

2025
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 Old Petrie Town 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

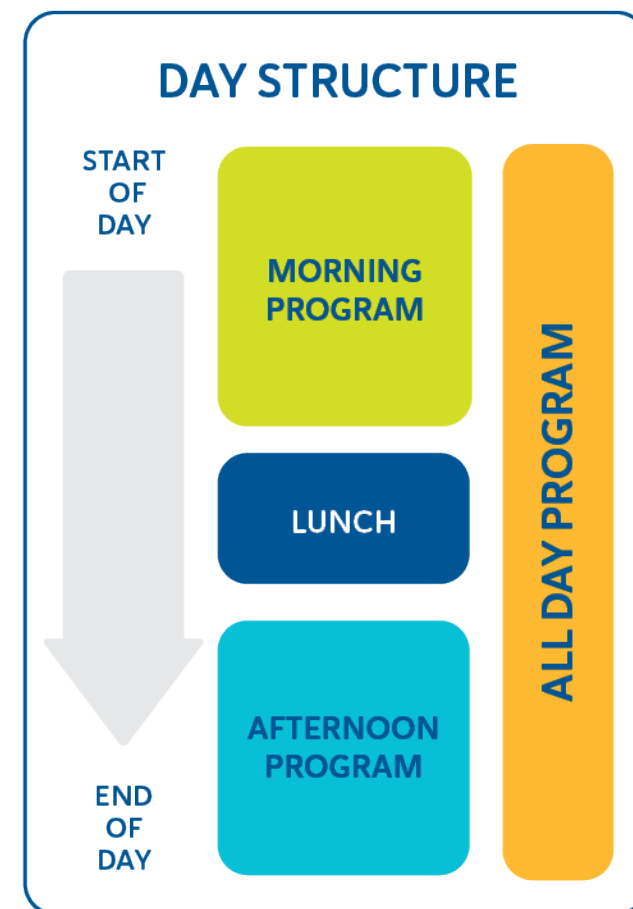
1 For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), please make sure the activities you choose are ones that align well with your NDIS goals, or are activities you are passionate about.

2 Tick the program you wish to be registered into as outlined below and either phone through your choices to Leanne Hilton or return it to OPT Hub or Leanne.Hilton@multicap.org.au or by 09/06/2025

3 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 0423 044 848

4 A confirmation letter will be sent to you with the activities you are participating in.

5 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 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 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.

 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 9.00am-12.00pm

☐ CAFÉ SURFING

Start the week off with good friends, laughter and good coffee, or a special drink, while visiting various cafes.

Get involved in conversations
manage your money and
maybe try
Something new



Goals to achieve:



Cost: Bring your own money for a drink

Afternoon 12.30pm-3.00pm (choose one)

☐ 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:



Cost: No Cost

☐ SCIENCE EXPERIMENTS

Have fun and get involved conducting science experiments!

It is a great opportunity to think outside the box, nurture curiosity, gain skills in goal setting, planning and problem solving and learning why things work the way they do.



Goals to achieve:

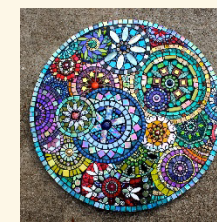


Cost: \$5.00

All Day 9.30am-3.00pm

☐ COCA ART

Time to get creative! With Monica. Create new and exciting creative masterpieces. Including learning new skills in art, painting, textiles, mosaics & more.



Goals to achieve:



Cost: \$12.00

Tuesday Activities

Morning 9.00am-12.00pm (choose one)

☐ HIT THE GYM

Engage in physical exercise and strength training at the gym, lift weights and use the cardio equipment. Improving your health and well-being, help relieve stress and improve mental health.



Goals to achieve:



Cost: \$10.00

☐ ASDAN BAKING

The ASDAN Multi-sensory & Baking course is designed to help you enhance your banking abilities and achieve new multi-sensory experience. In this course, you'll learn how to use your senses to create the perfect textures, flavours and aromas in your baked goods.



Goals to achieve:



Cost: \$5.00

Afternoon 12.30pm-3.00pm (choose one)

☐ WALKING AND CIRCUIT GROUP

Fun Fitness each week! We will go for walk and focus on different exercises including Seated exercise, Yoga, Ball coordination skills and circuit courses.



Goals to achieve:



Cost: No Cost

☐ SENSATIONAL SENSORY

Learning all about the five sensory systems in the brain, understanding our sensory and recognizing our experiences to our emotions, Fine Motor Skills, Gross Motor skills and hand eye Coordination



Goals to achieve:



Cost: \$5.00

All Day 9.30am-3.00pm (choose one)

☐ NORTHS MUSIC BINGO AND LUNCH OUT

Join Tania and the Just for Fun Entertainment team for all the fun of Music Bingo and lunch at Norths Leagues Club.



Goals to achieve:



Cost: Bring or Buy your Lunch

Wednesday Activities

Morning 9.00am-12.00pm (choose one)

☐ SPORTS CENTRE

Get Active and Have Fun playing Tennis or Basket Ball with and against friends and staff.

