



2023 Old Petrie
Town Hub
Activity Program 1

2023 Old Petrie Town Hub Activity Program 1 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.

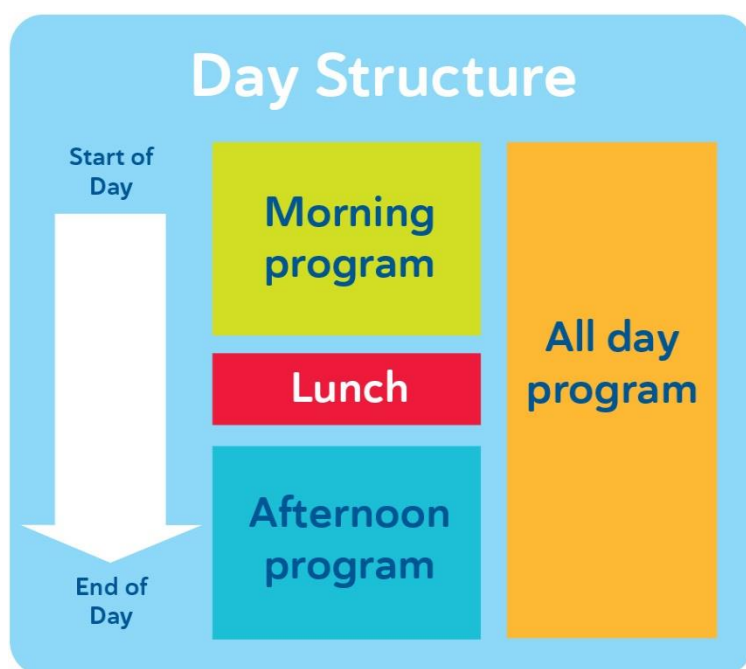
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 (i.e.. 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 leanne.hilton@multicap.org.au or return it to the Hub by 15/11/2022.
- 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 me via email at leanne.hilton@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
	<p>Music Appreciation. Learn to understand and describe various kinds of music. What is your favourite Genre or artist? Can you sing your favourite song? Enjoy everything about music Karaoke, dance singing.</p> <p>Goals to achieve:</p>		No cost
	 Explore creative pursuits	 Sensory Experience/Exploration	
	<p>Walking Trails/Walkabout. Explore your local walking trails and bush tracks. What wildlife can you see and hear? How many types of Fauna are there about? Enjoy a nice walk with your peers while you explore the great outdoors together.</p> <p>Goals to achieve:</p>		No cost
	 Improve physical health & wellbeing	 Sensory Experience/Exploration	


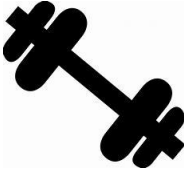







AND

Afternoon – Choose One			 chosen activity
	Independent living Skills. What skills would you like to learn to make the most out of your life? Let us explore them together and learn new things		No cost
	Goals to achieve:		
 Develop social skills & understanding	 Build independence	 Develop numeracy and literacy skills	
	RSPCA Let us explore what the RSPCA do and visit some animals in the shelter. We can read to them and learn about what is required to look after them.		No Cost 3 spots only
	Goals to achieve:		
 Improve emotional health & wellbeing	 Integrate/Participate in the local community	 Sensory Experience/Exploration	








OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	Scavenger Hunt Each week we will go to different destinations, parks beaches, lakes etc. There will be challenges to find different items along the way or when we get to the destination. Are you up to the challenge? **Bring or buy lunch**		No cost
	Goals to achieve:		
 Build Independence	 Adventure & Recreation Experience/Exploration	 Integrate/Participate in the local community	




Tuesday activities

Morning – Choose One			 chosen activity
	Jett's Gym Improve your fitness by joining us at Jett's gym, Murrumba downs. Enjoy using the Machines and equipment and having fun while getting fit.		\$8.50
	Goals to achieve:		
 Improve physical health & wellbeing	 Improve emotional health & wellbeing	 Integrate/Participate in the local community	
	WII Sports/Fitness Challenge each other in WII sport or fitness games have some fun while also building muscle and keeping fit.		No cost
	Goals to achieve:		
 Improve physical health & wellbeing	 Improve emotional health & wellbeing	 Develop social skills & understanding	






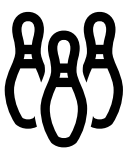



AND

Afternoon – Choose One			 chosen activity
	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 Brendale Bunnings in their workshop. Goals to achieve:		No cost
	 Improve fine motor skills	 Explore creative pursuits	
	Creative Arts Show us your creative expression, what masterpieces can you create? Make or explore something different every week. Goals to achieve:		\$5
	 Improve fine motor skills	 Explore creative pursuits	










OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	<p>Train trip and Bowling in the City</p> <p>Let's explore how to get to the city we will catch the train to central then walk to wintergarden to do some bowling and have lunch before getting the train back.</p> <p>**Bring or buy lunch**</p> <p>Goals to achieve:</p>		<p>\$6 and money for lunch</p>
	 Build Independence	 Adventure & Recreation Experience/Exploration	






Wednesday activities

Morning – Choose One			 chosen activity
	Cheer Let's learn the moves to a cheer and make our own pom poms. Can you remember all the steps? Come up with some steps for our own cheer routine using a letter from your name then let's combine them all to make an awesome cheer for OPT.		No cost
	Goals to achieve:		
	 Sensory Experience/Exploration	 Improve physical health & wellbeing	 Explore creative pursuits
	Bowling Let's go knock down some pins can you get a strike or a spare what's your best score?		\$7
	Goals to achieve:		
	 Improve physical health & wellbeing	 Develop social skills & understanding	 Integrate/Participate in the local community








