



2023 Pine Rivers Hub
Activity Program 4
Catalogue

2023 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.

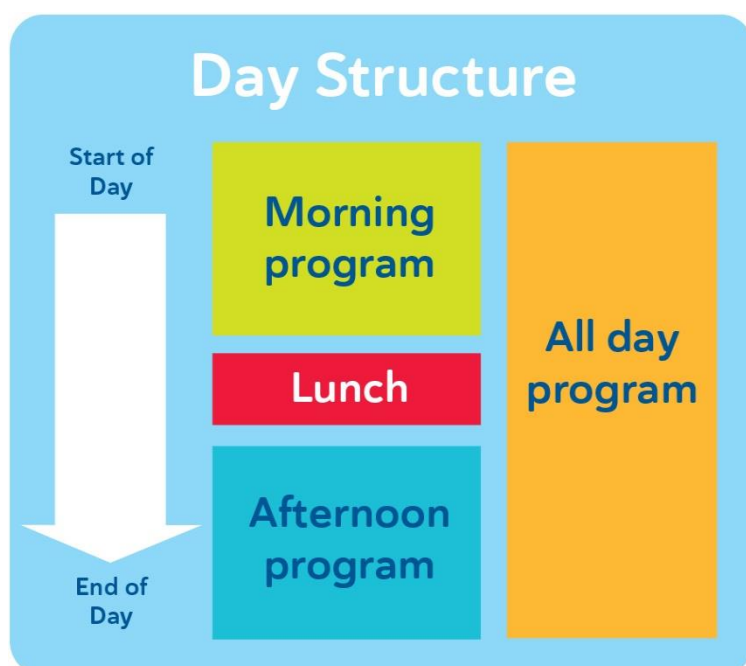
This allows you to fully develop your skills, more opportunity to see progress and reach your goals, and have a sense of completion at the end of the 12-week program. It also helps you develop stronger connections with other customers and gain more substantial outcomes than one-off activities.

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 Faalele Vaiotu or Sheryl Figuerres or return it to faalele.vaiotu@multicap.org.au or sheryl.figuerres@multicap.org.au by 25th August






- 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 3880 8300.
- 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 07 3880 8300.

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
	Personal Training with Som Personal Trainer (Som) will be attending Woonara House to do circuit workouts with members to assist them to reach their goals in healthy living and wellbeing. Customers are requested to bring a towel, joggers, and appropriate clothing for the session.	\$11	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	GARDENING GURUS It's the perfect season to grow your favourite spring vegetables and flowers! Join your peers to buy and grow seedlings from Bunnings warehouse as well as learn on how to put fertilisers on them.	\$10	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		
	UP CYCLE You will get the opportunity to experience picking up rubbish in different parks and collecting & selling containers. You will be provided with a journal about your achievements for the day and tools for picking up containers.	\$10 one off for buying materials	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>		






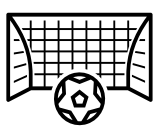







AND

Afternoon – Choose One			 chosen activity
	FLIP OUT Strathpine Get active and adventurous by exploring the multiple activities under one roof! From trampolines, foam pits and running walls, you will sure have fun with your mates. 1 hour session= \$10, bring companion card Grip socks for \$3.50 Goals to achieve:	\$10	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Park Life Explore different parks in the region like Mill Parks, having a walk in Centenary Lakes Park or in Mungarra Reserve nearby. Bring water bottle and hat with you as the weather is getting warmer. Goals to achieve:	No Cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	It's Karaoke O'clock Sing and dance the afternoon away by choosing different songs to sing! You will get to take turns in choosing songs to sing in each afternoon. Goals to achieve:	No Cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		














OR – choose one All Day activity below

All Day – Choose One				✓ chosen activity
	Community links Customers will learn how to read a timetable. You will learn how to use a Go Card and how to put money onto the go card. You will enjoy the pleasure of a train ride or bus to the city, a city cat ride around Brisbane and a bit of sightseeing. You can also change routes every week, like taking the train to the peninsula and spend the day at the beach. **Bring or buy lunch** Goals to achieve:			Money for the Go Card
				
