



2024 Pine Rivers Hub
Activity Program 1
Catalogue

2024 Pine Rivers Hub Activity Program 1 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.

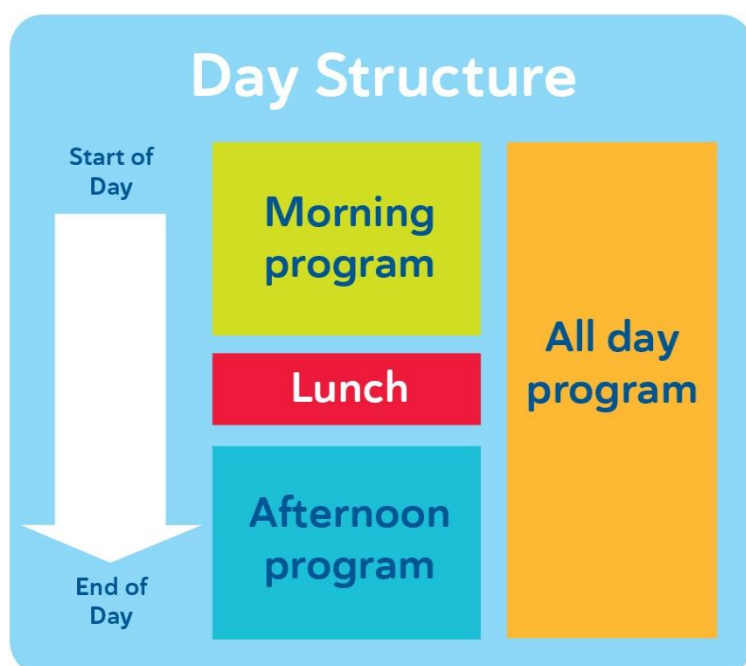
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 **24th 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 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
	Garden visits and flower frame project Members will get to visit different gardens and get to pick flowers of their liking for them to preserve and frame. Flower frames range from \$10 to \$20 depending on size. Members can also create more than one flower frame for the whole term.	\$10- \$20 for the frame	
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3
	Sports morning Members may challenge each other on a 1:1 game of tennis, touch football or have a game between peers. We will book the Bracken Ridge Indoor Sports Centre for \$5 per customer for one hour.	\$5	
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3
	Connecting with friends Members will get the opportunity to visit other Multicap hubs and connect with other customers. They can either spend some time together over tea or join them in their AM activities. This is a good way to socialize and forms relationships with other customers.	No cost	
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3





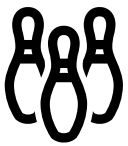





AND

Afternoon – Choose One			 chosen activity
	<p>Jetts gym</p> <p>Improve your fitness by joining Jetts gym at Murrumba Downs. Learn about lifting weights, using equipment, and having fun at the same time with the help of their gym staff.</p> <p>Goals to achieve:</p>	\$8.50	
 Goal #1	 Goal #2	 Goal #3	
<p>Board games, puzzles, and music</p> <p>Enjoy the afternoon with peers by playing board games or puzzles with music on the background. You can also sing and perform your favourite music while your friends are playing games.</p> <p>Goals to achieve:</p>			
	<p>Board games, puzzles, and music</p> <p>Enjoy the afternoon with peers by playing board games or puzzles with music on the background. You can also sing and perform your favourite music while your friends are playing games.</p> <p>Goals to achieve:</p>	No cost	
 Goal #1	 Goal #2	 Goal #3	
<p>Chair exercise class</p> <p>Members will get to perform chair exercises to help burn some calories and strengthen joints. They will get to follow you tube videos with the assistance and guidance of DSWs.</p> <p>Goals to achieve:</p>			
	<p>Chair exercise class</p> <p>Members will get to perform chair exercises to help burn some calories and strengthen joints. They will get to follow you tube videos with the assistance and guidance of DSWs.</p> <p>Goals to achieve:</p>	No cost	
 Goal #1	 Goal #2	 Goal #3	











OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	Newsletter Club Members will get to create a monthly newsletter for the experiences and goals that they have achieved at the hub for this term. These newsletters will be printed and sent home to their families and guardians.		\$10
	Goals to achieve:		
 Goal #1	 Goal #2	 Goal #3	

