



2022 Pine River Hub  
Activity Program 4  
Catalogue

# 2022 Pine Rivers Hub Activity Program 4 Catalogue

Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the Pine Rivers 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.

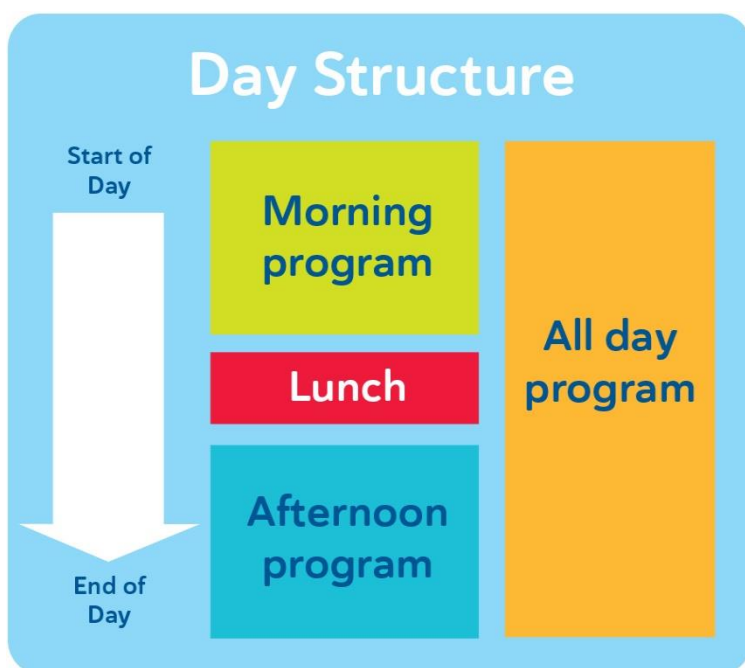
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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 Desley Smith or return it [desley.smith@multicap.org.au](mailto:desley.smith@multicap.org.au) by 26/08/2022
- 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 38808300
- 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 38808300






# 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








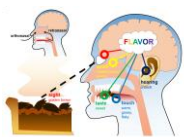


# Monday Activities

Morning – Choose One			✓ chosen activity
	<p><b>Music Appreciation</b> – Everything about Music. Karaoke, Dance or Sing to favourite Hits, play instruments or watch a musical. Members on the day will choose as a group what experience they would like to enjoy.</p> <p><b>Goals to achieve:</b></p>		No cost
	 Goal #1	 Goal #2	
	<p><b>Park Life:</b> Quick morning exercises down at Mill Parks, Kick a ball around or walk around Oval, work out on exercise machines or run through the water</p> <p><b>Goals to achieve:</b></p>		No cost
	 Goal #1	 Goal #2	
	<p><b>Cooking \shopping</b> Become more independent in the kitchen. Learn the skills of cutting, slicing, grating, grilling, frying and baking. Members to choose the Meal to cook on the day <b>Limited spots available 9 spots available</b></p> <p><b>Goals to achieve:</b></p>		\$10
	 Goal #1	 Goal #2	












# AND














Afternoon – Choose One			 chosen activity
	<b>Beach Bums – beach walk</b> Members may choose different Beach Foreshores to have a walk a long in the Moreton Bay Region <b>Goals to achieve:</b>		No cost
	 Goal #1	 Goal #2	
	<b>PERSONAL TRAINING</b> A personal trainer (Miles) will be attending Woonara House to do circuit workouts with members to assist them to reach their goals in healthy living and wellbeing. Members are requested to bring a towel, joggers, appropriate clothing for the session and deodorant. <b>Goals to achieve:</b>		\$11
	 Goal #1	 Goal #2	
	<b>Sensory Activity</b> Sensory therapy aims to improve quality of life by using the senses as a means of communication with individuals who are unable to express their need or feelings. <b>Buy or bring lunch 6 spots available</b> <b>Goals to achieve:</b>		\$5
	 Goal #1	 Goal #2	












OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<p><b>TEN PIN BOWLING &amp; Lunch in the Park - 'Strike', 'Spare', Knock those pins down!!!</b> Today's venue is Morayfield where members can enjoy a game of Ten Pin and try to improve their scores each week.</p> <p><b>**Bring or buy lunch** 9 spots available</b></p> <p>Goals to achieve:</p>		\$11
	 Goal #1	 Goal #2	
	<p><b>Travel training/Community and Lunch Outing</b></p> <p>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 in ordering. <b>6 spots available</b></p> <p><b>BRING OR BUY LUNCH PLUS GO CARD</b></p> <p>Goals to achieve:</p>		\$10 plus Go Card
	 Goal #1	 Goal #2	

