

# WEEKENDS

@ MULTICAP

Departing Melbourne Hub
Term 1, 2025







# Welcome to Weekends at Multicap. Your very own social experience network.

Life is to be lived and enjoyed, and Weekends at Multicap is about encouraging people with disability to live their best possible life. Our program of social experiences offers something for everyone. Each month we offer a program of activities for you to gain new experiences and get the most out of life.

We also include the services of our experienced Support Workers, who are not only there to support you with getting the most out of your experience, but to make sure you enjoy every moment. We'll take care of all the tricky stuff, so you can focus on the fun!

# **OUR EVENTS**











Indoor Activity











# Bookings and Cancellation Policy

# **BEFORE YOU BOOK**

To attend an event, we first need to register you as a Multicap customer. We will have a meeting with you to introduce ourselves and the program, where you can tell us your interests, and complete the paperwork needed to register as a Multicap customer. We can then discuss your support needs for your chosen event/s and will start organising this for you.

## **HOW TO BOOK**

Bookings for all experiences are required in advance and close two weeks before the event date. If you were unable to book in advance and want to attend an event, please contact us on 1300 135 886 as soon as possible. Please use the link supplied in the email or complete the attached booking form and return via email to experience.melbourne@multicap.org.au or call us on 1300 135 886.

## **CANCELLATION POLICY**

Notice periods apply as per service agreement.

Non-attendances will incur a 100% loss of ticket prices.

Cancellations will be accepted as set out in our service agreement.

For all out-of-hours contact or emergencies, including on-the-day-cancellations, please contact **1300 135 886**. This is an emergency on-call service. You will need to provide your full name, contact details, event and the nature of the call.



WEEK	SATURDAYS			SUNDAYS	
		25/1		26/1	
			%1		
1	Arthurs Seat Time: 09:00-15:30 Cost: \$48 + Transport *Lunch included Experience a scenic flight on the Arthurs Seat Eagle with a view from the highest point on the Mornington Peninsula. Step inside an aerial gondola and be taken on a journey within a natural setting with views of the Melbourne skyline.	Williamstown Time: 09:30-16:00 Cost: \$35 + Transport *Lunch included Nothing sums up an Australian summer like Fish and Chips in one of the most beautiful beachside places in Melbourne. If you grab your lunch, then head down the road you can sit at one of the many picnic tables and watch the ships coming in and out of the bay than while you are there grab yourself a refreshing ice-cream.	Rocky Creek Strawberry Farm Time: 09:30-16:00 Cost: \$40 + Transport *Lunch & 500g strawberries & Ice-cream included Indulge in a strawberry experience at the home of Australias largest strawberry farm producer where you can pick strawberries, raspberries and cherrsies.  Spoil yourself with some freshly made ice-cream then lunch in the local area.	Australia Day	Australia Day
	1/2			2/2	
2	Lilydale Lake Time: 09:30-16:00 Cost: \$20 + Transport *Lunch included Visit the beautiful Lilydale Lake for some fun in the sun. Bring some sport equipment along, or just take a stroll around the scenic lake, watch the birds and enjoy a picnic with the sounds of nature surrounding you.	Mini Golf Time: 10:00-16:30 Cost: \$35 + Transport *Lunch included Get together with friends for a day of fun and competition, as you challenge each other for 10-pin glory, over 2 games of bowling at Zone Bowling.	Evening @MC Time: 15:00-20:30 Cost: \$40 + Transport *Dinner included Let loose on a Saturday night as you join your friends for an evening of fun, food, and games at Multicap Melbourne. The evening will begin with a movie at one of the local cinemas before heading out for a lovely dinner at a nearby	Sorrento Ferry Time: 09:00-16:30 Cost: \$55 + Transport *Lunch included Travel down to the Sorrento pier and then hit the high seas on the Searoad Ferry to beautiful Queenscliff where you can grab some lunch and explore before heading back to Melbourne.	Pamper Day Time: 09:30-15:30 Cost: \$55 + Transport *Lunch included Do you prefer a manicure or a pedicure? Take your pick. You will head to the local nail salon to enjoy a pamper session and before heading out to grab some lunch.
			restaurant, and then settling back in at the hub for a movie on the big screen, some video games, Lego building, or any other fun activity you could think of.	Please note this is a longer day due to timetabling and distance.	
	8/2			9/2	
	Honk ACMI Time: 09:00-15:30 Cost: \$25 + Bring your Myki *Lunch included	Grazeland Time: 09:30-16:00 Cost: \$35 + Transport *Lunch included	Bounce Time: 10:00-16:30 Cost: \$45 + Transport *Lunch included	Sky High Time: 09:00-15:30 Cost: \$25 + Transport *Lunch included	Glow golf Docklands Time: 09:30-16:00 Cost: \$40 + Transport *Lunch included
3	Honk: Untitled Goose exhibition. House House the video game developers bring an interactive display to ACMI.  Its all hands on so you can immerse yourself in the entire	Be inspired by over 100 food trucks at Melbourne's largest and most exciting food truck park.  Enjoy lunch from one of the many cuisings on offer.	A perfect way to jump away your troubles as you bounce along the many trampolines at Bounce in Blackburn.  You can try the basic tramps, slam dunk on the bouncing.	Nothing like a view from the top! The group will drive up to the beautiful Dandenong Ranges, and take in the spectacular sights from Sky High, at the summit of Mt Dandenong Once there they	Start you day with an early lunch choosing from one of the many eateries in the Docklands area. Then head to Glow Golf is one of the best mini-Golf experiences

