MULTICAP
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2027
Capalaba HUB Activity Program 1 Catalogue



2027 Capalaba HUB Activity Program 4 Catalogue

Welcome to our Hub Activity Program! We're pleased to have you join us at the Capalaba HUB and we hope you enjoy everything we have in store.

Our 12-week Hub programs are designed to provide structure, consistency and a strong focus on achieving meaningful outcomes. When selecting your activities, you will be signing up for and committing to the full 12-week program for each day you attend the Hub.

This approach gives you the opportunity to fully develop your skills, see your progress over time and work toward your goals with a sense of completion at the end of the program. It also helps you build stronger connections with other customers and experience more substantial benefits than one-off activities can offer.

At the end of each 12-week cycle, you'll have the chance to showcase your new skills during two dedicated showcase weeks held in July and December. These weeks give you the opportunity to participate in a one-off activity that highlights your achievements or demonstrates the progress you've made.

How it works

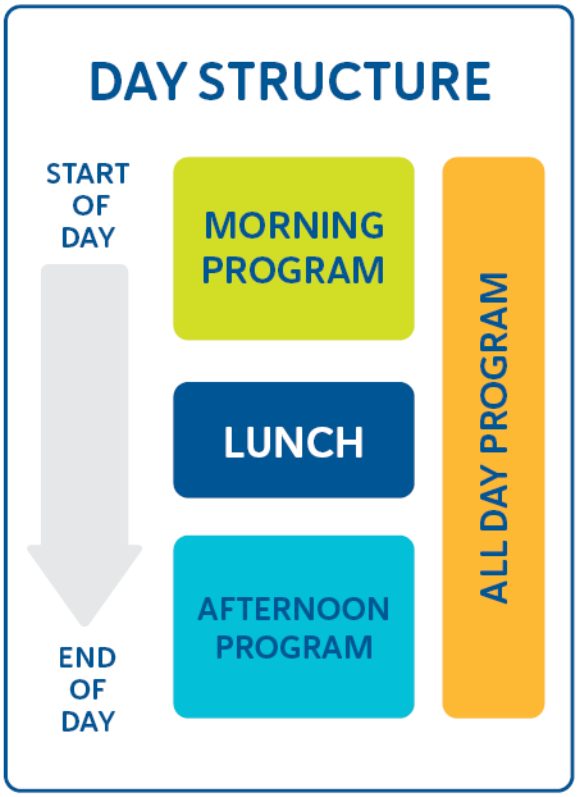
1. For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), please make sure the activities you choose are ones that align well with your NDIS goals, or are activities you are passionate about.

2. Tick the program you wish to be registered into as outlined below and either phone through your choices to Renee Cassidy or return it to Capalaba Hub or Renee.cassidy@multicap.org.au or by 30/11/2026

3. Program allocation is based on first-come, first served; so, make sure you get your selections in fast! If you need help to complete the form, please call us on 0403 949 211

4. A confirmation letter will be sent to you with the activities you are participating in.

5. If your chosen activity is at capacity, we will phone you and see if you would like to be placed in an alternative activity or increase your level of support to be able to participate. We are unable to permit changes to your activity program once confirmed due to group-based scheduling. If you do not wish to participate in an activity you have selected, please contact 0403 949 211



Hub Activity Program Goal Reference Guide

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

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

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

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 0900-1200 – Choose one				Cost	Tick one
	**Healthy Walking Group** • Participate in walking in a local park • Enjoy positive impact on physical and mental well-being health. • Increase motivation and social interaction. **Goals to achieve:**			**Cost:** Free *Shared km charges for transport	☐
	Goal 1	**Goal 2**	**Goal 3**		
	**Music from around the world** • Customer choice songs from around the world. • Dance and sing to music and watch song on YouTube from ABBA to Classic Hits of the 80's. • A blissful experience of sound and movement. **Goals to achieve:**			**Cost:** Free	☐
	Goal 1	**Goal 2**	**Goal 3**		
	**Custom 1:1 Activity** • Build confidence and social connection through tailored 1:1 engagement. • Provide opportunities to explore hobbies, interests, and new experiences • Engage in shopping, library, outdoor, indoor recreation activities *Limited "3 spots" Requires 1:1 support ratio **Goals to achieve:**			**Cost:** Depending on the activity chosen for the day, participants may need to bring their own spending money or be invoiced at the end of the month	☐
	Goal 1	**Goal 2**	**Goal 3**		

