

2022 Kuraby Hub Activity Program 2 Catalogue



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Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the Kuraby Hub, and we hope you enjoy what we have in store.

Our 12-week Hub programs are designed to offer you structure and consistency, with a focus on outcomes. When making your activity selections, you will be signing up and committing to a complete 12-week program for each day you attend the Hub.

This allows you to fully develop your skills, more opportunity to see progress and reach your goals, and have a sense of completion at the end of the 12-week program. It also helps you develop stronger connections with other customers, and gain more substantial outcomes than one-off activities.

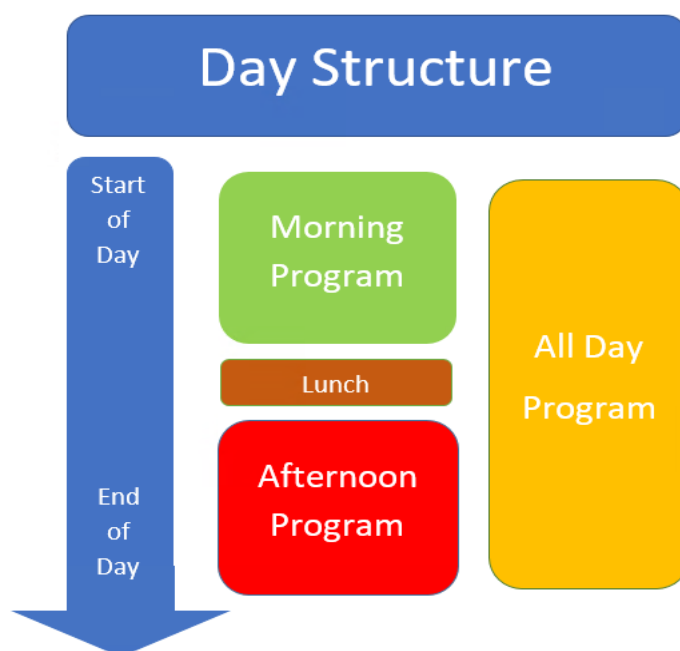
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

How it works




- 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.




- Tick the program you wish to be registered into as outlined below and either phone through your choices to (07) 3423 2707 or return it to Kuraby Hub by 4th March 2022.
- 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 (07) 3423 2707 or 0408 400 568
- A confirmation letter will be sent to you with the activities you are participating in.
- 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 Joselyn Pugin or Vijay Sudhakaran on (07) 3423 2707.



Monday Activities




Morning – Choose One			✓ chosen activity
	<p>Save our Planet</p> <p>Attention all green thumbs! Get involved in maintaining Kuraby's Herb and veggie garden, help create and maintain our worm farm and get on board with recycling containers for change. Every little bit helps to save our planet!</p>	No Cost	
	<p>Sound, Rhythm and Music – ASDAN Approved : One off cost of \$25</p> <p>Get your mind and body working together while having fun with music and movement. NB. Previous ASDAN Participants from this year only pay \$10 to cover the program book.</p>	No Cost	
	<p>Swimming</p> <p>Dive in for some wet 'n' wild fun at Runcorn Pool</p>	\$4.90	

AND


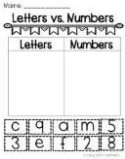

Afternoon – Choose One			✓ chosen activity
	<p>Yoga</p> <p>Namaste! Take time out to breathe. Go on an enlightening journey with your peers and strengthen your mind, body and soul.</p>	No cost	
	<p>Reading Rabbits</p> <p>Go on an adventure with your imagination! Reading Rabbits explores stories about a different topic every week.</p>	No Cost	
	<p>Karaoke Klub</p> <p>Sing and dance to all your old favourites in Kuraby's Karaoke Klub!</p>	No Cost	



Tuesday activities




Morning – Choose One			✓ chosen activity
	<p>Indoor Sports Stars</p> <p>Test your skills in Soccer, Cricket, Netball and beach volleyball in a fantastic indoor court facility run by amazing onsite facilitators.</p>	\$7	
	<p>Let's Bake</p> <p>Get ready to get your bake on! Bake a new and delicious treat each week while learning new skills and tasting new things.</p>	Cost of grocery purchase	
	<p>Centre of Creative Arts (COCA)</p> <p>COCA Ceramics Have you always wanted to make things with clay? Learn how to use air dried clay to make small animals and little pots that you can use at home or give away as gifts. Make your own designs and cool creations with your group which can also be included in an exhibition.</p>	\$2	

AND




Afternoon – Choose One			✓ chosen activity
	<p>Picnic in the Park</p> <p>Gather your friends, get out the ball games and head to the park for a Picnic. Visit a different local park each week for lunch, don't forget to BYO lunch.</p>	No Cost	
	<p>Numeracy and Literacy</p> <p>Learn while having fun in our Numeracy and Literacy based program. Explore letters and numbers by playing games, participating in fun activities and incorporating letters and numbers for real life situations.</p>	No Cost	
	<p>Centre of Creative Arts (COCA)</p> <p>COCA Ceramics Have you always wanted to make things with clay? Learn how to use air dried clay to make small animals and little pots that you can use at home or give away as gifts. Make your own designs and cool creations with your group which can also be included in an exhibition.</p>	\$2	



