



2024 Pine Rivers Hub Activity Program 3 Catalogue

2024 Pine Rivers Hub Activity Program 3 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.

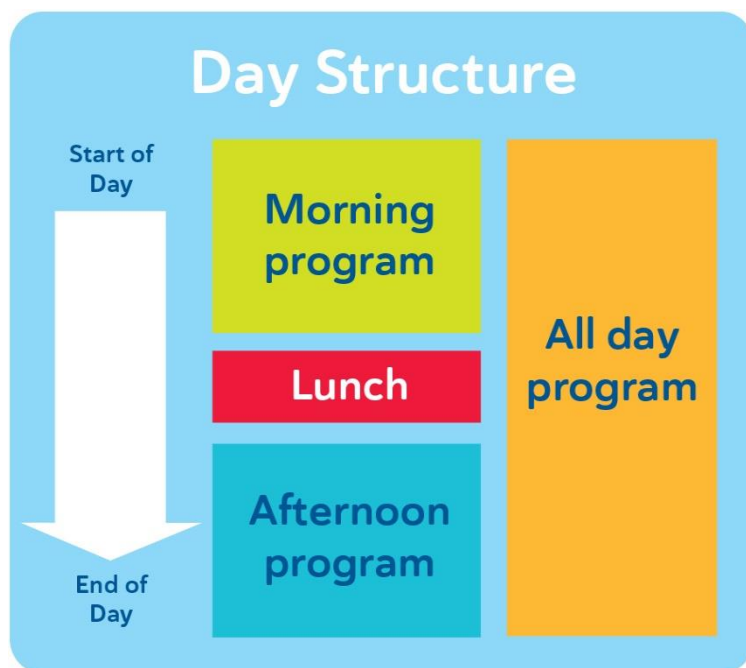
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 (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 send via email to faalele.vaiotu@multicap.org.au or sheryl.figuerras@multicap.org.au by 31 May 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 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 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
	Lawn bowls Improve your fitness and coordination by playing lawn bowls. Customers are booked at Club Pine Rivers every Monday at 10:30am (except for the 1 st Monday of the month due to a tournament). Goals to achieve:	No cost	
	<div>  </div> Goal #1	<div>  </div> Goal #2	<div>  </div> Goal #3
	Beach walks Explore different beaches within the region and enjoy the company of your peers under the sun. Do not forget to bring your hat, comfortable clothing and water bottle. Goals to achieve:	No cost	
	<div>  </div> Goal #1	<div>  </div> Goal #2	<div>  </div> Goal #3
	Op shopping Customers will have the opportunity to visit different op shops within the region with their peers and find some goodies for reasonable prices. This also gives them the chance to budget their money for the day – spend or save it for the next visit. Goals to achieve:	\$5	
	<div>  </div> Goal #1	<div>  </div> Goal #2	<div>  </div> Goal #3













AND

Afternoon – Choose one (1)					Chosen activity
	<h3>COCA Dance – Creative movement</h3> <p>Alex, our COCA Dance Facilitator will guide you once a week for 12-weeks to be more confident in expressing yourself with choreography for your own dance moves.</p> <p>Goals to achieve:</p> <div><div></div><div>Goal #1</div></div> <div><div></div><div>Goal #2</div></div> <div><div></div><div>Goal #3</div></div>	No cost			
	<h3>Sports afternoon</h3> <p>Customers may challenge each other on a 1:1 game of cricket, football or have a game between peers. We will book the Bracken Ridge Indoor Sports Centre for \$5 per customer for one hour.</p> <p>Goals to achieve:</p> <div><div></div><div>Goal #1</div></div> <div><div></div><div>Goal #2</div></div> <div><div></div><div>Goal #3</div></div>	\$5			
	<h3>Pool</h3> <p>Master the stroke, make the shot and have fun at various clubs/taverns within the region. Customers are encouraged to bring cash for this activity as some places use coins for this game.</p> <p>Goals to achieve:</p> <div><div></div><div>Goal #1</div></div> <div><div></div><div>Goal #2</div></div> <div><div></div><div>Goal #3</div></div>	From \$6 (cash)			

