



2022 Old Petrie
Town Hub
Activity Program 4

2022 Old Petrie Town Hub Activity Program 4 Catalogue

Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the Old Petrie Town 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.

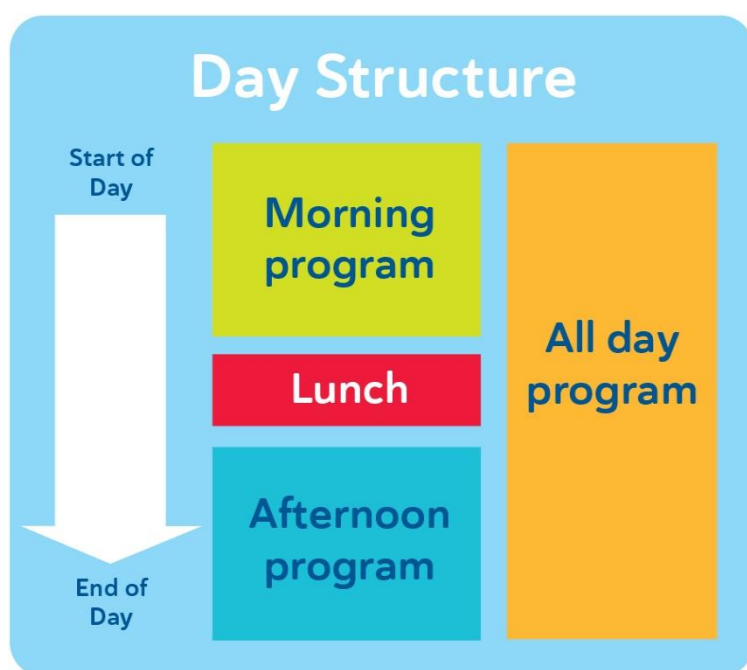
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 Corey.potter@multicap.org.au or return it to the Hub by **02/09/2022**
- 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 0423 044 848.
- 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 Corey.potter@multicap.org.au or phone me on 0423 044 848.
















Hub Activity Program Goal Reference Guide

To support you in being able to identify activities in the Program Catalogue that will support you to achieve your individual goals we have added an icon/s to each activity so you can easily identify what core goals the activity is designed to support you to achieve.







A maximum of 3 core goals can be shown even though some activities may support you to achieve more than 3 goals. Those identified are the core goals that the activity supports.

If you are unsure of what goal an icon relates to then please refer to the below list which will allow you to identify the related goal and icon.

Icon	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 – Choose One			✓ chosen activity
	MUSIC APPRECIATION Members can either listen to music on the karaoke machine at the Hub or sit back and listen to their favorite songs. Goals to achieve:		No cost
	 Develop skills to support future employment	 Develop social skills & understanding	
	CAFÉ SURFING For the lovers of a good coffee or tea. We will be visiting various cafes in the region. Bring or buy your Lunch Goals to achieve:		Own Money \$\$\$
	 Develop advocacy skills & understanding	 Integrate/Participate in the local community	



AND

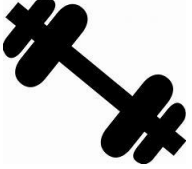







Afternoon – Choose One			 chosen activity
	MEMBERS CHOICE A fun afternoon playing board games with your friends, participate in dancing, chill out, drawing, colouring in or even watching a movie. Goals to achieve:		No cost
	 Build independence	 Explore creative pursuits	
	Park Life Quick Afternoon exercises down at Mungarra Reserve, kick a ball around or walk around oval or enjoy a peace walk along the natural trails. Goals to achieve:		No Cost
	 Improve physical health & wellbeing	 Adventure & Recreation Experience/Exploration	

OR – choose one All Day activity below








All Day – Choose One			 chosen activity
	COMMUNITY and LUNCH OUTING Let's explore where we live and visit different parks, lakes and beaches in our community! At various locations around our local community. Please bring a hat, water bottle and wear sun safe clothing. You will need to bring your own money for your lunch or BYO lunch.		Own Money \$\$\$
	Goals to achieve:		
	 Adventure & Recreation Experience/Exploration	 Integrate/Participate in the local community	










Tuesday activities

Morning – Choose One				✓ chosen activity
	Jetts Gym Improve your fitness by joining us at Jetts gym, Murrumba Downs. Enjoy using the Machines and equipment. Bring or buy your Lunch Goals to achieve:			\$8.50
	 Improve physical health & wellbeing	 Improve emotional health & wellbeing	 Integrate/Participate in the local community	
	Bookworms We will visit local libraries in the Moreton Bay region where members may borrow and return books, learn how to use the computers, read magazines Buy or bring lunch Goals to achieve:			No Cost
	 Improve emotional health & wellbeing	 Sensory Experience/Exploration	 Develop numeracy and literacy skills	








AND

Afternoon – Choose One			 chosen activity
	BAKING- STARS Become more independent in the kitchen. Learn the skills baking. Members to choose to bake the week before and take home. Please note you will need to supply your own containers and baking dishes Goals to achieve:		\$6.00
	 Improve fine motor skills	 Explore creative pursuits	
	Bunnings DIY There's a different theme every week, with subjects ranging from gardening and woodworking, to painting and recycled wall art with the expert team from Bray park Bunnings in their work shop. Goals to achieve:		No Cost
	 Develop skills to support future employment	 Improve fine motor skills	





