



## 2024 Old Petrie Town Hub Activity Program 3 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.

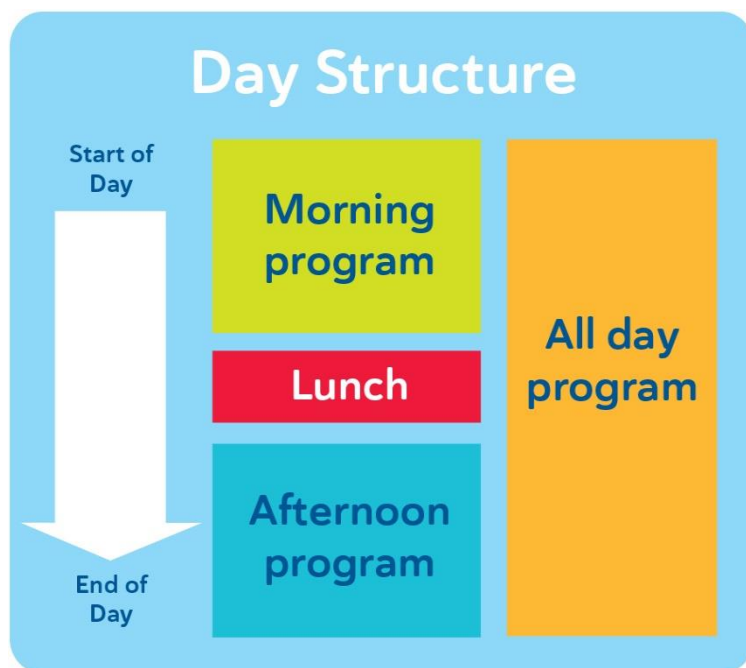
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

## 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 Friday 7 June 2024.
- Program allocation is based on first-come, first-served. Please 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 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 three (3) core goals can be shown even though some activities may support you to achieve more than three (3) goals. Those identified are the core goals that the activity supports.

If you are unsure of what goal an icon relates to, please refer to the below list:

Icon	Goal
	Improve physical health and wellbeing
	Improve emotional health and wellbeing
	Develop social skills and understanding
	Build independence
	Improve fine motor skills
	Explore creative pursuits
	Sensory experience/exploration
	Adventure and recreation experience/exploration
	Improve communication skills
	Integrate/participate in the local community
	Develop skills to support future employment
	Develop advocacy skills and understanding
	Develop numeracy and literacy skills

# Monday activities

Morning – Choose one (1)



Chosen activity



## COCO Dance – Creative Movement

Join us with the COCA Dance facilitator who will guide you once a week during the program to be more confident in expressing yourself with fun and funky dance moves.

Goals to achieve:



Goal #1



Goal #2



Goal #3

No cost



## Café surfing

Visit different coffee shops around the Moreton Bay area for a relaxing coffee, tea or hot chocolate and an interesting chat with friends.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Own money



AND

## Afternoon – Choose one (1)



Chosen  
activity



### Walking group

Experience local walking tracks and parks with friends while breathing fresh air and listening to relaxing wildlife all while increasing your fitness!

#### Goals to achieve:



Goal #1



Goal #2



Goal #3

No  
cost



### “I Love a Sunburnt Country” – Explore Australia

Learn more about the wonders of Australia – Towns and landmarks, animals and famous Aussies!

#### Goals to achieve:



Goal #1



Goal #2



Goal #3

No  
cost

## Tuesday activities

Morning – Choose one (1)



Chosen  
activity



### COCA Art with Monica

Express yourself as part of a fun group and experiment with paint, tie dying and different artwork mediums with our talented COCA Art facilitator – Monica.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$7



### Hit the gym

Head to a local gym to work out and push your limits while improving you physical and mental health.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$9

AND

Afternoon – Choose one (1)



Chosen  
activity



**Scrapbooking**

Let the memories flow and record them in your very own scrapbook! Staff will help you cut and stick to create your very own masterpiece.

**Goals to achieve:**



Goal #1



Goal #2



Goal #3

\$5



**Bunnings DIY classes**

What will we make this week? Join the fantastic Bunnings crew to create DIY masterpieces. Paint, drill, plant, cut, glue – the list is endless.

**Goals to achieve:**



Goal #1







Goal #2



Goal #3

No cost

OR – choose one all day activity below:

All Day – Choose one (1)			✓	Chosen activity
	<b>BBQ day in the park</b> Throw another snag on the barbie! Have a fund day out while you enjoy exploring the wonderful parks and nature in our community. Help to purchase, prepare and cook a scrumptious lunch.		\$7	
	<b>Goals to achieve:</b> <div><div> Goal #1</div><div> Goal #2</div><div> Goal #3</div></div>			



## Wednesday activities

Morning – Choose one (1)



Chosen  
activity



### ASDAN cooking

ASDAN is a charity with a vision to see the talents and abilities of people in greatest need held in high esteem. Its goal is to engage people in relevant theme to achieve and progress to further education, training, and work, and empower you to take control of your lives.