OR – choose one all day activity below:

All day – Choose one (1)			✓	Chosen activity
	Woonara newsletter club Customers will get to create a quarterly newsletter for the experiences and goals that they have achieved at the Hub for this term. This newsletter will be sent via email, printed and sent home to our customers' families and guardians.		No cost	
	Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div>			

Tuesday activities

Morning – Choose one (1)			✓ Chosen activity
	Gardening Customers will get to plant a variety of vegetables in our garden beds and beautify the Hub garden with flowery plants. We will only charge when we need to buy resources/plants for the activity.	\$10	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		
	Cooking masters Become more independent in the kitchen. Learn the skills of cutting, slicing, grating, and cooking meals of your choice. Customers to choose as a group on what meal to cook for the day. **6 spots available**	\$10	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		
	Zumba at Woonara Dance away your worries and calories with high energy music and unique dance moves. Customers will do some Zumba dance moves via YouTube with the support and assistance of our Hub DSWs.	No cost	
	Goals to achieve: <div>  Goal #1  Goal #2  Goal #3 </div>		

AND

Afternoon – Choose one (1)



Chosen
activity



COCA Art

Express yourself as part of a group and experiment with paints, tie dying and different artwork with our talented COCA Art Facilitator Monica.

****6 spots available ****

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$7



DIY Bunnings

Come and create your own art and craft at Bunnings Brendale with the assistance of their Facilitator. You can DIY Bunnings related materials for the day and take them home with you.

Goals to achieve:



Goal #1

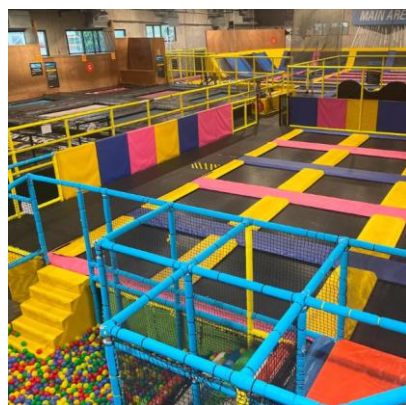


Goal #2



Goal #3

No
cost



Revolution Sports

Get active and adventurous by exploring the multiple activities under one roof. From trampolines, foam pits and running walls, you will surely have fun with your friends.

****1 hour session for \$10****

****Please bring your companion card ****

Goals to achieve:



Goal #1



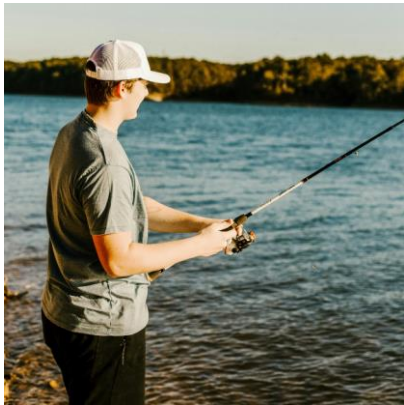


Goal #2
















Goal #3

\$10

OR – choose one all day activity below:

All day – Choose one (1)			✓ Chosen activity
	Fishing and lunch out Learn how to bait and have fun catching fish from the sea. We will choose a different location each week, followed by lunch and a walk in the beach. When the weather does not permit, we will visit the library and watch movies at the Hub. **Bring or buy lunch**		\$10 for your lunch or BYO lunch
	 Goal #1	 Goal #2	