	Goal #1	Goal #2	Goal #3	





Tuesday activities

Morning – Choose One			 chosen activity
	Batter and Bake Become more independent in the kitchen. Learn the skills baking. Customers will be provided a list of recipes to bake depending on your liking as a group. 6 spots available! **Please note you will need to supply your own container if you wish to bring your baked goodies home. Goals to achieve:	\$5	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Sports morning Customers may challenge each other on a 1:1 game of cricket, touch football or have a game between peers. We will book the Bracken Ridge Indoor Sports Centre for \$5 per customer for one hour. Goals to achieve:	\$5	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Bookworms Come and visit libraries across the region and you can borrow and return books, read magazines and make use of one of the computers on site. Goals to achieve:	No cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		













AND

Afternoon – Choose One			 chosen activity
	Sensory Room Experience 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 needs or feelings. Experience sensory room feeling with variety of activities in the afternoon, with calming music in the background. **6 spots available Goals to achieve:	\$5	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Zumba fitness Dance away your worries and calories with high energy music and unique dance moves. Customers will follow Zumba dance moves in You Tube to be led by our talented staff at the hub! **Wear your exercise clothing and enclosed shoes. Goals to achieve:	No Cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	DIY Program at Bunnings Come and create your own crafts at Bunnings Brendale with the assistance of Emma, our DIY Facilitator in store. You can DIY Bunnings related materials and Bunnings-related activities. **9 spots available Goals to achieve:	No Cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		








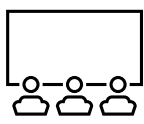



OR – choose one All Day activity below

All Day – Choose One				✓ chosen activity
	Woodwork Join our very own Dan and Monica. They will be teaching our customers in woodworking, repairing and restoring and some of the activities in the shed. We have a Safe Working Procedures for the machines to be used.		\$10	
	6 spots only: Customers must be able to follow instructions due to Work Health and Safety and use of tools.			
	 Goal #1	 Goal #2	 Goal #3	





Wednesday activities

Morning – Choose One				<div>✓</div> <div>chosen activity</div>
	<div>Tennis</div> <div>Be fit and experience tennis! We will hire an outdoor venue in Warner together with equipment and customers will get to enjoy competing with their peers and staff!</div> <div>Goals to achieve:</div>			\$5
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>	
	<div>Upbeat Arts choir @ Wavell Heights</div> <div>Come and sing in a choir with Upbeat Arts at Wavell Heights- a perfect opportunity to sing with like- minded people in a safe and fun environment. Sheryl/ Lele will assist with your registration online.</div> <div>**3 spots available only</div> <div>**Bring or buy lunch after the rehearsal**</div> <div>Goals to achieve:</div>			No cost
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>	
	<div>Putt putt/ mini golf</div> <div>Play a round of golf or practice your long shots in the driving range each week. Improve your scores each week and try for a hole in one.</div> <div>Goals to achieve:</div>			\$7 per round
	<div></div> <div>Goal #1</div>	<div></div> <div>Goal #2</div>	<div></div> <div>Goal #3</div>	









AND

Afternoon – Choose One			 chosen activity
	Creative Movement – Express Yourself (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. Alexandra, our COCA Dance Facilitator will guide you once a week for 12 weeks to be more confident in expressing yourself and with choreography for your own dance moves. Drama will also be incorporated on this term's program. **9 spots available Goals to achieve:	No Cost	
	<div>  Goal #1 </div>		
	<div>  Goal #2 </div>		
	Jetts gym Improve your fitness by joining us at Jetts gym at Murrumba Downs in lifting weights, using equipment, and having fun with the help of the gym staff. Goals to achieve:	\$8.50	
	<div>  Goal #1 </div>		
	<div>  Goal #2 </div>		
	Movies and popcorn Its movie time! Members will choose as a group each week a movie from our Netflix Library and have a discussion around the movie itself, with popcorn and drinks on the side. Goals to achieve:	No Cost	
	<div>  Goal #1 </div>		
	<div>  Goal #2 </div>		
	<div>  Goal #3 </div>		









