

2025
Old Petrie Town Hub
Activity Program 4 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

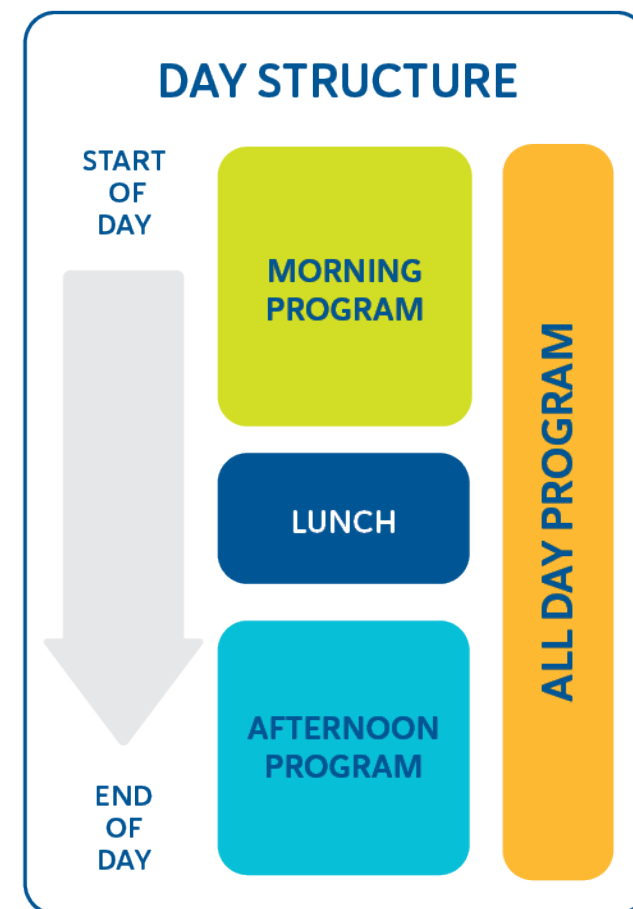
1 For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 30/08/2025

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.



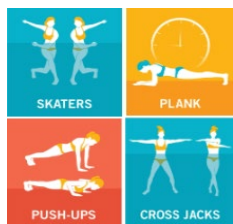
Goals to achieve:



Cost: Bring your own money for a drink

☐ CIRCUIT & CHAIR EXERCISES

Get ready to boost your heart rate and build strength with Chair Circuit Training Cardio Workout! Perfect for all fitness levels, with seated exercises or need a low-impact option



Goals to achieve:



Cost: No Cost

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

☐ TREASURE HUNT AT OPT

Get ready for great indoor to outdoor fun, team building activities.

Custom designed clue trails, activities and clues, with a sprinkle of problem solving or focus on the fun exploration and games along the way!



Goals to achieve:



Cost: \$5.00

All Day 9.30am-3.00pm

☐ CREATIVE SOULS

Get inspired with creative projects. Use various material's and techniques to create beautiful art works and with Christmas just around the corner also Christmas theme projects.



Goals to achieve:



Cost: \$12.00



Tuesday Activities

Morning 9.00am-12.00pm (choose one)

☐ SCRAPBOOKING

Enjoy the creativity of making homemade cards and creating memories with Scrapbooking.



Goals to achieve:



Cost: \$7.00

☐ ASDAN COOKING

Become more independent in the kitchen. Learn the skills of cutting, slicing grilling, frying and reading a recipe of your choice. You will cook a meal, sit down together and enjoy their cooking experience.



Goals to achieve:



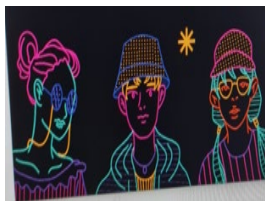
Cost: \$10.00

Afternoon 12.30pm-3.00pm (choose one)

☐ SING AND SIGN

Participate in the INSTAR Multicap's premier stage Production for 2025. Learn the words, the Makaton sign and perform "I have a Dream"

Performance Saturday 20th December.



Goals to achieve:



Cost: No Cost

☐ LINE DANCING

Join your friends to have fun! Build your confidence, enjoy the music and learn the steps to the dance routine for our INSTAR Multicap's premier stage Production for 2025.



Goals to achieve:



Cost: No Cost

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)

☐ LIFE SKILLS

Learn to write a shopping list for home life. Plan using a budget. Go shopping, learn to navigate the shopping centre and find the specials. Practice scanning, packing and paying.



Goals to achieve:



Cost: No Cost

☐ SENSATIONAL SENSORY

Engage and stimulate the senses through a variety of fun, hands-on activities that promote learning, emotional regulation, and physical development. Whether it's exploring textures, listen to different sounds, experimenting with colours and smells.



Goals to achieve:



Cost: \$5.00

Afternoon 12.30pm-3.00pm (choose one)

☐ KARAOKE

Join your friends for an interactive sing along. Pick your favourite songs, follow the lyrics on the juke box and Sing your heart out!



Goals to achieve:



Cost: No Cost

☐ COMMUNITY CLEAN UP

Help improve local environments with community spirit. Help reduce litter, prevent pollution and learn about recycling



Goals to achieve:



Cost: No Cost

All Day 9.30am-3.00pm (choose one)

☐ BEACH & BUSH BBQ

Cook up a feast and enjoy a variety of BBQ recipes including Chicken, steak, meat and vegetable skewers, corn and salads.



Keep the atmosphere lively and enjoyable with a various Beach and Bush location to enhance the BBQ experience.



Goals to achieve:



Cost: \$ 10.00

Thursday Activities

Morning 9.00am-12.00pm (choose one)

☐ 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

☐ OP SHOPPING

Learn budgeting skills, find deals and help make a difference to support disadvantaged Australians. Find a bargain or save your money for next week to purchase a more expensive item.



Goals to achieve:



Cost: \$5.00

Afternoon 12.30pm-3.00pm (choose one)

☐ ASDAN BAKING

The ASDAN Baking course is designed to help you enhance your banking abilities and achieve new 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

☐ 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

All Day 9.30am-3.00pm (choose one)

☐ Sailing

Enjoy a day out in the sunshine on the beautiful ocean. Learn to sail and feel the fresh sea breeze on your face. Bring your own lunch or buy something yummy to enjoy by the seaside.



Goals to achieve:



Cost: Bring or Buy your Lunch

Friday Activities

Morning 9.00am-12.00pm (choose one)

☐ 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

☐ 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)

☐ RELAX & PAMPER

Learn the different relaxation techniques with calming music and some pampering.

Oh what pretty nails you'll have!!



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 19 th September	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