Wednesday activities

Morning – Choose one (1)			✓ Chosen activity
	Putt putt/mini golf <p>Improve your balance and hand-eye coordination while having fun in the sun. Play a round of golf or practice your long shots in the driving range each week. This can be indoor or outdoor putt putt.</p> <p>Goals to achieve:</p> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> <div>  <p>Goal #3</p> </div> </div>	\$7 to \$9	
	ASDAN relationships <p>ASDAN is a personal development opportunity with a vision to see the talents and abilities of people.</p> <p>The relationships program is design to empower customers with tools to confidently communicate their needs and learn about self- awareness and boundaries through interactive and group lessons and individual exercises.</p> <p>The initial starting out book is \$15 (this is only paid once) The cost of the workbooks for each module is \$10 and is a one off payment over the course of 12 weeks. First time ASDAN user cost a9pprox. \$2 per week.</p> <p>Goals to achieve:</p> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> <div>  <p>Goal #3</p> </div> </div>	\$2 per week	
	Personal training with Som <p>Personal Trainer (Sunny) will be attending Woonara House to do circuit workouts with customers to assist in reaching their goals in healthy living and wellbeing. Customers are requested to bring a towel, joggers, appropriate clothing for the session and deodorant.</p> <p>Goals to achieve:</p> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> <div>  <p>Goal #3</p> </div> </div>	\$11	

AND

Afternoon – Choose one (1)



Chosen
activity



Karaoke and board games

Sing and dance the afternoon away by choosing different songs to sing! Customers will get to take turns in choosing songs to sing in each afternoon.

Goals to achieve:



Goal #1



Goal #2



Goal #3

No
cost



Park life

Explore different parks in the region and do some exercise during the winter season (weather permitted). You can also have a morning tea picnic with your peers under the sun.

Goals to achieve:



Goal #1



Goal #2



Goal #3

No
cost



Jetts gym

Improve your fitness by joining us at Jetts gym at Murrumba Downs for lifting weights, using equipment, and having fun with the help of the gym staff.

Goals to achieve:



Goal #1
















Goal #2






Goal #3

\$8

OR – choose one all day activity below:

All day – Choose one (1)		 Chosen activity	
	COCA pottery and mosaic Enjoy moulding 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. We only charge when we buy resources for the activity. **6 spots available** Goals to achieve:	\$15	
	<div> Goal #1 </div> <div> Goal #2 </div> <div> Goal #3 </div>		
	Bingo Enjoy playing bingo at Dolphins Bingo with your peers. Bring your own money for each game. **BYO or buy lunch** Goals to achieve:	Starting from \$7	
	<div> Goal #1 </div> <div> Goal #2 </div> <div> Goal #3 </div>		
	Upbeat Choir 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 will assist with your registration online. Rehearsal is from 9am to 1pm. Members can have the opportunity to have lunch with the other members, then go for a walk in the afternoon. **3 spots available only - first come, best dressed** **Bring or buy lunch after the rehearsal** Goals to achieve:	No cost	
	<div> Goal #1 </div> <div> Goal #2 </div> <div> Goal #3 </div>		

Thursday activities

Morning – Choose one (1)			✓ Chosen activity
	Croquet sport Croquet is back now for winter! Experience fun playing croquet with your peers at Pine Rivers Croquet Club. \$10 per customer and cash is a preferred payment. Goals to achieve:	\$10	
	<div>Goal #1</div> <div>Goal #2</div> <div>Goal #3</div>		
	Jewelry making Enhance your skills in creating jewelleries for yourself or your friends and family. We will only charge if we need to buy resources for the activity. Goals to achieve:	\$5	
	<div>Goal #1</div> <div>Goal #2</div> <div>Goal #3</div>		
	Bush walking Explore different reserves and tracks now that the weather is getting colder. Customers must wear appropriate clothing for the day, bring water bottle and hat. Goals to achieve:	No cost	
	<div>Goal #1</div> <div>Goal #2</div> <div>Goal #3</div>		

AND

Afternoon – Choose one (1)



Chosen
activity



COCA drama

Express your innate talent in drama with the support and guidance of our 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.

