



# 2024 Old Petrie Town Hub Activity Program 1 Catalogue

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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.

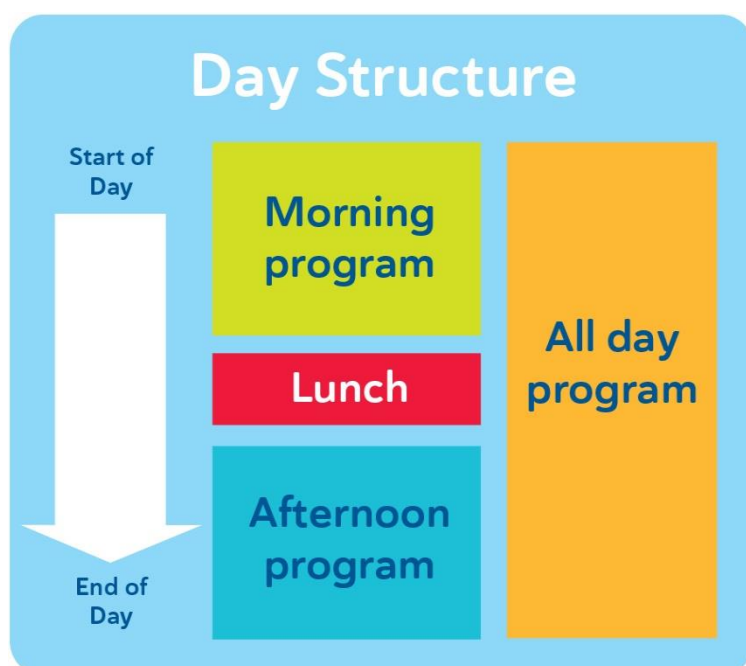
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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 Leanne Hilton or **return to HUB Staff by Friday 24<sup>th</sup> November 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 contact us at the Hub.
- 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.
















# 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

<b><u>Monday</u></b>			✓			
<b>Morning – Choose One</b>			chosen activity			
	<p><b>Walking Group</b></p> <p>Delight in the local nature while getting fit and active!</p> <p>Chat with friends while enjoying a walk in the fresh air!</p> <p><b>Goals to achieve:</b></p> <table border="1" data-bbox="536 779 1254 943"> <tr> <td data-bbox="536 779 767 943">             Improve physical health &amp; wellbeing         </td> <td data-bbox="767 779 1027 943">             Integrate/participate in the local community         </td> <td data-bbox="1027 779 1254 943">             Improve emotional health &amp; wellbeing         </td> </tr> </table>	 Improve physical health & wellbeing	 Integrate/participate in the local community	 Improve emotional health & wellbeing	No cost	
 Improve physical health & wellbeing	 Integrate/participate in the local community	 Improve emotional health & wellbeing				
	<p><b>Café Surfing</b></p> <p>For the lovers of a good Coffee, Tea, Hot Chocolate or Cold Drink! Come along and enjoy your beverage of choice while having a chat with friends!</p> <p>Members will need to bring their own money for their purchases.</p> <p><b>Goals to achieve:</b></p> <table border="1" data-bbox="536 1368 1254 1565"> <tr> <td data-bbox="536 1368 767 1565">             Integrate/participate in the local community         </td> <td data-bbox="767 1368 1027 1565">             Develop social skills &amp; understanding         </td> <td data-bbox="1027 1368 1254 1565">             Improve communication skills         </td> </tr> </table>	 Integrate/participate in the local community	 Develop social skills & understanding	 Improve communication skills	Own Money	
 Integrate/participate in the local community	 Develop social skills & understanding	 Improve communication skills				



AND

**Monday**

**Afternoon – Choose One**

✓  
chosen activity



**Animal Shelter Visits**

Enjoy the experience of spending time with animals at our local shelters. Visit and spend time playing, cuddling and talking to some furry friends

Goals to achieve:



Improve emotional health & wellbeing



Integrate/participate in the local community



Improve communication skills

No Cost



**Boardgames & Charades**

Join the fun of different board games and challenge staff and friends to a game of charades – who will be the Champion?