Afternoon 1230-1400 – Choose one				Cost	Tick one
	**Fun & Games** • Join in on an afternoon of laughter, strategy, and friendly competition! • Challenge your friend to some of our most popular board, card or multi-activity games. • Whether you're a master strategist or just playing for laughs, this games session is the perfect way to spend time together, connect, and enjoy some classics favourites at the HUB. **Goals to achieve:**			**Cost:** Free	☐
	Goal 1	Goal 2	Goal 3		
	**Mediation** • Perfect for all levels • Program aimed at customers abilities • Peaceful and explore your inner calm • Follow instructions from projector. **Goals to achieve:**			**Cost:** Free	☐
	Goal 1	Goal 2	Goal 3		
	**Custom 1:1 Activity** • Build confidence and social connection through tailored 1:1 engagement. • Provide opportunities to explore hobbies, interests, and new experiences • Engage in shopping, library, outdoor, indoor recreation activities *Limited "3 spots" Requires 1:1 support ratio **Goals to achieve:**			**Cost:** Depending on the activity chosen for the day, participants may need to bring their own spending money or be invoiced at the end of the month	☐
	Goal 1	Goal 2	Goal 3		

All Day 9:30am-2:30pm				Cost	Tick one
	**The "ARTS" Project** • Artists will participate in various art project during the 12-week program. • Collage, Mosaic tiling, Rock Painting, Shirt Dying; Chain of Kindness projects. • Artists will use materials of their choice including clay, collage, fabric and painting. **Goals to achieve:**			**Cost:** $7.00 per week or invoiced monthly *Shared km charges for transport*	☐
	Goal 1	**Goal 2**	**Goal 3**		
	**Kitchen Quest** • Embark on a foodie adventure each week with friends. • Start your day with a trip to Coles, Woolworths, or Aldi to shop for fresh ingredients. • Practice paying for shopping ingredients via cash or tap and go payments. • Learn new skills, experiment with flavours and create delicious meals to enjoy together while building confidence. **Goals to achieve:**			**Cost:** $10.00 per week or invoiced monthly *Shared km charges for transport*	☐
	Goal 1	**Goal 2**	**Goal 3**		

Tuesday Activities

Morning 0900-1200 – Choose one				Cost	Tick one
	**BINGO** • Designed and facilitated to encourage participation and teamwork. • Prepared BINGO cards, materials and prizes to ensure smooth even coordination. • Fun an inclusive environment for all participants. • Maintained participant and engagement and enthusiasm throughout the activity session. **Goals to achieve:**			**Cost:** $2.00 per week of invoiced monthly	☐
	Goal 1	Goal 2	Goal 3		
	**Dance & Singing World** • Facilitated karaoke, singing, and dancing activities that encourage participation, confidence, teamwork, and a fun social atmosphere for all participants. • Promotion of confidence, self-expression, and teamwork through music and dance. • Adapted activity to suit different age groups, comfort levels, and group size. **Goals to achieve:**			**Cost:** Free	☐
	Goal 1	Goal 2	Goal 3		
	**Custom 1:1 Activity** • Build confidence and social connection through tailored 1:1 engagement. • Provide opportunities to explore hobbies, interests, and new experiences • Engage in shopping, library, outdoor, indoor recreation activities *Limited “3 spots” Requires 1:1 support ratio **Goals to achieve:**			**Cost:** Depending on the activity chosen for the day, participants may need to bring their own spending money or be invoiced at the end of the month	☐
	Goal 1	Goal 2	Goal 3		

Afternoon 12:30pm-2:30pm – Choose one				Cost	Tick one
	**Social Lunch Club** • Join us each Tuesday as we make our way to Capalaba Tavern, one of Bayside's favourite taverns. • Enjoy a delicious lunch, good laughs, and great company with fellow friends. • Participate in ordering meals and making food/drink choices independently. • Work on building confidence and independence accessing community venues. **Goals to achieve:**			**Cost:** $15.00 - $20.00 per week of invoiced monthly	☐
	Goal 1	**Goal 2**	**Goal 3**		
	**Movie & Snack Afternoon** • Participate in a group movie and snack afternoon at the HUB. • Select movie options and make group decision on what movie to watch for the afternoon. • Develop confidence and comfort participating in group-based activity. • Participate in preparation and sharing of snacks and refreshments. **Goals to achieve:**			**Cost:** $3.00 per week or invoiced monthly	☐
	Goal 1	**Goal 2**	**Goal 3**		
	**Custom 1:1 Activity** • Build confidence and social connection through tailored 1:1 engagement. • Provide opportunities to explore hobbies, interests, and new experiences • Engage in shopping, library, outdoor, indoor recreation activities *Limited "3 spots" Requires 1:1 support ratio **Goals to achieve:**			**Cost:** Depending on the activity chosen for the day, participants may need to bring their own spending money or be invoiced at the end of the month	☐
	Goal 1	**Goal 2**	**Goal 3**		