Serve and Rally, score some hoops – Game, Set, Match!



Goals to achieve:



Cost: \$5.00

☐ LET'S GO TEN PIN BOWLING

Lace up your bowling shoes and hit the lanes for a game of ten pin bowling!

Pick your ball, play with your friends, take turns and have FUN!



Goals to achieve:



Cost: \$7.00

Afternoon 12.30pm-3.00pm (choose one)

☐ ANIMAL SHELTER VISITS

Time to visit adorable pets and enjoy the experience of spending time with animals at our local rescue groups, and shelters.

Spend time playing, cuddling and talking to some furry friends.



Goals to achieve:



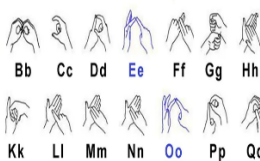
Cost: No Cost

☐ ART OF LANGUAGE BY SIGN

Learn the importance of communication through the art of Makaton Signs and speech to enable you to communicate with everybody in everyday life.

You will learn the alphabet, your name and basic important communication signs.

The Makaton Alphabet



Goals to achieve:



Cost: No Cost

All Day 9.30am-3.00pm (choose one)

☐ POTTERY

Get yourself into molding different designer pots, mugs and other designs using clay, air dry or using fire, with Monica (COCA Facilitator).



****MAX 3 CUSTOMERS****



Goals to achieve:



Cost: \$15.00

Thursday Activities

Morning 9.00am-12.00pm (choose one)

☐ HERB & HARMONY:

A hands-on gardening program where participants grow, harvest and dehydrate fresh herbs. From seed to storage, this calming activity nurtures connection to nature, encourages responsibility and produces beautiful dried herbs to use and share around the hub.



Goals to achieve:



Cost: \$5.00

☐ BOOKWORMS

Have a chill afternoon visiting the local library's in our community. Read a book and flick through a magazine in air-conditioned comfort.



Goals to achieve:



Cost: No Cost

Afternoon 12.30pm-3.00pm (choose one)

☐ ZUMBA / CHAIR EXERCISE

Zumba is a fun and effective workout that combines dance and music. Watch tutorials on YouTube, enjoy mini-workouts and combine chair exercises to boost and challenge your fitness.



Goals to achieve:



Cost: No Cost

☐ PUTT PUTT

Join the adventure and enjoy a game of Putt Putt in rain, hail or shine. Whether you're a seasoned golfer or a first-time putter visiting themed courses being transported to extraordinary worlds and making every round unforgettable.



Goals to achieve:



Cost: \$10.00

All Day 9.30am-3.00pm (choose one)

☐ Dolphins Leagues Club – Lunch & Live Music

Get dressed up and enjoy a meal at the Dolphins Leagues Club. Enjoy being with your friends while listening and dancing to some 'Live Music'.

During this activity you will be able to Build your money skills and develop confidence ordering your lunch while socialising with other members of the community.



Goals to achieve:



Cost: Bring or Buy your Lunch

Friday Activities

Morning 9.00am-12.00pm (choose one)

☐ CAFÉ SURFING

End the week off with good friends, laughter and good coffee, or a special drink, while visiting various cafes. Get involved in conversations, manage your money and maybe try something new.



Goals to achieve:



Cost: Bring your own money for a drink

☐ COCA ART

Express yourself over a 12-week program experimenting with paints creativity and design. Once you have finished your activity, we will store your work of art in your own personal portfolio.



Goals to achieve:



Cost: \$7.00

Afternoon 12.30pm-3.00pm (choose one)

☐ PUZZLE MANIA FUN AND GAMES FIESTA

Challenge your friends to some of our most popular board games, ball games and puzzles!

Our game afternoon will enable you to strategizing and spend time with friends at the Hub.



Goals to achieve:



Cost: No Cost

☐ MUSIC VIDEO MANIA

Enjoy a fun Friday afternoon of Music videos.

Sing along and dance to your favourite songs and watch the band/singers on the TV.



Goals to achieve:



Cost: No Cost

2025 Old Petrie Town Hub Program Dates

Office Opens 6 January 2025 | Hub closed on public holidays

	Program 1	Program 2	Showcase Week 1	Program 3	Program 4	Showcase Week 2
Start Date	Monday 6 th January	Monday 31 st March	Monday 23 rd June	Monday 30 th June	Monday 22 nd September	Monday 15 th December
End Date	Friday 28 th March	Friday 20 th June	Friday 27 th June	Friday 27 th June	Friday 12 th December	Friday 19 th December
Hub Closed	Australia Day Monday 27 th January	Good Friday 18 th April Easter Monday 21 st April Anzac Day Holiday Friday 25 th April Labour Day Monday 5 th May		EKKA Show Day Monday 11 th August	King's Birthday Monday 6 th October	Hub Closed Monday 22 nd December 2025 – Monday 5 th January 2026