



2025 Pine Rivers Hub
Activity Program 1
Catalogue

2025 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.

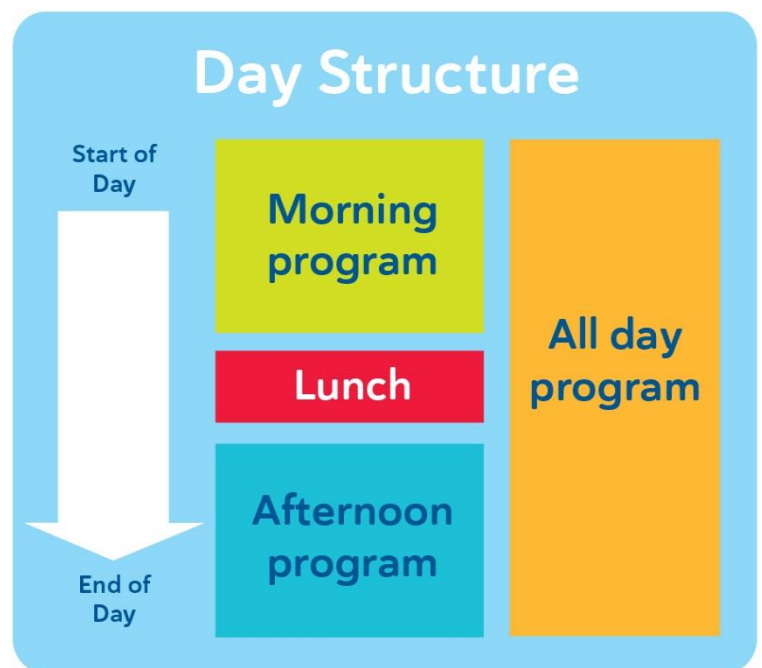
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 07 3880 8300 or return it to faalele.vaiotu@multicap.org.au or sheryl.figuerras@multicap.org.au by 15 November 2024.
 - 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
	<p>Lawn bowls</p> <p>Improve your fitness and coordination by playing lawn bowls. Customers are booked into Club Pine Rivers every Monday at 10:30am (except for the 1st Monday of every month due to a tournament).</p> <p>Goals to achieve:</p> <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>	No cost	
	<p>Chair exercise class</p> <p>Customers 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 support workers.</p> <p>Goals to achieve:</p> <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>	No cost	
	<p>Pickle Ball</p> <p>Learn the pickle ball sport at South Pine Indoor Sport Centre. You can walk in and play in the court with your friends. \$5 per person per session (cash or card accepted). You can also hire a paddle at the centre for \$5.</p> <p>Goals to achieve:</p> <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>	\$5.00	

AND

Afternoon – Choose One

✓
chosen activity

	<p>COCA Art and Textile</p> <p>Express your inner talent as part of a group and experiment with paints, screen printing and creation of different artwork with our COCA Art Facilitator Monica.</p> <p>***6 spots available only</p> <p>Goals to achieve:</p> <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>\$7.00</p>	
	<p>Bookworms</p> <p>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.</p> <p>Goals to achieve:</p> <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>No cost</p>	
	<p>ASDAN Sound, Rhythm and Music</p> <p>Do you have a passion for music and want to explore the world of rhythm? ASDAN's Sound, Rhythm, and Music course is perfect for you! This course is designed to help you develop a deeper understanding of music theory, rhythm, and sound production. You'll have the opportunity to explore the world of music through various sound production techniques and recording software. By the end of the course, you'll have a solid foundation in music theory and the practical skills to produce your own unique sound. Join us today and start your journey towards becoming a skilled musician!</p> <p>Goals to achieve:</p> <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>\$2.00 per week</p>	

OR – choose one All Day activity below

All Day – Choose One



chosen activity



Travel Training and Ferry Ride

Customers will learn how to read a timetable. We 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 a city cat ride around Brisbane and a bit of sightseeing.

