



# 2023 Petrie 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 [Petrie] 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.

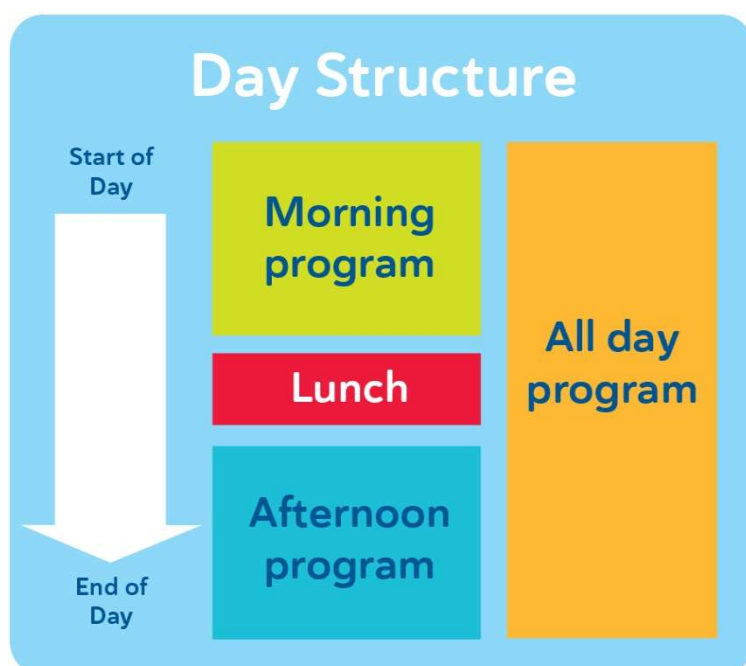
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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 0423 044 848 or return it to [leanne.hilton@multicap.org.au](mailto:leanne.hilton@multicap.org.au) by 17 February 2023.
- 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 Leanne Hilton 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 Leanne Hilton 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
	<b>Gardening.</b> This program will be maintaining our current pots and planters, as well as going to local community gardening centre to learn about seasonal flowers and veggies.	No cost	
	<b>Goals to achieve:</b> <div>  Improve Fine motor skills                          Improve emotional health &amp; wellbeing                          Explore creative pursuits                     </div>		
	<b>Walking Trails.</b> Members can choose a different walking trail to explore each week. Spend some time in nature looking at different Flora and Fauna.	No cost	
	<b>Goals to achieve:</b> <div>  Improve physical health &amp; wellbeing                          Improve emotional health &amp; wellbeing                          Adventure &amp; Recreation Experience/Exploration                     </div>		

## AND





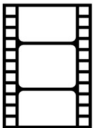



Afternoon – Choose One			✓ chosen activity
	<b>AWLQ Shelter</b> Let us explore what our local animal shelter does and visit some animals in the shelter. We can learn what is required to look after them. Pat a dog or cuddle a kitten.	No cost	
	<b>Goals to achieve:</b> <div> <div>            Integrate/Participate in the local community         </div> <div>            Improve communication skills         </div> <div>            Improve emotional health &amp; wellbeing         </div> </div>		
	<b>Board Games and Literacy and numeracy skills.</b> Challenge your peers to a board game or uno. Learn Literacy skills including ,Listening, speaking, reading and writing. Learning numeracy skills involving numbers, problem solving, measuring and patterns.	No Cost	
	<b>Goals to achieve:</b> <div> <div>            Improve fine motor skills         </div> <div>            Improve communication skills         </div> <div>            Develop numeracy and literacy skills         </div> </div>		











## Tuesday activities

Morning – Choose One			✓ chosen activity
	<b>Revolution Sports Park or Flip out trampoline Park</b> 2000 square meters of trampoline fun or test your skills at walking on walls in the climbing park with lots of unique rock climbing walls. Burn some energy and enjoy jumping or challenge your friends' shooting hoops in a basketball challenge.	\$10	
	<b>Goals to achieve:</b> <div>            Improve physical health &amp; wellbeing         </div> <div>            Develop social skills &amp; understanding         </div> <div>            Integrate/Participate in the local community         </div>		
	<b>Sports morning</b> Customers may challenge each other in a 1:1 game of basketball, Wii sport or have a game of cricket, touch footy between friends and staff.	No cost	
	<b>Goals to achieve:</b> <div>            Improve physical health &amp; wellbeing         </div> <div>            Improve communication skills         </div> <div>            Improve emotional health &amp; wellbeing         </div>		