Goals to achieve:



Improve communication skills












Improve emotional health & wellbeing























Develop social skills & understanding

No Cost

OR – choose one All Day activity below

<p><b><u>Monday</u></b></p> <p><b>All Day Activity</b></p>			 chosen activity	
	<p><b>BBQ and/or Picnic Day</b></p> <p>Join the crew to prepare a yummy lunch or chuck a snag on the BBQ! See some of our local nature sights while enjoying a picnic lunch with friends.</p>		<p>\$7</p>	
	<p>Goals to achieve:</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 33%;">             Improve emotional health &amp; wellbeing         </td> <td style="width: 33%;">             Adventure &amp; recreation Experience/exploration         </td> <td style="width: 33%;">             Integrate/participate in the local community         </td> </tr> </table>			 Improve emotional health & wellbeing
 Improve emotional health & wellbeing	 Adventure & recreation Experience/exploration	 Integrate/participate in the local community		

# Tuesday activities

<u>Tuesday</u> Morning – Choose One			✓ chosen activity			
	<p><b>High Tea</b></p> <p>Have fun in the kitchen creating refined delicacies to have a High Tea with peers.</p> <p><b>Goals to achieve:</b></p> <table border="1" data-bbox="448 674 1252 965"> <tr> <td data-bbox="448 674 715 965">  Build independence         </td> <td data-bbox="715 674 986 965">  Improve emotional health &amp; wellbeing         </td> <td data-bbox="986 674 1252 965">  Improve communication skills         </td> </tr> </table>	 Build independence	 Improve emotional health & wellbeing	 Improve communication skills	\$7	
 Build independence	 Improve emotional health & wellbeing	 Improve communication skills				
	<p><b>Coco Dance</b></p> <p>Dance and Sing to all the latest and greatest songs! Express yourself using song and dance as part of this unique workshop!</p> <p><b>Goals to achieve:</b></p> <table border="1" data-bbox="448 1308 1252 1525"> <tr> <td data-bbox="448 1308 715 1525">  Improve physical health &amp; wellbeing         </td> <td data-bbox="715 1308 986 1525">  Sensory Experience/Exploration         </td> <td data-bbox="986 1308 1252 1525">  Improve emotional health &amp; wellbeing         </td> </tr> </table>	 Improve physical health & wellbeing	 Sensory Experience/Exploration	 Improve emotional health & wellbeing	No Cost	
 Improve physical health & wellbeing	 Sensory Experience/Exploration	 Improve emotional health & wellbeing				

# AND

**Tuesday**

**Afternoon – Choose One**

✓  
chosen activity



## Bunnings DIY Workshops

Join the incredible range of fun activities at our Local Bunnings – from woodworking, painting, plants and arts

Goals to achieve:



Explore creative pursuits



Improve fine motor skills



Integrate/participate in the local community

No Cost



## Health & Wellbeing

Explore different ways to improve your Health & Wellbeing through fun activities and experiences

Goals to achieve:



Improve physical health & wellbeing



Improve emotional health & wellbeing






Integrate/participate in the local community









No Cost









OR – choose one All Day activity below

<u>Tuesday</u> All Day Activity			✓ chosen activity
	<b>Catch of the Day!</b> Have fun with peers out in the sunshine fishing at local beaches or lakes then have a relaxing lunch  <b>**Bring or Buy Lunch**</b>		\$5
	 Improve physical health & wellbeing	 Adventure & Recreation Experience/Exploration	




# Wednesday activities

<b>Wednesday</b>			✓ chosen activity
<b>Morning – Choose One</b>			
	<b>Revolutions</b> Jump, climb and bounce!! 2000 square metres of trampoline fun for everyone.		\$10
	<b>Goals to achieve:</b>		
	 Improve physical health & wellbeing	 Integrate/participate in the local community	 Improve emotional health & wellbeing
	<b>Cooking</b> Become more independent in the kitchen. Learn the skills of cutting, slicing, grating, grilling, frying, and baking. Min 3 participants		\$10
	<b>Goals to achieve:</b>		
	 Build independence	 Improve emotional health & wellbeing	 Improve communication skills