Goals to achieve:



Goal #1













Goal #2



Goal #3

BYO money and go card













Tuesday activities

Morning – Choose One			 chosen activity
	<p>Putt Putt/ Mini golf</p> <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, depending on the weather.</p> <p>Goals to achieve:</p>	\$7.00- 10.00	
 Goal #1	 Goal #2		
	<p>Jewelry making/ Tie Dye/ Shirt Painting</p> <p>Enhance your skills in creating jewellerys, tie dye or shirt painting for yourself or your friends and family. We will only charge if we need to buy resources for the activities.</p> <p>Goals to achieve:</p>	\$5.00- \$10.00	
 Goal #1	 Goal #2		
	<p>Pool</p> <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>	From \$6.00 CASH	
 Goal #1	 Goal #2		

AND

Afternoon – Choose One


 chosen
 activity

	<p>DIY Bunnings</p> <p>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 or give it as a gift to someone.</p> <p>Goals to achieve:</p> <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>No cost</p>	
	<p>Everything Sensory</p> <p>Let us explore anything sensory. This includes playing with slime, playdough, water play and other activities. These helps develop fine motor skills, enhancing memory and observational skills.</p> <p>We will only charge if we need to buy materials needed for the activity.</p> <p>Goals to achieve:</p> <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>\$5.00 for resources</p>	
	<p>Revolution Sports</p> <p>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.</p> <p>* 1 hour session- \$10</p> <p>* Please bring your companion card</p> <p>Goals to achieve:</p> <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>\$10.00</p>	

OR – choose one All Day activity below

All Day – Choose One

✓
chosen activity



COCA Creative Movement

Alex, 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.

COCA Dance artists also showcase choreograph presentations every term in front of their hub friends and families.

Goals to achieve:



Goal #1













Goal #2



Goal #3

No cost













Wednesday activities

Morning – Choose One			 chosen activity
	<p>Bowling</p> <p>Strike, spare and knock those pins down. Customers will compete and get to improve scores each week! Aspley Bowling is booked for Term 1 at 10am starting 15 January 2025.</p> <p>***Customers to bring their companion cards</p> <p>Goals to achieve:</p>	\$7.50 per game	
 Goal #1	 Goal #2		
	<p>Op Shopping</p> <p>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.</p> <p>Goals to achieve:</p>	\$5.00-\$10.00	
 Goal #1	 Goal #2		
	<p>Photography</p> <p>Our photographers will travel in different locations with all the necessary equipment and learn the art of capturing the perfect photo.</p> <p>By the end of 12 weeks, our customers will showcase their photos and take home their photo books.</p> <p>Goals to achieve:</p>	\$10.00	
 Goal #1	 Goal #2		

AND

Afternoon – Choose One



✓
chosen activity

	<p>Karaoke and board games</p> <p>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.</p> <p>Goals to achieve:</p> <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>No cost</p>	
	<p>Jetts gym</p> <p>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.</p> <p>Goals to achieve:</p> <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>\$8.50</p>	
	<p>Garden visit and Flower Frame Project</p> <p>Customers will get to visit different gardens and get to pick flowers of their liking for them to preserve and frame.</p> <p>Flower frames range from \$10 to \$20 depending on size. Customers can also create more than one flower frame for the whole term.</p> <p>Goals to achieve:</p> <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>\$10.00- \$20.00</p>	

OR – choose one All Day activity below

All Day – Choose One

✓
chosen activity

	<p>Upbeat Choir</p> <p>Come and sing in a choir with Upbeat Arts at Wavell Heights Community Hall - 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. Customers will have the opportunity to have lunch with the other members, then go for a walk in the afternoon.</p> <p>**3 spots available only- first come best dressed</p> <p>**Bring or buy lunch after the rehearsal</p> <p>Goals to achieve:</p>	<p>No cost</p>	
	<p>COCA Ceramics & Mosaic</p> <p>Get yourself into moulding different designer pots, mugs and other designs using clay, air dry or using fire, with Monica (COCA Facilitator). You can also create different masterpieces using mosaic.</p> <p>We only charge when we buy resources for the activity.</p> <p>**6 spots available only</p> <p>Goals to achieve:</p>	<p>\$15.00</p>	

Thursday activities

Morning – Choose One

✓
chosen activity



ASDAN Self-advocacy and Myself & Others

ASDAN's Self-Advocacy and Myself & Others course is designed to empower you with the tools to confidently communicate your needs, set boundaries, and advocate for yourself. Through interactive lessons, group discussions, and individual exercises, you'll learn how to navigate difficult conversations and build stronger relationships. Join us today and take the first step towards a more assertive and fulfilling life!

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 approx. \$2.00 per week.

\$2.00
per
week

Goals to achieve:



Goal #1



Goal #2



Goal #3



Boxercise

Learn how to box, punch and other boxing techniques with the guidance of our support workers at the hub. You can also learn how to do circuit workouts to improve muscle strength and endurance.