# Tuesday activities





Morning – Choose One				 chosen activity
	<b>CAFÉ SURFING</b> For the lovers of a good coffee or tea. We will be visiting various Cafés in the region for morning tea. <b>Buy or bring lunch</b> <b>Goals to achieve:</b>			Own Money
	 Goal #1	 Goal #2	 Goal #3	
	<b>GARDENING GROUP</b> This program we will be maintaining our current gardens, going to local community gardening centre (Seasonal) <b>Goals to achieve:</b>			\$5
	 Goal #1	 Goal #2	 Goal #3	
	<b>Putt Putt golf</b> Play a round of golf or practice your long shots on the driving range each week and improve your scores and try for a hole in one <b>9 spots available buy or bring lunch</b> <b>Goals to achieve:</b>			\$5
	 Goal #1	 Goal #2	 Goal #3	

# AND

Afternoon – Choose One			✓ chosen activity
	<p><b>Pool.</b> Master the stroke, Make the shot, switch it up, focus and have fun at Redcliffe Snooker Club details</p> <p><b>Limited spots available 9 spots ONLY available</b></p> <p>Goals to achieve:</p>		\$5
	 Goal #1	 Goal #2	
	<p><b>Music Appreciation</b> – Everything about Music. Karaoke, Dance or Sing to favourite Hits, play instruments or watch a musical. Members on the day will choose as a group what experience they would like to enjoy.</p> <p>Goals to achieve:</p>		No Cost
	 Goal #1	 Goal #2	
	<p><b>Revolution Sports Park</b> – 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.</p> <p>Goals to achieve:</p>		\$10
	 Goal #1	 Goal #2	















OR – choose one All Day activity below











All Day – Choose One			 chosen activity
	<p><b>Work Shed</b></p> <p>Join our very own Dan and Monica .                      They will be teaching our customer, woodworking, metalworking, repairing and restoring, gardening are just some of the activities in Shed.</p> <p><b>6 spots only: Female and Males must be able to follow instructions due to Work Health and Safety and use of tools</b></p> <p>Goals to achieve:</p>		\$10
	 Goal #1	 Goal #2	












## Wednesday activities

Morning – Choose One				✓ chosen activity
	<b>Bookworms</b> 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 <b>Goals to achieve:</b>			No cost
	 Goal #1	 Goal #2	 Goal #3	
	<b>FISHING &amp; BBQ</b> Learn to fish What benefits there are to fishing?  Have never tried fishing before? We will then choose a different location each week  <b>BACK UP ACTIVITY:</b> When the weather does not permit this activity, we will visit the Library. <b>9 spots available</b>  <b>Goals to achieve:</b>			\$5
	 Goal #1	 Goal #2	 Goal #3	
	<b>World of Tea's</b> For the lovers of a good tea. We will be visiting various Café's in the region for morning tea and learn about tea's around the world. <b>9 spots available</b> <b>Members will need to bring money for their purchases</b> <b>Goals to achieve:</b>			\$\$
	 Goal #1	 Goal #2	 Goal #3	








# AND

Afternoon – Choose One			 chosen activity
	<b>Creative Movement/Dance Module – Express Yourself! (COCO ART)</b> 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. <b>Goals to achieve:</b>		No Cost
	 Goal #1	 Goal #2	
	<b>BAKING- STARS</b> Become more independent in the kitchen. Learn the skills baking. Members will follow a get a baking book <b>Please note you will need to supply your own containers and baking dishes</b> <b>6 spots available</b> <b>Goals to achieve:</b>		\$5
	 Goal #1	 Goal #2	
	<b>Revolution Sports Park – 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.</b> <b>Goals to achieve:</b>		\$10
	 Goal #1	 Goal #2	

## OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<p><b>Food critic</b></p> <p>Would you like to go and eat at different restaurants and then provide them commentary afterwards regarding all elements relating to the dining experience. Join our new group going to local dining <b>6 spots available</b></p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">                           Goal #1                     </div> <div style="text-align: center;">                           Goal #2                     </div> <div style="text-align: center;">                           Goal #3                     </div> </div>	Own Money	
	<p><b>Boondall Wetlands Environment centre</b></p> <p>New program: Boondall Wetlands Environment Centre. Discover facts about wetland flora and fauna, and learn about the importance of preserving tidal wetlands. With Environment staff led activities use role-play, games, art and guided walks to facilitate a wider understanding of Brisbane's biodiversity in our bushland, wetland and waterway habitats. <b>9 spots available</b></p> <p>Morning self-guided activates                      Guided Lesson 1130-1300hr                      *Bring lunch** 1300-1340hr</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">                           Goal #1                     </div> <div style="text-align: center;">                           Goal #2                     </div> <div style="text-align: center;">                           Goal #3                     </div> </div>	Own Money for lunch	