## AND










Afternoon – Choose One			✓ chosen activity
	<b>Bunnings DIY</b> There is a different theme every week, with subjects ranging from woodwork to painting and recycled wall art with the expert team from Brendale Bunnings in their workshop.	No Cost	
	<b>Goals to achieve:</b> <div> <div>            Develop social skills &amp; understanding         </div> <div>            Improve fine motor skills         </div> <div>            Explore creative pursuits         </div> </div>		
	<b>Movie Appreciation</b> Members have the choice of bringing in a movie to watch with their peers. Members can also choose to watch Netflix movie or a hub DVD together.	No Cost	
	<b>Goals to achieve:</b> <div> <div>            Explore creative pursuits         </div> <div>            Improve communication skills         </div> <div>            Develop social skills &amp; understanding         </div> </div>		

## OR – choose one All Day activity below









All Day – Choose One				✓ chosen activity	
	<b>Picnic Day</b> Spend the morning creating an amazing picnic lunch with your friends before heading out into the community for a picnic in the fresh air. Choose a different park each week and experience the beautiful places we have on our doorstep. This is a wonderful opportunity to connect with your friends, get some exercise and go on an adventure!		\$8		
	<b>Goals to achieve:</b> <table border="1"> <tr> <td>             Adventure &amp; Recreation            Experience/Exploration         </td> <td>             Integrate/Participate in            the local community         </td> <td>             Develop skills to support            future employment         </td> </tr> </table>				 Adventure & Recreation Experience/Exploration
 Adventure & Recreation Experience/Exploration	 Integrate/Participate in the local community	 Develop skills to support future employment			












## Wednesday activities

Morning – Choose One			 chosen activity
	<p>Creative Movement/Dance Module – Express Yourself! (COCO Dance)</p> <p>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.</p>		No cost
	<p>Goals to achieve:</p> <div><div> Sensory Experience/Exploration</div><div> Improve fine motor skills</div><div> Improve emotional health &amp; wellbeing</div></div>		
	<p>Ten Pin Bowling</p> <p>Strike, Spare, Knock those pins down!!!</p> <p>We will go to the various bowling alleys in our local area where members can enjoy a game of Ten Pin bowling and listen to some music with disco lights and try improving their score each week.</p>		\$7
	<p>Goals to achieve:</p> <div><div> Develop social skills &amp; understanding</div><div> Integrate/Participate in the local community</div><div> Develop numeracy and literacy skills</div></div>		

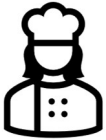







## AND

Afternoon – Choose One			✓ chosen activity
	<b>Sensory</b> Members will discover the different sensory skills of look, touch, listen, taste and smell encouraging learning through exploration, curiosity, problem solving and creativity.	\$5	
	<b>Goals to achieve:</b> <div>  Improve physical health &amp; wellbeing </div> <div>  Develop social skills &amp; understanding </div> <div>  Explore creative pursuits </div>		
	<b>Worlds of Tea</b> For our lovers of a good tea. We will be visiting various Cafes in our region for afternoon tea and learn about teas around the world.	Own Money	
	<b>Goals to achieve:</b> <div>  Develop social skills &amp; understanding </div> <div>  Integrate/Participate in the local community </div> <div>  Develop numeracy and literacy skills </div>		









## OR – choose one All Day activity below

All Day – Choose One			 chosen activity	
	<b>Community and Lunch outing</b> Let's get our dancing shoes on and have some lunch around the community. We will visit Caboolture sports club or Dolphins Leagues club. During this activity we will build our money handling skills and develop our confidence in ordering and socialising.		Own money for lunch	
	<b>Goals to achieve:</b> <table border="1"> <tr> <td>                       Develop social skills &amp; understanding                 </td> <td>                       Improve communication skills                 </td> <td>                       Integrate/Participate in the local community                 </td> </tr> </table>			 Develop social skills & understanding
 Develop social skills & understanding	 Improve communication skills	 Integrate/Participate in the local community		