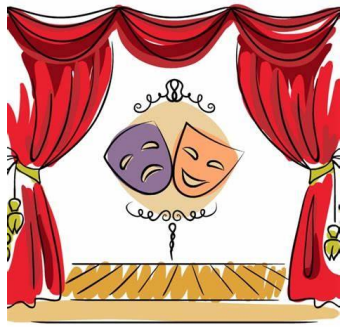









AND

<p><b><u>Wednesday</u></b>  <b>Afternoon – Choose One</b></p>			<p>✓          chosen activity</p>
	<p><b>Sensory</b></p> <p>Members will discover the different sensory skills of look, touch, listen, taste and smell encouraging learning through exploration, curiosity, problem solving and creativity.</p> <p><b>Goals to achieve:</b></p>		<p>No Cost</p>
	 <p>Sensory Experience/Exploration</p>	 <p>Develop social skills &amp; understanding</p>	
	<p><b>Walking Group</b></p> <p>Delight in the local nature while getting fit and active!</p> <p>Chat with friends while enjoying a walk in the fresh air!</p> <p><b>Goals to achieve:</b></p>		<p>No Cost</p>
	 <p>Improve physical health &amp; wellbeing</p>	 <p>Integrate/participate in the local community</p>	

OR – choose one All Day activity below

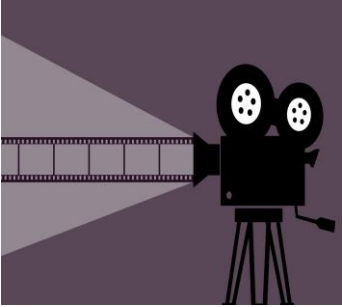





<u>Wednesday</u> All Day Activity			✓ chosen activity
	<p><b>Mystery Tours</b></p> <p>What will it be?</p> <ul style="list-style-type: none"> <li>• Beautiful Sandy Beaches</li> <li>• Bushwalking through forests</li> <li>• Op Shopping Adventure</li> </ul> <p>Who knows! Each week is its own adventure</p> <p><b>**Bring or Buy Lunch**</b></p> <p>Goals to achieve:</p>		No Cost
	 Integrate/Participate in the local community	 Improve physical health & wellbeing	

# Thursday activities




<b>Thursday</b> <b>Morning – Choose One</b>			 chosen activity			
	<p><b>Park Activities (Kite &amp; Games)</b></p> <p>Enjoy the fresh air and sunshine playing games and other fun activities while enjoying nature.</p> <p><b>Goals to achieve:</b></p> <table border="1" style="width: 100%;"> <tr> <td style="text-align: center;">                       Improve emotional health &amp; wellbeing                 </td> <td style="text-align: center;">                       Adventure &amp; recreation Experience/exploration                 </td> <td style="text-align: center;">                       Integrate/participate in the local community                 </td> </tr> </table>	 Improve emotional health & wellbeing	 Adventure & recreation Experience/exploration	 Integrate/participate in the local community	No Cost	
 Improve emotional health & wellbeing	 Adventure & recreation Experience/exploration	 Integrate/participate in the local community				
	<p><b>Coco Drama</b></p> <p>Explore your creative side with this exciting drama program – perform and have fun while expressing yourself</p> <p><b>Goals to achieve:</b></p> <table border="1" style="width: 100%;"> <tr> <td style="text-align: center;">                       Improve physical health &amp; wellbeing                 </td> <td style="text-align: center;">                       Sensory Experience/Exploration                 </td> <td style="text-align: center;">                       Improve emotional health &amp; wellbeing                 </td> </tr> </table>	 Improve physical health & wellbeing	 Sensory Experience/Exploration	 Improve emotional health & wellbeing	No Cost	
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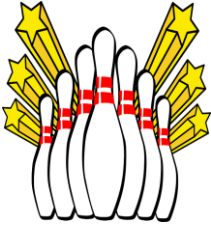