slam dunk on the bouncing

basketball court, or try the

sky-high obstacle course. The

only limit is exhaustion!



immerse yourself in the entire

exhibition.

the many cuisines on offer

before exploring the nearby

community.

Dandenong. Once there they

can also enjoy the gardens,

or one of the lovely walks in

the area. The participants can

choose to grab lunch from one

of the many local bakeries, or

even bring a picnic or BBQ to

eat at Sky High.

to enjoy,

Located in the Docklands

district of Melbourne it's a

breeze to get to. Tee of in

air-conditioned comfort all

year round.

WEEK SATURDAYS SUNDAYS
15/2 16/2

#### Williamstown

Time: 09:30-16:00 Cost: \$20 + Transport \*Lunch included

Is there anything that sums up an Australian weekend more than fish and chips on the beach? Head to a beautiful Melbourne beach to enjoy the sand and the noise of the waves whilst devouring delicious food.

4

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6



#### **Airplane Viewing**

Time: 10:00-16:00 Cost: \$20 + Transport \*Lunch included

A great day for those with an interest in planes, this activity will take you to the Airport Viewing spot located near the Melbourne airport! Guess when the next plane is going to take off and when the next will land right above your heads! There are even food trucks there to grab a delicious lunch.



#### **Evening @MC**

Time: 15:00-20:30 Cost: \$35 + Transport \*Dinner included

Let loose on a Saturday night as you join your friends for an evening of fun, food, and games at Multicap Melbourne.

The evening will begin with a couple of games of 10-pin bowling at Forest Hill, before heading back in at the hub dinner and fun with friends.



#### **Sculpture Park**

Time: 09:00-15:30 Cost: \$25 + Transport \*Lunch included

Embrace your artistic side whilst also enjoying nature as you stroll around the award-winning Sculpture Park Take in the wonderful, and sometimes wacky, creations set in a beautiful park.



#### Yarra Cruise

Time: 09:00-16:00 Cost: \$55 + Transport \*Lunch included

Today's adventure sees you voyaging down the Yarra River on a sight-seeing cruise. Either head downriver through the Docklands and port or upriver past the gardens and sporting arenas.

22/2 23/2



#### **Dining on Lygon St**

Time: 09:00-15:30 Cost: \$55 + Transport \*Lunch + gelato included

What of the most iconic Streets in Melbourne to bring an amazing lunch experience and the most mouth-watering gelato to follow.

Avoid the hassle of searching restaurant after restaurant we will book you a table so all you need to do is select from the extensive menu enjoy and follow it up with world famous gelato.



#### Mini Golf

Time: 09:30-16:00 Cost: \$35 + Transport \*Lunch included

Get together with friends for a day of fun and competition, as you challenge each other for 10-pin glory, over 2 games of bowling at Zone Bowling.



#### Night Market

Time: 15:30-22:00 Cost: \$40 + Transport \*Dinner included

Everybody's favourite summer night market is on again at Queen Victoria Market.

Soak up the atmosphere on a warm summer evening.

Grab dinner and dessert choosing from a huge array of cultures. What's your preference or perhaps try something new.