Tuesday activities













Morning – Choose One			 chosen activity
	Café surfing For the lovers of a good coffee, tea and cake, members will be visiting various cafés in the region for morning tea. **9 spots only so hurry! Goals to achieve:		Own money
	 Goal #1	 Goal #2	
	Ten Pin Bowling Strike, spare and knock those pins down. Members will compete and get to improve scores each week! Strathpine Bowling was booked for the whole term. Goals to achieve:		\$6
	 Goal #1	 Goal #2	
	Let's do Zumba! 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! Goals to achieve:		No cost
	 Goal #1	 Goal #2	

AND






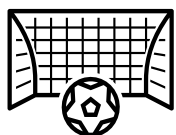



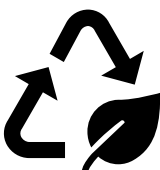



Afternoon – Choose One			 chosen activity
	Sensory Room Experience Sensory therapy aims to improve quality of life by using the senses as a means of communication with individuals who are unable to express their needs or feelings. Experience the sensory room feeling with variety of activities in the afternoon, with calming music on the background. **6 spots available Goals to achieve:		\$5
	 Goal #1	 Goal #2	
	COCA Dance - Creative Movement 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. Goals to achieve:		No cost
	 Goal #1	 Goal #2	
	DIY Program at Bunnings Come and create your own crafts at Bunnings Brendale with the assistance of Laura, our DIY Facilitator in store. You can DIY Bunnings related materials and Bunnings-related activities. **9 spots only Goals to achieve:		No Cost
	 Goal #1	 Goal #2	




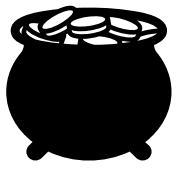


Wednesday activities

Morning – Choose One			✓ chosen activity
	<p>Upbeat Arts choir @ Wavell Heights</p> <p>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.</p> <p>**3 spots available only</p> <p>**Bring or buy lunch after the rehearsal</p> <p>Goals to achieve:</p>	No cost	
	<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>		
	<p>Bookworms</p> <p>Members will visit different libraries across the region, and can borrow and return books, read magazines, and make use of the computers on site.</p> <p>They can also use the books they the borrowed for the Book Club at the hub on a Friday morning.</p> <p>Goals to achieve:</p>	No cost	
	<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>		
	<p>Scrapbooking</p> <p>Get creative with your book with your beautiful photos and other crafts in it! Members will be supported by our amazing support workers in this project.</p> <p>Goals to achieve:</p>	\$5	
	<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>		














AND

Afternoon – Choose One			 chosen activity
	It's Karaoke time! Sing and dance the afternoon away by choosing different songs to sing! Members will get to take turns in choosing songs to sing in each afternoon.		No cost
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3
	Sports afternoon Members may challenge each other on a 1:1 game of cricket, touch football etc. We will book the Bracken Ridge Indoor Sports Centre for \$5 per customer for one hour. Receipts will be provided on the day.		\$5
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3
	COCA Eco- Art This will be facilitated by Alexandra and members can bring their recycled resources from home or from the community for their Eco-art projects for 12 weeks. \$5 will be collected for the purchase of paints and cardboard when needed.		\$5
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3

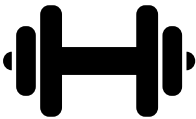











OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	COCA Pottery/ Ceramics Get yourself into molding different designer pots, mugs and other designs 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		\$15
	Goals to achieve:		
	 Goal #1	 Goal #2	


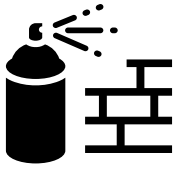


Thursday activities

Morning – Choose One			 chosen activity
	Soft stretching exercises Increase your flexibility and range of motion by doing some soft stretching exercises with your peers. Please don't forget to bring your comfortable clothes and shoes, water bottle and small towel.		No cost
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3
	Cooking masters Members will get to experience cooking healthy lunch options with their peers. They can also learn basics from washing, cutting of ingredients, and preparation.		\$10
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3
	Jewelry making Members will get to create their own jewelry every week using colourful beads. This also improves their fine motos skills and a form of sensory experience for them too.		\$5
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3