All Day 9:30am-2:30pm				Cost	Tick one
	**Beachside Beach & Scenic Day Out** • Enjoy a relaxing day exploring local Bayside beaches, waterfront areas and scenic surroundings. • Take part in gentle beachside walks while enjoying the fresh air, views and local community. • Enjoy a packed lunch or choose to purchase lunch from a nearby café or takeaway venue. Spend time socialising, relaxing and participating in activities based on individual interests and support needs**Goals to achieve:**			**Cost:** $3.00 per week or invoiced monthly *Packed lunch or bring money to buy lunch * Shared transport costs	☐
	Goal 1	**Goal 2**	**Goal 3**		

Wednesday Activities

Morning 0900-1200 – Choose one				Cost	Tick one
	**ASDAN Craft Making** 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. 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. **Goals to achieve:**			**Cost:** First-time users: $2 per week Existing users: Less than $1 per week Payment method: Invoiced cost	☐
	Goal 1	Goal 2	Goal 3		
	**Music – Singing, dancing & Karaoke** • Movement to music • Social building • Experiencing pulse, beat & rhythm **Goals to achieve:**			**Cost:** Free	☐
	Goal 1	Goal 2	Goal 3		
	**Custom 1:1 Activity** • Build confidence and social connection through tailored 1:1 engagement. • Provide opportunities to explore hobbies, interests, and new experiences • Engage in shopping, library, outdoor, indoor recreation activities *Limited “3 spots” Requires 1:1 support ratio **Goals to achieve:**			**Cost:** Depending on the activity chosen for the day, participants may need to bring their own spending money or be invoiced at the end of the month	☐
	Goal 1	Goal 2	Goal 3		

Afternoon 12:30pm-2:30pm – Choose one					Cost	Tick one
ASDAN	**ASDAN – Life Skills** Meet and join the group. Build your life skills and independence. The Independent Living pathway enables people to build skills that enable self-determination and control over their lives. Cost: Chosen activity 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. **Goals to achieve:**				**Cost:** First time ASDAN user weekly cost app $2 existing user weekly cost less than $1	☐
		Goal 1	**Goal 2**	**Goal 3**		
	**Pamper Me** Learn the different relaxation techniques with calming music in the background. Also enjoy some pampering sessions like head massage, foot spa etc **Goals to achieve:**				**Cost:** $10.00 for resources for the quarter	☐
		Goal 1	**Goal 2**	**Goal 3**		
	**Custom 1:1 Activity** • Build confidence and social connection through tailored 1:1 engagement. • Provide opportunities to explore hobbies, interests, and new experiences • Engage in shopping, library, outdoor, indoor recreation activities *Limited “3 spots” Requires 1:1 support ratio **Goals to achieve:**				**Cost:** Depending on the activity chosen for the day, participants may need to bring their own spending money or be invoiced at the end of the month	☐
		Goal 1	**Goal 2**	**Goal 3**		

All Day 9:30am-2:30pm				Cost	Tick one
	**Dancercise** • Our team will support you to attend "Here's to life" service in Cleveland. • Fun, inclusive dance sessions that celebrates participation and enjoyment. • Builds confidence through music and self-expression. • Supports social connection and group participation. **Goals to achieve:**			**Cost:** $15.00 per week or invoiced monthly *Shared km charges for transport*	☐
	Goal 1	Goal 2	Goal 3		
	**Flavours of the Day** • Spend the day preparing a variety of delicious meals, snacks and baked treats in a fun and supportive kitchen environment. • Build everyday cooking skills through measuring, mixing, preparing ingredients and following simple recipes. • Develop confidence and independence while practising kitchen safety, food hygiene and teamwork. • Sit together and enjoy the food created throughout the day while socialising and sharing the experience. **Goals to achieve:**			**Cost:** $10.00 per week or invoiced monthly *Shared km charges for transport*	☐
	Goal 1	Goal 2	Goal 3		

Thursday activities

Morning 0900-1200 – Choose one				Cost	Tick one
	**Match & Sort** • Supported engagement in a match-and-sort activity at the Hub. • Engaged recognition and matching of colours, shapes, numbers and everyday objects. • Prompted concentration, problem-solving, and fine motor skills throughout the activity. • Activity supports cognitive development, communication and social participation in groups. **Goals to achieve:**			**Cost:** Free	☐
	Goal 1	Goal 2	Goal 3		
	**Custom 1:1 Activity** • Build confidence and social connection through tailored 1:1 engagement. • Provide opportunities to explore hobbies, interests, and new experiences • Engage in shopping, library, outdoor, indoor recreation activities *Limited “3 spots” Requires 1:1 support ratio **Goals to achieve:**			**Cost:** Depending on the activity chosen for the day, participants may need to bring their own spending money or be invoiced at the end of the month	☐
	Goal 1	Goal 2	Goal 3		