#### Warrandyte

Time: 09:00-15:30 Cost: \$20 + Transport \*Lunch included

Head into this quiet and beautiful township, nestled away on the edges of the Yarra River, to spend a day in nature as you walk along the river, check out the amazing parks, or just enjoy a quiet lunch in one of the many wonderful cafes.



#### **Antipodes festival**

Time: 09:30-16:00
Cost: \$20 + Bring your Myki
\*Lunch included

Get ready for a festival of Greek culture, music food and dance in the Lonsdale Street

This is a festival not to be missed in Melbourne.

Catch the train in as a group to avoid the hassle of parking and make the most of being fully immersed in Greek culture for the day.

1/3 2/3



#### City Day

Time: 09:30-16:00 Cost: \$20 + Transport \*Lunch included

Hop onto a train and head into one of the most vibrant and exciting cities in the world - our very own Melbourne!

The group can check out any number of sites - Queen Vic Market, Fed Square, NGV, etc and sample from the multitude of amazing food options.



#### Movies

Time: 10:00-16:30 Cost: \$35 + Transport \*Lunch included

A great day to gather with friends and watch one of the latest blockbusters the big screen has to offer. Start with an early lunch decide as a group the movie and have a great day with friends.



#### **Evening @MC**

Time: 15:00-20:30 Cost: \$20 + Transport \*Dinner included

Let loose on a Saturday night as you join your friends for an evening of fun, food, and games at Multicap Melbourne

The evening will begin with a series of games at our Hub - this could include boardgames, video games, pool, or even sporting activities.

Following this would be dinner (either at a restaurant or the Hub), followed by a movie on the big screen.



# Zone Bowling Time: 09:00-15:30

Cost: \$35 + Transport
\*Lunch included

Get together with friends for a day of fun and competition, as you challenge each other for 10-pin glory, over 2 games of bowling at Zone Bowling.



#### Yum Cha

Time: 09:30-16:00 Cost: \$45 + Transport \*Lunch included

Watch the carts come straight to your table and choose the dishes you would like to eat, maybe your favourites or something new.

Choose dishes as a group so you can try a little bit of everything.



**WEEK SATURDAYS** SUNDAYS 9/3 8/3 **Port Phillip Festival** Eureka Sky Deck Williamstown Melbourne Museum Grazeland Time: 09:00-15:30 Time: 09:30-16:00 Time: 10:00-16:30 Time: 09:30-16:00 Time: 09:30-16:00 Cost: \$35 + Transport Cost: \$30 + Transport Cost: \$50 + Transport Cost: \$35 + Transport Cost: \$35 + Transport \*Lunch included \*Lunch included \*Lunch included \*Lunch included \*Lunch included A Street Festival celebrating It's the time of year when we Ascend the highest viewing Nothing sums up an Be inspired by over 100 food 7 seafood and Jazz music. appreciate indoor activities point in Victoria and gaze over Australian summer like Fish trucks at Melbourne's largest with air-conditioning. the landscape of Melbourne and Chips in one of the most and most exciting food truck Live music on the main stage, as you enjoy a day visiting the beautiful beachside places in park street food vendors, roaming Melbourne museum always Eureka Sky Deck in the city. Melbourne. If you grab your Enjoy lunch from one of has new exhibits to see along performers a fun day at a Afterwards you can wander lunch then head down the the many cuisines on offer beautiful time of year. with everyone's favourite along Southbank, one of the road you can sit at one of before exploring the nearby the many picnic tables and dinosaur exhibit. most vibrant districts in the community. city, and grab some lunch watch the ships coming in from one of the many eateries and out of the bay than while along the river. you are there grab yourself a refreshing ice-cream. 15/3 16/3 Maniax Axe Throwing Pamper Day **Evening @MC** Movies McClelland Time: 09:30-15:30 **Time:** 09:30-15:30 **Time:** 15:00-20:30 Time: 09:00-15:30 **Sculpture Park** Cost: \$55 + Transport Cost: \$75 + Transport Cost: \$35 + Transport Cost: \$40 + Transport **Time:** 09:30-16:00 \*Lunch included \*Lunch included \*Dinner included \*Lunch included Cost: \$20 + Transport Want to know how it feels to Do you prefer a manicure or a Let loose on a Saturday night A great day to gather with \*Lunch included sling some steel. Here's your pedicure? Take your pick. You as you join your friends for friends and watch one of the 8 An art gallery and sculpture

chance. Have a 1 hr session lead in a safe environment lead by skilled trainers

It's loved by everyone that attends. After the session choose a lunch destination as a group and talk about what you learned and enjoyed during the Axe throwing session.

will head to the local nail salon to enjoy a pamper session and before heading out to grab some lunch.

an evening of fun, food, and games at Multicap Melbourne.