Wednesday activities

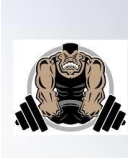


Morning – Choose One			✓ chosen activity
	<p>Chill Out Spa – Mind and Body</p> <p>Give your body time out for a relaxing foot spa and indulge your spirit and soul with fragrant experiences and calming music in Chill out spa – Mind and Body.</p>	\$2	
	<p>Zumba boot camp</p> <p>Have fun and feel good when you shake your boomba with Zumba!</p>	No Cost	
	<p>Swimming</p> <p>Dive in for some wet 'n' wild fun at Runcorn Pool.</p>	\$4.90	

AND




Afternoon – Choose One			✓ chosen activity
	<p>Movies@Kuraby</p> <p>Each week the group chooses a film from our selection of fun and family flicks while sharing their own reviews with friends.</p>	No cost	
	<p>Wii Games and Ipad activities</p> <p>Have fun while improving your fitness, strength, balance and coordination playing Wii games.</p>	Cost	
	<p>Urban Discovery (Local Parks)</p> <p>Explore some of our beautiful local parks and get back to nature. Perfect for customers with limited mobility to stretch and strengthen their muscles.</p>	Cost	



Thursday activities

Morning – Choose One			✓ chosen activity
	<p>Move Your Muscles</p> <p>Chill out by taking a walk or heading to the gym at Kuraby Park for a quick workout in the great outdoors</p>	No Cost	
	<p>Board Games</p> <p>Challenge yourself against your mates and show your skills at UNO, Connect 4, Snakes and Ladders or Guess Who!</p>	No Cost	
	<p>Creation Dough</p> <p>Make your own dough and let your imagination run wild creating playdough sculptures.</p>	No Cost	




AND

Afternoon – Choose One			✓ chosen activity
	<p>Book Worms</p> <p>Visiting the Logan North Library's Accessibility Centre to overcome barriers to learning and discover new assistive technology and adaptive equipment in this sensory-friendly learning environment.</p> <p>Evidence of covid-19 Vaccination is required to enter the venue</p>	No Cost	
	<p>Movies@Kuraby</p> <p>Each week the group chooses a movie from our selection of fun and family flicks while sharing their own reviews with friends.</p>	No Cost	
	<p>Crafty critters</p> <p>A range of arts and crafts activities with a different theme each week.</p>	No Cost	






OR – choose one All Day activity below

Music Therapy- Please make sure that there is funding in Customer’s Capacity Building- Improved Daily Living category in their NDIS plan.




Music Therapy (Expression of Interest only)			 chosen activity
	<p>Morning Session</p> <p>A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills.</p>	As per the NDIS Agreement	
	<p>Afternoon Session</p> <p>A research-based practice which assists customers to reach functional goals such as facilitating communication, developing self-regulation strategies and developing social interactive skills.</p>	As per the NDIS Agreement	



Friday activities

Morning – Choose One			✓ chosen activity
	<p>Let's Bowl</p> <p>Lace up your bowling shoes and hit the lanes for a game of ten pin bowling at Logan City Lanes.</p> <p>Evidence of covid-19 Vaccination is required to enter the venue</p>	\$7	
	<p>Master Cook</p> <p>Learn new culinary skills and perfect your existing ones while making some tasty treats for you and your friends with Mastercook.</p>	Cost of grocery purchase	
	<p>Workout Warriors</p> <p>Commit to get fit! Have fun with your friends while improving your health and wellbeing.</p>	No Cost	

AND

Afternoon – Choose One			✓ chosen activity
	<p>Out to lunch</p> <p>Tantalize your tastebuds by tasting your way around different local venues each week. Practice your social skills and budgeting while enjoying a gourmet feast.</p> <p>Evidence of covid-19 Vaccination is required to enter the venue</p>	Cost of lunch	
	<p>Trail Blazers</p> <p>Explore our local area, finding hidden treasures and new and exciting activities.</p>	No Cost	
	<p>Movies@Kuraby</p> <p>Each week the group chooses a movie from our extensive movie Library and then give our own Kuraby Hub movie review.</p>	No Cost	



2022 [Location] Hub Program Dates

Office Opens 4 January 2022

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Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Tuesday 4th January 2022	Friday 25th March 2022
Hub Closed	Australia Day, Wednesday 26th January 2022	

Program 2		
	Start Date	End Date
Activity Program	Monday 28th March 2022	Friday 15th June 2022
Hub Closed	Good Friday 15th April 2022 Easter Monday 18th April 2022 Anzac Day Holiday Monday 25th April 2022 Labour Day Tuesday 3rd May 2022	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 20th June 2022	Friday 24th June 2022

Program 3		
	Start Date	End Date
Activity Program	Monday 27th June 2022	Friday 16th September 2022
Hub Closed	EKKA Show Day, Wednesday 10th August 2022	

Program 4		
	Start Date	End Date
Activity Program	Monday 19th September 2022	Friday 09th December 2022
Hub Closed	Queen's Birthday Monday 3rd October 2022	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 12th December 2022	Friday 16th December 2022
Hub Closed	Monday 19th December – Monday 2nd January 2023	