Afternoon 12:30pm-2:30pm – Choose one				Cost	Tick one
	**HUB Gardening** • Structured group gardening session in a shared HUB space, designed for all ability levels with adaptable tasks. • Participants will purchase pots, soil and plants of their choice to grow and maintain. • Sensory regulation through nature-based activities will be gained from this activity. • Activity will involve peer encouragement and collaboration. **Goals to achieve:**			**Cost:** $5.00 per week or invoiced monthly	☐
	Goal 1	**Goal 2**	**Goal 3**		
	**Custom 1:1 Activity** • Build confidence and social connection through tailored 1:1 engagement. • Provide opportunities to explore hobbies, interests, and new experiences • Engage in shopping, library, outdoor, indoor recreation activities *Limited “3 spots” Requires 1:1 support ratio **Goals to achieve:**			**Cost:** Depending on the activity chosen for the day, participants may need to bring their own spending money or be invoiced at the end of the month	☐
	Goal 1	**Goal 2**	**Goal 3**		

All Day 9:30am-2:30pm				Cost	Tick one
	**Sailability / Bayside Adventures** • Engage in sailing and outdoor recreation activities. • Engage in inclusive and supported recreational opportunities in a safe environment. • Develop social skills and positive peer interactions in group settings. • When Sailability is not available due to weather, participants will attend local beachside parks and enjoy a packed lunch with friends. **Goals to achieve:**			**Cost:** $10.00 per week or invoiced monthly. *Shared km charges for transport*	☐
	Goal 1	**Goal 2**	**Goal 3**		
	**Community Explorer and BBQ** • Build skills visiting new beachside places in the local community. • Engage socially and learn and build skills to interact in unfamiliar environments. • Participate in recreational activities before firing up the BBQ to enjoy a lunch in the park. **Goals to achieve:**			**Cost:** $8.00 per week or invoiced monthly. *Shared km charges for transport*	☐
	Goal 1	**Goal 2**	**Goal 3**		

Friday Activities

Morning 0900-1200 – Choose one				Cost	Tick one
	**Board & Card Games** • Challenge yourself against your friends and show your skills. • Develop social skills such as turn-taking, cooperation, patience and respectful communication. • Enhance cognitive skills, including memory, problem-solving, planning and decision-making through gameplay. • Supported independence by encouraging choice-making and following game rules. **Goals to achieve:**			**Cost:** Free	☐
	Goal 1	Goal 2	Goal 3		
	**Café Connect: Sips, Snacks & Social Time** 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. **Goals to achieve:**			**Cost:** $5.00 - $10.00 per person	☐
	Goal 1	Goal 2	Goal 3		
	**Custom 1:1 Activity** • Build confidence and social connection through tailored 1:1 engagement. • Provide opportunities to explore hobbies, interests, and new experiences • Engage in shopping, library, outdoor, indoor recreation activities *Limited “3 spots” Requires 1:1 support ratio **Goals to achieve:**			**Cost:** Depending on the activity chosen for the day, participants may need to bring their own spending money or be invoiced at the end of the month	☐
	Goal 1	Goal 2	Goal 3		

Afternoon 12:30pm-2:30pm – Choose one				Cost	Tick one
	**Movies at Capalaba on projector** • Participate in in-centre movie session at the Hub, supporting inclusion and shared leisure experiences. • Promotes relaxation and emotional wellbeing in a calm, structured environment. • Provide opportunities for choice and self-expression through selection of movies and group activities. **Goals to achieve:**	**Goal 1**	**Goal 2**	**Goal 3**	**Cost:** Free	☐
	**Custom 1:1 Activity** • Build confidence and social connection through tailored 1:1 engagement. • Provide opportunities to explore hobbies, interests, and new experiences • Engage in shopping, library, outdoor, indoor recreation activities *Limited “3 spots” Requires 1:1 support ratio **Goals to achieve:**	**Goal 1**	**Goal 2**	**Goal 3**	**Cost:** Depending on the activity chosen for the day, participants may need to bring their own spending money or be invoiced at the end of the month.	☐

2027 Capalaba Program Dates

Office opens 4 January 2027 Hub closed on Public Holidays

Program 1		
	Start Date	**End Date**
Activity Program	Monday 4th January	Friday 27th March

Program 2		
	Start Date	**End Date**
Activity Program	Monday 29th March	Friday 18th June

Showcase week 1		
	Start Date	**End Date**
Showcase Program	Monday 21st June	Friday 25th June

Program 3		
	Start Date	**End Date**
Activity Program	Monday 28th June	Friday 17th September

Program 4		
	Start Date	**End Date**
Activity Program	Monday 20th September	Friday 10th December

Showcase week 2		
	Start Date	**End Date**
Showcase Program	Monday 13th December	Friday 17th December
Hub Closed	Saturday 18th December 2026 – Sunday 2nd January 2027	