The evening will begin with a game of mini golf in Chirnside Park, before heading out for a lovely dinner at a nearby restaurant, and then settling back in at the hub for a movie on the big screen, some video games, Lego building, or any other fun activity you could think of.

latest blockbusters the big screen has to offer. Movie/s will be chosen on the day by the participants.

park in one beautiful natural bush area. Amazing sculptures around every corner to see. The natural setting makes this a stunning and unique place to visit

22/3



#### International Flower & **Garden Show**

Time: 09:00-15:30 Cost: \$60 + Transport \*Lunch included

9

One of the biggest vibrant celebrations of creativity. nature and endless blooming possibilities. Immerse yourself in breathtaking garden designs and world class floral artistry.



#### Melbourne Zoo

**Time:** 09:30-16:00 Cost: \$55 + Transport Lunch included

Head into Parkville to enjoy everything "nature" as you visit Melbourne Zoo. See the lions, gorillas, meerkats, ever-popular elephants, and numerous other animals as you stroll around this wonderful venue.



#### ScienceWorks

**Time:** 10:00-16:30 Cost: \$35 + Transport \*Lunch included

Visit ScienceWorks in Spotswood.

It's full of wonders and hands on exhibits.

Some displays appear to defy gravity but there is science behind each one,



#### Highland Games, Croydon

**Time:** 09:30-15:30 **Cost:** \$45 + Transport \*Lunch included

The Melbourne Highland Games, and Celtic Festival is a gathering celebrating Scottish and Celtic culture. A day filled with competitions between athletes, music and traditional foods



23/3

#### Geelong - Wool Museum

Time: 12:00-18:30 Cost: \$40 + Transport \*Lunch included

Geelong is a place of eclectic things to see. The famous Wool Museum is one not to be missed. Once you've finished exploring grab some fish and chips and find a shady spot on the foreshore to eat together as a group.





WEEK	SATURDAYS		SUNDAYS		
	29/3		30/3		
10	IMAX Time: 09:30-16:00 Cost: \$40 + Transport *Lunch included Head to Australia's biggest movie screen and take in one of the special 3D films at Imax Melbourne. There may even be time for a quick visit to the Melbourne Museum next door.	YVC Time: 10:00-16:30 Cost: \$25 + Transport *Lunch included Head to the Yarra Valley for all things CHOCOLATE at the always popular Yarra Valley Chocolaterie. Taste some samples and enjoy a picnic lunch in a one of the nearby beautiful parks.	An Evening with MC: Cooking and Games Time: 15:00-20:30 Cost: \$35 + Transport *Dinner included Let loose on a Saturday night as you join your friends for an evening of fun, food, and games at Multicap Melbourne. The evening will focus on cooking not only dinner, but also snacks and treats (as well as budgeting, shopping, etc). Along with the cooking (and eating) there will be multiple activities at the Hub, including - a movie on the big screen, some video games, Lego	Williamstown Time: 09:00-15:30 Cost: \$30 + Transport *Lunch included Head over the bridge to explore all that historic Williamstown has to offer. From the lovely beaches and busy waterfront to the beautiful botanic gardens, there is always something to excite. Make sure after lunch you enjoy a locally made ice cream.	Fortress Melbourne Time: 09:30-16:00 Cost: \$40 + Transport *Lunch included Catch the train into Melbourne Central and step into the arena where you and your friends can take your pick out of 100 plus console games, board games and more.







# Now it's time to have some fun - let's book it all in!

# **BOOKING FORM**

Please complete the online survey via the link in the email, or complete this form and return it to <a href="mailto:experience.melbourne@multicap.org.au">experience.melbourne@multicap.org.au</a>

Please tick the events that you will attend and return the form to us as quickly as possible so you don't miss out! Please note that you will only be booked in for events that you tick on the table below, if you don't tick you won't be booked!

DATE	EVENT	ATTENDING
Address:		
Email:		
Phone Number:		
Name:		

DAIL	EVENI	ALLENDING





DATE	EVENT	ATTENDING