AND

Afternoon – Choose One			 chosen activity
	<p>Bookworms/ computer skills</p> <p>Explore the local libraries, join up and use your card to borrow books, DVDs, magazines or CDs. or use your card to jump on and learn some computer skills.</p> <p>Goals to achieve:</p>	No Cost	
 Build independence	 Adventure & Recreation Experience/Exploration	 Improve communication skills	
	<p>Pamper afternoon</p> <p>Pamper yourself or your peers. Have your hair or nails done enjoy a hand or foot massage or a foot bath.</p> <p>Goals to achieve:</p>	No Cost	
 Improve emotional health & wellbeing	 Improve fine motor skills	 Sensory Experience/Exploration	







OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	Redcliffe Leagues Club Come along to the club and enjoy the live music at Redcliffe Leagues Club. Dance up a storm and enjoy lunch at the Café or the Bistro. Build your money handling skills and develop your confidence ordering from the menu. **Bring or buy lunch**		\$20 for lunch
	Goals to achieve:		
 Develop social skills & understanding	 Build independence	 Integrate/Participate in the local community	









Thursday activities

Morning – Choose One			 chosen activity
	Coca Dance Freestyle your way into some new moves each week as you express yourself in dance. Use hip hop music and videos to encourage new ways to express yourself in hip hop inspired movement ready for a video and dance performance at the hub.		No cost
	Goals to achieve:  Improve physical health & wellbeing	 Explore creative pursuits	
	Boardgames and Cards Challenge each other with a board game or try your luck at getting Bingo, can you learn a new card game or 2.		No cost
	Goals to achieve:  Improve fine motor skills	 Develop numeracy and literacy skills	










AND

Afternoon – Choose One			✓ chosen activity
	Café Surfing Explore the local cafes and enjoy a drink or snack with your peers. Learn the skills needed to order on your own.		Bring your own money
	Goals to achieve:  Build independence	 Develop numeracy and literacy skills	
	Op shopping Experience the fun of hunting for hidden treasures, what can you find? Take the opportunity to find unique pieces.		Money to purchase if you would like to
	Goals to achieve:  Develop social skills & understanding	 Adventure & Recreation Experience/Exploration	








OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity	
	<p>Caboolture Bowl</p> <p>Enjoy a day out at Caboolture bowl. Strike, spare, knock 'em' down in a game of Ten pin bowling, play a round of putt and enjoy a game of laser tag.</p> <p>**Bring or buy lunch from the Café at Caboolture bowl**</p>		\$15	
	<p>Goals to achieve:</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 33%;">  Develop social skills & understanding </td> <td style="width: 33%;">  Adventure & Recreation Experience/Exploration </td> <td style="width: 33%;">  Integrate/Participate in the local community </td> </tr> </table>			 Develop social skills & understanding
 Develop social skills & understanding	 Adventure & Recreation Experience/Exploration	 Integrate/Participate in the local community		






Friday activities

Morning – Choose One			 chosen activity
	Coca Art Cardboard wall painting. Using recycled cardboard lets design and create amazing wall murals. These art pieces will decorate the hub and develop your skills in graphic art and sculpture on a large scale.		\$5
	Goals to achieve:		
	 Improve emotional health & wellbeing	 Improve fine motor skills	 Explore creative pursuits
	Culinary skills Learn a range of different culinary skills needed to prepare your own meals. Each customer will choose what summer meal they would like to prepare and then cook and enjoy the meal for lunch that day. Recipes will be added to a hub recipe book.		\$10
	Goals to achieve:		
	 Build independence	 Improve fine motor skills	 Sensory Experience/Exploration

AND

Afternoon – Choose One			 chosen activity
	Café Surfing Explore the local Cafés and learn the skills required to order your own drinks and snacks Goals to achieve:		\$10
	 Develop numeracy and literacy skills	 Integrate/Participate in the local community	
	Relaxation/ Health and wellbeing Discover new ways to enable you to relax try activities such as Pilates, tai chi or try a light pt. session. Improve your health and wellbeing while having fun. Goals to achieve:		No Cost
	 Improve emotional health & wellbeing	 Sensory Experience/Exploration	

OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<p>White Ridge Farm</p> <p>Join us for a visit to the farm, learn all about the farm animals, take a tractor ride, feed the animals and see how all the baby animals grow. Play a round of mini golf.</p> <p>**Bring or buy lunch**</p> <p>Goals to achieve:</p>	<p>\$16</p>	
 Improve emotional health & wellbeing	 Sensory Experience/Exploration	 Adventure & Recreation Experience/Exploration	



2023 Old Petrie Town Hub Program Dates

Office Opens 3 January 2023

|

Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Tuesday 3 January	Friday 24 March
Hub Closed	New Year Holiday, Monday 2 January; Australia Day, Tuesday 26 January	

Program 2		
	Start Date	End Date
Activity Program	Monday 27 March	Friday 16 June
Hub Closed	Good Friday 7 April Easter Monday 10 April Anzac Day Holiday 25 April Labour Day 1 May	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 19 June	Friday 23 June

Program 3		
	Start Date	End Date
Activity Program	Monday 26 June	Friday 15 September
Hub Closed	EKKA Show Day, Wednesday 16 August	

Program 4		
	Start Date	End Date
Activity Program	Monday 18 September	Friday 8 December
Hub Closed	Queen's Birthday, Monday 2 October	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 11 December	Friday 15 December
Hub Closed	Monday 18 December 2023 – Tuesday 2 January 2024	