AND

Afternoon – Choose One			✓ chosen activity
	Jetts gym Improve your fitness by joining Jetts gym at Murrumba Downs. Learn about lifting weights, using equipment, and having fun with the help of the gym staff.		\$8.50
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3
	Revolution Sports Park Get active and adventurous by exploring the multiple activities under one roof! From rock climbing to trampoline, rest assured that it will be all fun!		\$10
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3
	COCA Drama Express your innate talent in drama with the support and guidance of our amazing COCA Facilitator Alex. You will get to learn how to read, and act based on the scripts. You'll get to create a drama play with your peers towards the end of the term.		No cost
	Goals to achieve:		
	 Goal #1	 Goal #2	 Goal #3


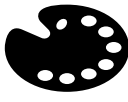


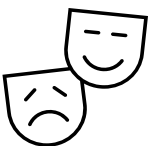


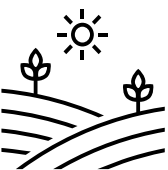


OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<h3>Crafting & Picnic @ the hub</h3> <p>Members will be doing craft project each week while they are having a picnic in the garden.</p> <p>Members can either buy or bring lunch and snacks for the picnic.</p> <p>**Bring or buy lunch**</p> <p>Goals to achieve:</p>		\$5 for craft materials
	 Goal #1	 Goal #2	


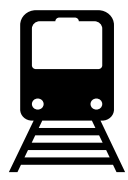



Friday activities

Morning – Choose One			✓ chosen activity
	Garden Art Members will get to create different pieces of art for our garden at the hub. We will only charge \$5 per customer if we need new materials from Bunnings. It won't be an ongoing weekly charge.		\$5 for art materials
	Goals to achieve:  Goal #1	 Goal #2	
	Indoor Putt Putt For summer, members will get to enjoy indoor mini golf more instead of the outdoor. There is an indoor mini golf in Redcliffe- UnderSea Putt and Play. We can book online or walk in. If the weather is not hot, members can go to Deception Bay mini golf.		\$7 – Deception Bay \$20- Redcliffe
	Goals to achieve:  Goal #1	 Goal #2	
	Book Club Members will get to share and read (with assistance) their favourite book (one per week) from home or library with their peers and share what lessons they learn in each of them. This also boosts their confidence in reading and talking in front of other people.		No cost
	Goals to achieve:  Goal #1	 Goal #2	

AND

Afternoon – Choose One			 chosen activity
	COCA ART with Monica Express yourself as part of a group and experiment with paints, tie dying and different artwork with our talented COCA Art Facilitator Monica. **9 spots available Goals to achieve:		\$7
	 Goal #1	 Goal #2	
	Movie appreciation 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
	 Goal #1	 Goal #2	
	Outdoor fun Members will choose which activity they would prefer for the afternoon, depending on the weather. From doing outdoor games at the hub to exploring parks and wetlands. Goals to achieve:		No cost
	 Goal #1	 Goal #2	

OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	<h3>Travel training and Bowling</h3> <p>Members will learn how to read a timetable. They will learn how to use a Go Card and how to put money onto the go card. They will enjoy the pleasure of a train ride or bus to the city followed by bowling and lunch at Queen Street Mall.</p> <p>**Bring or buy lunch**</p> <p>Goals to achieve:</p>		Own money
	 Goal #1	 Goal #2	
	 Goal #3		

2024 Pine Rivers HUB Program Dates

Office Opens 2 January 2024

Hub closed on public holidays

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

Program 2		
	Start Date	End Date
Activity Program	Monday 25 March	Friday 14 June
Hub Closed	Good Friday 29 th March Easter Monday 1 st April Anzac Day 25 th April Labour Day 6 th May	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 17 June	Friday 21 June

Program 3		
	Start Date	End Date
Activity Program	Monday 24 June	Friday 13 September
Hub Closed	EKKA Show Day, Monday 12 th August	

Program 4		
	Start Date	End Date
Activity Program	Monday 16 September	Friday 6 December
Hub Closed	King's Birthday, Monday 7 th October	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 9 December	Friday 13 December
Hub Closed	Monday 16 December 2024 – Thursday 2 January 2025	