# Thursday activities

Morning – Choose One			 chosen activity
	<b>Cooking \ Meal Preparation &amp; Cooking-</b> Take your culinary skills to the next level with the Multicap Cooking. From learning about different cultural cuisines, entertaining and using fresh ingredients there's something for everyone  <b>Limited spots available 9 spots available</b> Goals to achieve:		\$10
	 Goal #1	 Goal #2	
	<b>Beach Bums – beach walk</b> Members may choose different Beach Foreshores to have a walk a long in the Moreton Bay Region.  Goals to achieve:		No Cost
	 Goal #1	 Goal #2	































# AND

Afternoon – Choose One			 chosen activity	
	<b>Jetts GYM</b> Improve your fitness by joining us at Jetts gym at Strathpine and lifting weights, using equipment and having fun <b>.9 spots available</b> <b>Goals to achieve:</b>		\$8.50	
	 Goal #1	 Goal #2		 Goal #3
	<b>Sports Arvo</b> Customers may challenge each other on a 1:1 game of basketball, cricket, touch football or have a game between friends and staff. <b>Goals to achieve:</b>		No Cost	
	 Goal #1	 Goal #2		 Goal #3

**OR – choose one All Day activity below**

All Day – Choose One			✓ chosen activity
	<p><b>CHALLENGE Sailing &amp; BBQ</b></p> <p>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 \$2.50 per sausage and \$2.50 per drink. We will then choose a different location each week for our afternoon walk. <b>9 spots available</b></p> <p><b>BACK UP ACTIVITY:</b> When the weather does not permit this activity, we will visit the Library</p> <p><b>Goals to achieve:</b></p>	<p>\$10</p>	
	<table border="1"> <tr> <td>  Goal #1                 </td> <td>  Goal #2                 </td> <td>  Goal #3                 </td> </tr> </table>		
 Goal #1	 Goal #2	 Goal #3	
	<p><b>Get Snapping (Photography )</b></p> <p>Our photographers will travel around different location with all the necessary equipment and learn the art of capturing the perfect photo. End of 12 weeks, showcase your photos and take your photo book home.</p> <p><b>Buy or bring lunch 6 spots available</b></p> <p><b>Goals to achieve:</b></p>	<p>\$10</p>	
	<table border="1"> <tr> <td>  Goal #1                 </td> <td>  Goal #2                 </td> <td>  Goal #3                 </td> </tr> </table>		
 Goal #1	 Goal #2	 Goal #3	





# Friday activities

Morning – Choose One				✓ chosen activity
	<p><b>Park Life:</b> Quick morning exercises down at Mill Parks, Kick a ball around or walk around Oval, work out on exercise machines or run through the water</p> <p><b>Goals to achieve:</b></p>			No cost
	 Goal #1	 Goal #2	 Goal #3	
	<p><b>TEN PIN BOWLING &amp; Lunch in the Park - 'Strike', 'Spare',</b> Knock those pins down!!! Today's venue is Strathpine where members can enjoy a game of Ten Pin and try to improve their scores each week.</p> <p><b>**Bring or buy lunch** 9 spots available</b></p> <p><b>Goals to achieve:</b></p>			\$10
	 Goal #1	 Goal #2	 Goal #3	
	<p><b>Coca Art express</b> –express yourself as part of a group and experiment with paints, tie dying and different materials with our very own Monica.</p> <p><b>12 spots available</b></p> <p><b>Goals to achieve:</b></p>			\$5
	 Goal #1	 Goal #2	 Goal #3	

# AND

Afternoon – Choose One			 chosen activity
	<b>Bookworms</b> 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 <b>Buy or bring lunch</b> Goals to achieve:		No cost
	 Goal #1	 Goal #2	
	<b>BAKING- STARS</b> Become more independent in the kitchen. Learn the skills baking. Members to choose to bake the week before and take home. <b>Please note you will need to supply your own containers and baking dishes Limited 9 spots available</b> Goals to achieve:		\$5
	 Goal #1	 Goal #2	
	<b>TAI CHI</b> Learn the relaxing art of Tai Chi at Woonara House with a qualified instructor Simon. Please bring a towel and drink bottle. Goals to achieve:		\$11
	 Goal #1	 Goal #2	

OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<p><b><u>Community and Lunch Outing</u></b></p> <p>Let's get Lunch and listen to live Music at Dolphins League We will be going out for lunch in the community to build on our money handling skills and develop our confidence in ordering.</p> <p><b>9 spots available ONLY</b></p> <p>Goals to achieve:</p>		Own Money
	 Goal #1	 Goal #2	





# 2022 Pine Rivers Hub Program Dates

Office Opens 4 January 2022

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Hub closed on public holidays

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Program 4		
	Start Date	End Date
Activity Program	Monday 20 September	Friday 10 December
Hub Closed	Queen's Birthday Monday 4 October	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 13 December	Friday 17 December
Hub Closed	Monday 20 December – Tuesday 4 January 2023	