Wednesday activities

Morning – Choose One			 chosen activity
	COCA DANCE This is your chance to get up and boogie in a fun creative series of workshops. Use movement, costumes and music to express yourself as part of a group. A specialist Dance and Movement Facilitator will guide you once a week for 12 weeks to be more confident in expressing yourself and experimenting with choreography for your own dance moves. 6 spots available Bring or buy your Lunch Goals to achieve:		No cost
	 Improve physical health & wellbeing	 Improve fine motor skills	
	MEMBERS CHOICE A fun afternoon playing board games with your friends, participate in dancing, chill out, drawing, colouring in or playing sports on the oval. Goals to achieve:		No cost
	 Develop social skills & understanding	 Improve physical health & wellbeing	

AND








Afternoon – Choose One			 chosen activity
	BEACH BUMS Get on the bus at the Hub to explore the different beaches around the Moreton Bay Shire. We will travel to different beaches around our local community. Goals to achieve:		No Cost
	 Improve physical health & wellbeing	 Adventure & Recreation Experience/Exploration	
	Indoor/Outdoor Sports Try your hand at Cricket, Football, Basketball and other fun Sports either outside on the oval or on the Wii inside the media room. Goals to achieve:		No Cost
	 Develop social skills & understanding	 Improve emotional health & wellbeing	

OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	Redcliffe Leagues Club Members will be able to visit the dolphins club for some morning tea followed by some lunch at either the café or restaurant while enjoying some live entertainment and having a dance with all your friends. Bring or buy lunch Goals to achieve:		Own Money \$\$\$
	 Integrate/Participate in the local community	 Develop social skills & understanding	












Thursday activities





Morning – Choose One			 chosen activity
	TEN PIN BOWLING “Strike”, “Spare”, Knock those pins down!! Where members can enjoy a game of Ten Pin Bowling and try to improve their scores each week!! Bring or buy your Lunch Goals to achieve:		\$6.00
	 Develop social skills & understanding	 Improve physical health & wellbeing	
	MUSIC APPRECIATION Members can either listen to music on the karaoke machine at the Hub or sit back and listen to their favorite songs. Goals to achieve:		No cost
			



AND







Afternoon – Choose One			 chosen activity
	Arts and Crafts Come and get creative with your paintbrush!! Choose some of our great designs and get painting.		No Cost
	Goals to achieve:		
			
Explore creative pursuits	Improve fine motor skills	Sensory Experience/Exploration	
	CAFÉ SURFING For the lovers of a good coffee or tea. We will be visiting various cafes in the region.		Bring your own money \$\$\$
	Goals to achieve:		
			
Develop social skills & understanding	Integrate/Participate in the local community	Develop advocacy skills & understanding	

OR – choose one All Day activity below








All Day – Choose One			 chosen activity
	<p>CHALLENGE Sailing & BBQ Learn to sail with challenge sailing at Scarborough and Members may choose to take part in a sausage sizzle at Moreton Bay Boat Club- Cost \$2.00 per sausage and \$2.00 per drink. We will then choose a different location each week for our afternoon walk. BACK UP ACTIVITY: When the weather does not permit this activity, we will visit the Library. Bring or buy Lunch Goals to achieve:</p>		<p>\$5.00</p> <p>Plus, Lunch Money</p>
	 Adventure & Recreation Experience/Exploration	 Integrate/Participate in the local community	










Friday activities

Morning – Choose One			✓ chosen activity
	Revolution Sports 2000 square meters of trampoline fun or test your skill at walking on walls in the climb park with over 16 unique Rock-climbing walls, a boulder alley and 3 ninja ramps. Loads of fun and laughter and fitness. Bring or buy your Lunch Goals to achieve:		\$10.00
	 Build independence	 Integrate/Participate in the local community	
	Members' Choice A fun morning challenging yourself and having fun playing board games with your friends! Draw, colour-in, watch movies or dance! Bring or buy your Lunch Goals to achieve:		No Cost
	 Improve communication skills	 Explore creative pursuits	

AND

Afternoon – Choose One			 chosen activity
	Coca Art express Express yourself as part of a group and experiment with paints, tie dying and different materials with our very own Monica.		\$5.00
	Goals to achieve: <div style="text-align: center;">  Explore creative pursuits </div>	<div style="text-align: center;">  Sensory Experience/Exploration </div>	
	MUSIC APPRECIATION Members can either listen to music on the karaoke machine at the Hub or sit back and listen to their favorite songs.		No Cost
	Goals to achieve: <div style="text-align: center;">  Develop social skills & understanding </div>	<div style="text-align: center;">  Improve emotional health & wellbeing </div>	

OR – choose one All Day activity below

All Day – Choose One			 chosen activity
   	Community and Travel Training Let's get Lunch! We will be going out for lunch in the community to build on our money handling skills and develop our confidence catching a train or Bus 6 spots available BRING OR BUY LUNCH PLUS GO CARD Goals to achieve:		\$5.00
	 Adventure & Recreation Experience/Exploration	 Integrate/Participate in the local community	



2022 Old Petrie Town Hub Program Dates

Office Opens 3 January 2022

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Hub closed on public holidays

Program 4		
	Start Date	End Date
Activity Program	Monday 19th September	Friday 9th December
Hub Closed	Queen's Birthday Monday 3rd October	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 12th December	Friday 16th December
Hub Closed	Monday 19th December – Tuesday 3rd January 2023	