## Thursday activities

Morning – Choose One			✓ chosen activity
	<b>Cooking</b> Become more independent in the kitchen. Learn the skills of cutting, slicing grilling, frying and reading a recipe of your choice. Member will cook a meal and sit down together and enjoy their cooking experience.	\$10	
	<b>Goals to achieve:</b> <div> <div>             Build independence         </div> <div>             Sensory Experience/Exploration         </div> <div>             Develop advocacy skills &amp; understanding         </div> </div>		
	<b>Book Worms</b> We will visit local libraries in the Moreton Bay region where members may borrow and return books, learn how to use the computers or read magazines.	No cost	
	<b>Goals to achieve:</b> <div> <div>             Adventure &amp; Recreation Experience/Exploration         </div> <div>             Integrate/Participate in the local community         </div> <div>             Sensory Experience/Exploration         </div> </div>		

## AND









Afternoon – Choose One			✓ chosen activity
	<b>Putt Putt Golf</b> Play a round of mini golf or practice your long shots on the driving range each week and improve your score at Deception Bay Driving range. Who will be the lucky one and score a hole in one?	\$7	
	<b>Goals to achieve:</b> <div> <div>            Improve physical health &amp; wellbeing         </div> <div>            Improve emotional health &amp; wellbeing         </div> <div>            Improve communication skills         </div> </div>		
	<b>Karaoke</b> Its karaoke time. Get your singing voice ready to sing along to your favorite song. Enjoying the afternoon singing and dancing to the juke box	No Cost	
	<b>Goals to achieve:</b> <div> <div>            Improve emotional health &amp; wellbeing         </div> <div>            Develop social skills &amp; understanding         </div> <div>            Sensory Experience/Exploration         </div> </div>		

## OR – choose one All Day activity below





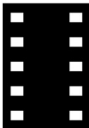



All Day – Choose One			 chosen activity	
	<p>Environmental studies Members will attend one of the many local environmental discovery centers in the local area.</p> <p>Walkabout Creek Caboolture region environmental Education Centre Osprey House Kumbartcho Sanctuary</p> <p>Please bring a hat and water bottle with you.</p>		Bring or buy lunch	
	<p><b>Goals to achieve:</b></p> <table border="1"> <tr> <td>                       Adventure &amp; Recreation Experience/Exploration                 </td> <td>                       Integrate/Participate in the local community                 </td> <td>                       Develop social skills &amp; understanding                 </td> </tr> </table>			 Adventure & Recreation Experience/Exploration
 Adventure & Recreation Experience/Exploration	 Integrate/Participate in the local community	 Develop social skills & understanding		



## Friday activities

Morning – Choose One				<div>✓</div> <div>chosen activity</div>
	<div>Ten Pin Bowling</div> <div>Strike, Spare, Knock those pins down. Enjoy a game of Ten Pin Bowling while listening to the disco music. Cheers your friends and try improving your score each week</div>			\$7
	Goals to achieve:			
	<div></div> <div>Develop social skills &amp; understanding</div>	<div></div> <div>Integrate/Participate in the local community</div>	<div></div> <div>Develop numeracy and literacy skills</div>	
	<div>Coca Collage Art</div> <div>Express yourself over a 12-week program experimenting with paints creativity and design and collage. Once you have finished your activity, we will store your work of art in your own personal portfolio.</div>			\$5
	Goals to achieve:			
	<div></div> <div>Explore creative pursuits</div>	<div></div> <div>Improve fine motor skills</div>	<div></div> <div>Sensory Experience/Exploration</div>	

## AND

Afternoon – Choose One			✓ chosen activity
	<b>Café surfing</b> <b>Members will pick a Café to enjoy a hot or cold drink for afternoon Tea</b>		Own Money
	<b>Goals to achieve:</b>	<div>  </div> Develop social skills & understanding	
	<div>  </div> Improve communication skills	<div>  </div> Develop numeracy and literacy skills	
	<b>Movies in</b> <b>Members will choose a DVD or Netflix Movie to watch then discuss the movie, what was the best bit what could have been better?</b>		No Cost
	<b>Goals to achieve:</b>	<div>  </div> Develop social skills & understanding	
	<div>  </div> Improve communication skills	<div>  </div> Sensory Experience/Exploration	

# 2023 Petrie Hub Program Dates

Office Opens 3 January 2023

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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	