Learn skills to become a chef in your own kitchen!  
Prepare, Cook and Plate your culinary creations.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$12fFor  
new  
customers  
**OR**  
\$10 for  
customers  
who have  
completed  
ASDAN  
programs



### Putt Putt Mini Golf

Improve your balance and hand-eye coordination while having fun with friends in the sunshine. Play a round of golf at Putt Putt.

Goals to achieve:



Goal #1











Goal #2







Goal #3

\$9

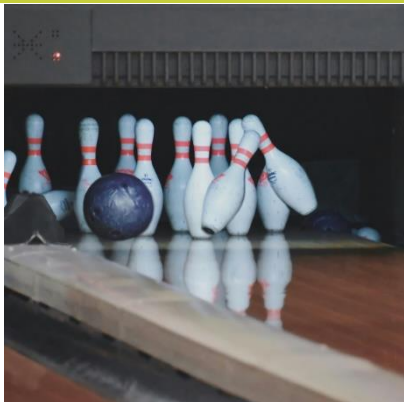







## AND

Afternoon – Choose one (1)				✓ Chosen activity
	<b>Movie masterpieces</b> End the week with a relaxing afternoon of movies and chilling at the Hub – Each week the group will pick a movie to watch and discuss.			No cost
	<b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> </div>			
	<b>Animal shelter</b> Enjoy the experience of spending time with animals at our local shelters. Visit and spend time playing, cuddling and talking to some furry friends.			No cost
	<b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> </div>			









## OR – choose one all day activity below:

All Day – Choose one (1)				✓ Chosen activity
	<b>Mystery tours</b> Will it be a beach walk? Will it be a day in the park? Maybe a museum or gallery? Who knows – come and join the fun and adventure!			Bring or buy lunch
	<b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> </div>			





# Thursday activities

Morning – Choose one (1)			✓ Chosen activity
	<b>Ten pin bowling</b> Strike or spare! How many pins can you knock down? Cheer on your friends while having fun bowling with the crew.	\$8	
	<b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> </div>		
	<b>Crafty creations</b> Explore different crafting activities, make beautiful cards and collage work or paint and draw using fabulous colours! Sewing and knitting or pom poms and frames – the list is endless.	\$5	
	<b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> </div>		

AND

Afternoon – Choose one (1)				✓ Chosen activity
	<b>Bookworms</b> Visit the amazing local libraries in our community – Read a book or a magazine. Surf the web for interesting news and information.		No cost	
	<b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> </div>			
	<b>Line dancing</b> Grab your partner! Join the fun with Line dancing. Learn all the moves and enjoy the music and laughs.		No cost	
	<b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> </div>			

OR – choose one all day activity below:

All Day – Choose one (1)				✓ Chosen activity
	<b>Sailing and lunch by the sea</b> Enjoy a day on the ocean sailing the sea with the breeze in your hair then relax by the water for lunch. Please bring a hat and water bottle with you.		Bring or buy lunch	
	<b>Goals to achieve:</b> <div> <div>            Goal #1         </div> <div>            Goal #2         </div> <div>            Goal #3         </div> </div>			

## Friday activities

### Morning – Choose one (1)



Chosen  
activity



#### Health and wellbeing

Take some “me time”. Enjoy a morning of pamper or relaxation. Have chat with friends or a walk to stretch your legs.

#### Goals to achieve:



Goal #1



Goal #2



Goal #3

No cost

AND

### Afternoon – Choose one (1)



Chosen  
activity



#### Crafty creations

Explore different crafting activities, make beautiful cards and collage work or paint and draw using fabulous colours. Sewing and knitting or pom poms and frames – the list is endless.

#### Goals to achieve:



Goal #1



Goal #2







Goal #3

\$5



OR – choose one all day activity below:

All Day – Choose one (1)				✓ Chosen activity
	<b>Redcliffe Dolphins Leagues Club</b> Come and be part of the fun at the home of the NRL Redcliffe Dolphins! Enjoy live music to listen and dance to and a yummy lunch at the inhouse bistro or bring your own.			Bring or buy lunch
	Goals to achieve:			
	 Goal #1	 Goal #2	 Goal #3	

# 2024 Old Petrie Town Hub program dates

Hub closed on public holidays.

Program 3		
	Start Date	End Date
Activity Program	Monday 24 June	Friday 13 September
Hub Closed	EKKA Show Day, Wednesday 14 August	

Program 4		
	Start Date	End Date
Activity Program	Monday 16 September	Friday 13 December
Hub Closed	King's Birthday, Monday 7 October	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 16 December	Friday 20 December
Hub Closed	Monday 23 December 2024 – Monday 6 January 2024	