Goals to achieve:



Goal #1



Goal #2



Goal #3

No
cost



Everything sensory

Let us explore anything sensory. This includes playing with slime, playdough, water play and other activities. These activities help develop fine motor skills, enhancing memory and observational skills. We will only charge if we need to buy materials needed for the activity.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$5



Indoor sports at Bracken Ridge

Customers may challenge each other to a 1:1 game of cricket, 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:



Goal #1







Goal #2



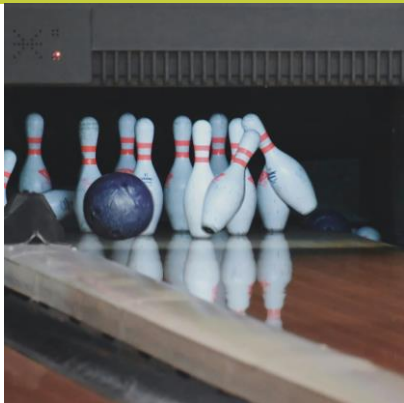











Goal #3

\$5

OR – choose one all day activity below:

All Day – Choose one (1)				✓ Chosen activity
	Sailing and lunch out Enjoy the scenery at the peninsula and learn the skills of sailing with the help of the volunteers at Scarborough Sailing Club. You can BYO lunch or buy fish and chips for lunch. **Bring or buy lunch**			BYO or buy lunch
	Goals to achieve:			
 Goal #1	 Goal #2	 Goal #3		

Friday activities

Morning – Choose one (1)			✓ Chosen activity
	Bowling Strike, spare and knock those pins down. Customers will compete and get to improve scores each week! Strathpine Bowling was booked for the whole term. Goals to achieve:	\$6	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Outdoor adventure Discover old and new places in the region from parks, reserves, and bush walk places. Locate and learn about flora and fauna. Share your experience with your friends. Goals to achieve:	No cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Bookworms Customers will visit different libraries across the region, and can borrow and return books, read magazines, and make use of the computers on site. You can also create your own book club and share stories about the books that you borrowed from the library. Goals to achieve:	No cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		

AND

Afternoon – Choose one (1)



Chosen
activity



COCA art and textile

Express yourself as part of a group and experiment with paints, tie dying, cushion making and different artwork with our talented COCA Art Facilitator Monica.

****6 spots available****

Goals to achieve:



Goal #1

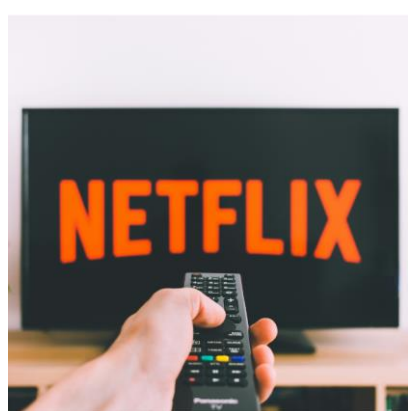


Goal #2



Goal #3

\$7



Movies and popcorn

Customers will choose as a group each week for a movie from Netflix and have a discussion around the movie itself. You may also have a serve of popcorn while watching.

Goals to achieve:



Goal #1



Goal #2



Goal #3

No
cost



Revolution Sports

Get active and adventurous by exploring the multiple activities under one roof. From trampolines, foam pits and running walls, you will surely have fun with your friends.

****1 hour session for \$10****

****Please bring your companion card ****

Goals to achieve:



Goal #1








Goal #2



Goal #3

\$10

OR – choose one all day activity below:

All Day – Choose one (1)				 Chosen activity
	Dolphins RSL Dance to live music from Fortunato while having lunch at Dolphins Leagues Club with your friends. You can bring your own money for lunch, or we can also use the Hub card and invoice you. **9 spots available only **		BYO money for lunch	
	Goals to achieve:			
 Goal #1	 Goal #2	 Goal #3		

2024 Pine Rivers 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	