No cost

Goals to achieve:



Goal #1



Goal #2



Goal #3



Yoga @ Woonara

Get your body connect with your mind through physical movements and postures, breathing exercises and meditation. Customers will follow yoga session videos in You tube every week.

Customers

No cost

Goals to achieve:



Goal #1



Goal #2



Goal #3



AND

Afternoon – Choose One















 chosen
 activity

	<h3>Relaxation & Pamper Afternoon</h3> <p>Learn the different relaxation techniques with calming music in the background. Also enjoy some pampering sessions like head massage, foot spa etc. We will only charge if we need to buy resources for the session.</p> <p>Goals to achieve:</p> <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>	\$5.00	
	<h3>Revolution Sports</h3> <p>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.</p> <p>* 1 hour session- \$10 * Please bring your companion card with you</p> <p>Goals to achieve:</p> <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>	\$10.00	
	<h3>Tai Chi on You Tube</h3> <p>Tai Chi, also known as 'Meditation in Motion'. Improve your muscle strength, flexibility and balance by learning slow- motion exercises in you Tube. You will be supported by the Woonara staff with the movements. Please bring your comfortable clothing and enclosed footwear.</p> <p>Goals to achieve:</p> <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>	No cost	

OR – choose one All Day activity below

All Day – Choose One			✓ chosen activity
	COCA Drama/ Theatre 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. COCA Drama artists also showcase their theatre presentations every end of term in front of their hub friends and families. Goals to achieve:	No cost	
	 Goal #1		













Friday activities

Morning – Choose One			 chosen activity
	<p>Woonara Puzzle Group</p> <p>Customers will form a group and solve puzzles each week. This enhances their imagination and ability to problem solve. Music will be played on the background, and they can also play board games if they are not up to solving puzzles on that day.</p> <p>Goals to achieve:</p> <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>	No cost	
	<p>Master bakers</p> <p>Be more independent in the kitchen and learn the skills of baking. Customers will be given options to bake every week.</p> <p>***6 spots available</p> <p>***Customers will need to bring their own container if they wish their goodies to be taken home.</p> <p>Goals to achieve:</p> <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>	\$5.00	
	<p>Bookworms</p> <p>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.</p> <p>Goals to achieve:</p> <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>	No cost	

AND

Afternoon – Choose One

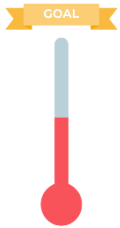
✓
chosen activity

	<p>COCA Art & Textile</p> <p>Express yourself as part of a group and experiment with paints, tie dying, cushion making and different artwork with COCA Art Facilitator Monica.</p> <p>**6 spots available only</p> <p>Goals to achieve:</p> <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>\$7.00</p>	
	<p>Movies and popcorn</p> <p>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 with friends.</p> <p>Goals to achieve:</p> <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>No cost</p>	
	<p>Revolution Sports</p> <p>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.</p> <p>* 1 hour session- \$10</p> <p>* Please bring your companion card</p> <p>Goals to achieve:</p> <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>\$10.00</p>	

OR – choose one All Day activity below

All Day – Choose One

✓
chosen activity



Woonara Fundraising Group

Woonara customers will form a fundraising group and plan for monthly tasks to raise funds for the hub. These funds will go towards Woonara house activities or celebrations like Christmas parties and other events that our customers enjoy doing.

Goals to achieve:



Goal #1



Goal #2



Goal #3

BYO
money
and go
card

2025 Pine Rivers Hub Program Dates

Office Opens 6 January 2025

|

Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Monday 6 th January	Friday 28 th March
Hub Closed	Monday 27 th January – Australia Day	

Program 2		
	Start Date	End Date
Activity Program	Monday 31 st March	Friday 20 th June
Hub Closed	Friday 18 th April – Good Friday Monday 21 st April – Easter Monday Friday 25 th April – Anzac Day Monday 5 th May – Labour Day	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 23 rd June	Friday 27 th June

Program 3		
	Start Date	End Date
Activity Program	Monday 30 th June	Friday 19 th September
Hub Closed	Wednesday 13 th August – Royal Queensland Show (Brisbane area only)	

Program 4		
	Start Date	End Date
Activity Program	Monday 22 nd September	Friday 12 th December
Hub Closed	Monday 6 th October – Kings Birthday	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 15 th December	Friday 19 th December
Hub Closed	Monday 22 nd December 2025 – Monday 5 th January 2026	