Afternoon		Cost	Tick one
	Roll with it, Pins & Play Enjoy a fun and social bowling experience while building valuable everyday skills. Take part in bowling games that encourage communication, turn-taking, teamwork and positive social interactions. Develop social understanding by learning to follow rules, respect others, and respond appropriately in different situations. Build independence by making choices, managing your own game, and taking responsibility for equipment and activities. A fun and supportive way to build confidence, connect with others and become more involved in the local community. Goals to achieve:	\$8.50	☐
	 Social Skills & understanding  Build Independence  Participate in local community		
	Sip, Sing & Socialise Join friends from the hub for a fun afternoon filled with music, laughter and connection. Sing along to favourite songs, dance, or simply relax and enjoy the atmosphere. Enjoy refreshing mocktails while socialising and getting to know others. Build confidence, improve social skills, lift your mood, and create positive connections in a fun and supportive environment. Goals to achieve:	No Cost	☐
	 Social Skills & Understanding  Explore Creative Pursuits  Sensory Experience		
	Lights, Camera & Refreshments Enjoy a fun movie experience with friends while relaxing with refreshing mocktails. Explore movies from different time periods, from classic favourites to more recent films, and share thoughts and conversations about what you watch. Develop social skills and understanding through positive interactions, while improving communication skills by listening, sharing ideas, and engaging with others. A fun way to build confidence, make connections, and enjoy movies from across the years together. Goals to achieve:	No Cost	☐
	 Social Skills  Communication skills  Sensory Experience		

Thursday activities

All Day		Cost	Tick one
	Bingo, Boogie & Beyond Enjoy a fun session of bingo, music and dancing while connecting with friends and the local community. Build social skills through communication, turn-taking and positive interactions, while developing independence and confidence through participation. A great way to have fun, meet new people and become more involved in the local community. Goals to achieve:	Personal Budget for BINGO & Lunch	☐
	 Develop Independence  Social Skills  Community Participation		
	Bush, Bites & Adventure Start the morning with calming music and games in the Hub. After lunch, enjoy Relaxed outdoor activity where participants explore different parks, enjoy nature and spend quality time with friends. Participants, go for walks, explore new surroundings and have fun together. It's a great opportunity to get outdoors, socialise, enjoy fresh air and create positive experiences with friends. Goals to achieve:	No Cost	☐
	 Emotional Health & Wellbeing  Adventure & Recreation Experience  Physical Health & Wellbeing		

All Day			Cost	Tick one
	Fun & Friendship Adventure Fun & Friendship Adventure is a fun, community-based activity designed to support emotional wellbeing, build confidence and develop social skills. Participants enjoy outings such as bowling, putt-putt, arcade games and mini golf while practising communication, teamwork, turn-taking, emotional regulation and positive social interactions. The program encourages participants to build friendships, try new experiences and confidently participate and connect within their local community. Goals to achieve:		Personal Budget	☐
	 Emotional Health & Wellbeing	 Social Skills & Understanding		

Friday Activities

All Day		Cost	Tick one
	Cook, Groove & Move Cook, Groove & Move is a fun and relaxed activity combining cooking, music and movement. Participants can prepare and enjoy delicious food, listen to their favourite tunes, dance, and have fun together in a social and welcoming environment. The activity encourages creativity, self-expression, connection and plenty of good times! Goals to achieve:	\$5	☐
	 Creative Pursuits  Skills for future employment  Motor Skills		
	Chats, Cheers & Club Connections social activity that helps participants get out into the community, enjoy local clubs and activities, and build friendships. It supports confidence, communication, social skills and emotional wellbeing while helping participants feel connected and included. Participants are encouraged to make choices, try new things and develop greater independence and confidence when participating in the community. Goals to achieve:	Personal Budget for Bingo & Lunch	☐
	 Social Skills  Community Participation  Build Independence		

All Day		Cost	Tick one
	Together We Explore – BBQ Lunch Together We Explore is a group activity designed to encourage connection, adventure and wellbeing. Participants venture out together to discover new parks and enjoy a relaxed BBQ lunch in the outdoors. These experiences promote social connection, positive emotional wellbeing and confidence, while encouraging physical activity, exploration and participation in enjoyable recreational experiences. Goals to achieve:	\$5	☐
	 Emotional Health & Wellbeing  Adventure & Recreation Experience  Physical Health & Wellbeing		

2026 Nudgee 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	