OR – choose one All Day activity below

All Day – Choose One				✓ chosen activity
	COCA POTTERY/ Ceramics Get yourself into moulding different designer pots using clay, air dry or using fire, with our very own Monica (COCA Facilitator). You can also drive your masterpieces to Redcliffe Pottery Club if they need firing and glazing. 6 spots available. Goals to achieve:			\$15
	 Goal #1	 Goal #2	 Goal #3	









Thursday activities

Morning – Choose One				✓ chosen activity
	Recycle world! You will get the opportunity to experience picking up rubbish in different parks and collect containers for recycling. You will be provided with a journal about your achievements for the day tools for picking up containers.			\$10 one off for buying materials
	Goals to achieve:  Goal #1	 Goal #2	 Goal #3	
	Try croquet sport Come and try the croquet game at Pine Rivers Croquet Club. It is \$10 for one hour with the assistance of support staff. Come and try hit the wooden or plastic balls with a mallet through hoops in a grass playing court.			\$10
	Goals to achieve:  Goal #1	 Goal #2	 Goal #3	


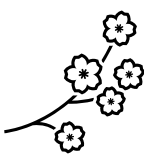



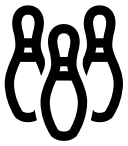







AND

Afternoon – Choose One			✓ chosen activity
	Music and rhythm! Everything about music. 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. Goals to achieve:	No Cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Sports afternoon Customers may challenge each other on a 1:1 game of cricket, touch football or have a game between peers. We will book the Bracken Ridge Indoor Sports Centre for \$5 per customer for one hour. Receipts will be provided on the day. Goals to achieve:	\$5	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		













OR – choose one All Day activity below

All Day – Choose One				✓ chosen activity
	Photography Our photographers will travel around different locations with all the necessary equipment and learn the art of capturing the perfect photo. By the end of 12 weeks, showcase your photos and take your photo book home. **Buy or bring lunch** 6 spots available	\$10		
	Goals to achieve:			
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>			
	Beach walks and BBQ Spend your day at the waterfront with your friends, relax, play sports and cook BBQ. You can also explore the surrounding parks and playgrounds in the area.	\$10		
	Goals to achieve:			
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>			


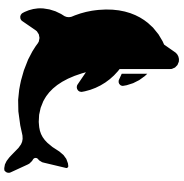







Friday activities

Morning – Choose One			 chosen activity
	Fabric design Let us create different products out of fabric. We also learn how to do basic sewing. Some of the creations will be: <ul style="list-style-type: none"> - Felt flowers - Fabric collage - Scrap fabric - Decorating flowerpots etc. and many more.. 	\$5	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		
	Ten Pin Bowling Strike, spare and knock those pins down. Customers compete and get to improve scores each week! Strathpine bowl was booked for the whole term.	\$6	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		
	Bush walks Explore the different bushes and walk paths across the region with your friends. This can be your exercise in the morning while you do some exploring and sight seeing.	No cost	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		

AND

Afternoon – Choose One			✓ chosen activity
	COCA Art Express yourself as part of a group and experiment with paints, tie dying and different materials with our very own Monica (COCA Art Facilitator Monica) **9 spots available Goals to achieve:	\$7	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Board games, puzzles and sing along! Enjoy the afternoon with your friends playing board games or puzzles with music on the background. You can also sing your favourite music while your friends are playing games. Goals to achieve:	No Cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Jetts gym Improve your fitness by joining us at Jetts gym at Murrumba Downs and lifting weights, using equipment, and having fun with the help of the gym staff. Goals to achieve:	\$8.50	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		

OR – choose one All Day activity below

All Day – Choose One			 chosen activity	
	Lunch & live music @ Dolphins Redcliffe Let's get lunch and listen to live Music at Dolphins Leagues Club! Customers will go out for lunch to build on their money handling skills and develop their confidence in purchasing. At the same, they will also get entertained by the singer Fortunato. 9 spots available ONLY		Own money	
	Goals to achieve: <table border="1"> <tr> <td>  Goal #1 </td> <td>  Goal #2 </td> <td>  Goal #3 </td> </tr> </table>			 Goal #1
 Goal #1	 Goal #2	 Goal #3		

2023 Pine Rivers 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	King'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	