# AND

<b><u>Thursday</u></b> <b>Afternoon – Choose One</b>			✓ chosen activity
	<p><b>Movies</b></p> <p>Chill and relax at the HUB watching the latest and greatest movies</p> <p><b>Goals to achieve:</b></p>		No Cost
	 Develop social skills & understanding	 Improve emotional health & wellbeing	
	<p><b>Café Surfing</b></p> <p>For the lovers of a good Coffee, Tea, Hot Chocolate or Cold Drink! Come along and enjoy your beverage of choice while having a chat with friends!</p> <p>Members will need to bring their own money for their purchases</p> <p><b>Goals to achieve:</b></p>		Own Money
	 Improve physical health & wellbeing	 Integrate/participate in the local community	

OR – choose one All Day activity below

<p><b>Thursday</b> <b>All Day Activity</b></p>			<p>✓ chosen activity</p>
	<p><b>Redcliffe Leagues Club</b></p> <p>Let's get our dancing shoes on and have some lunch in the community. During this activity we will build our money handling skills and develop our confidence in ordering and socializing.</p> <p><b>**Bring or Buy Lunch**</b></p>		<p>Own Money or Own Lunch</p>
	<p>Goals to achieve:</p>		
	 <p>Develop social skills &amp; understanding</p>	 <p>Improve communication skills</p>	

# Friday activities

<b>Friday</b>			✓
<b>Morning – Choose One</b>			chosen activity
	<p><b>Ten Pin Bowling</b>  <b>“Strike” “Spare”</b>            Knock down those pins! Enjoy all the fun of ten pin bowling with friends. Cheer and laugh while improving your score each week!</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">             Improve physical health &amp; wellbeing         </div> <div style="text-align: center;">             Integrate/participate in the local community         </div> <div style="text-align: center;">             Improve emotional health &amp; wellbeing         </div> </div>	\$7	
	<p><b>Coca Art</b>            Express yourself as part of a group and experiment with paints, tie dying and different materials with our very own Monica.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">             Explore creative pursuits         </div> <div style="text-align: center;">             Improve fine motor skills         </div> <div style="text-align: center;">             Sensory Experience/Exploration         </div> </div>	\$7	

AND

**Friday**

**Afternoon – Choose One**

✓  
chosen activity



**Pamper Session**

Enjoy a wonderful afternoon of relaxation and pampering. Hand massage, foot spa, painted nails, hair styles

Goals to achieve:



Improve emotional health & wellbeing



Sensory Experience/Exploration



Improve physical health & wellbeing

No Cost



**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/Fiction and Non-Fiction books.

Goals to achieve:



Develop numeracy and literacy skills



Integrate/participate in the local community



Improve communication skills

No Cost



# 2024 Old Petrie Town Hub Program Dates

Office Opens 2 January 2024

|

Hub closed on public holidays

Program 1		
	Start Date	End Date
<i>Activity Program</i>	Tuesday 2 January	Friday 22 March
<i>Hub Closed</i>	New Year Holiday, Monday 1 January; Australia Day, Friday 26 January	

Program 2		
	Start Date	End Date
<i>Activity Program</i>	Monday 25 March	Friday 14 June
<i>Hub Closed</i>	Good Friday 7 April Easter Monday 10 April Anzac Day Holiday 25 April Labour Day 1 May	

Showcase week 1		
	Start Date	End Date
<i>Showcase Program</i>	Monday 17 June	Friday 21 June

Program 3		
	Start Date	End Date
<i>Activity Program</i>	Monday 24 June	Friday 13 September
<i>Hub Closed</i>	EKKA Show Day, Wednesday 16 August	

Program 4		
	Start Date	End Date
<i>Activity Program</i>	Monday 16 September	Friday 13 December
<i>Hub Closed</i>	Queen's Birthday, Monday 2 October	

Showcase week 2		
	Start Date	End Date
<i>Showcase Program</i>	Monday 16 December	Friday 20 December
<i>Hub Closed</i>	Monday 23 December 2024 – Tuesday 6 January 2024	

