



2025
Pine Rivers Hub
Activity Program 4 Catalogue

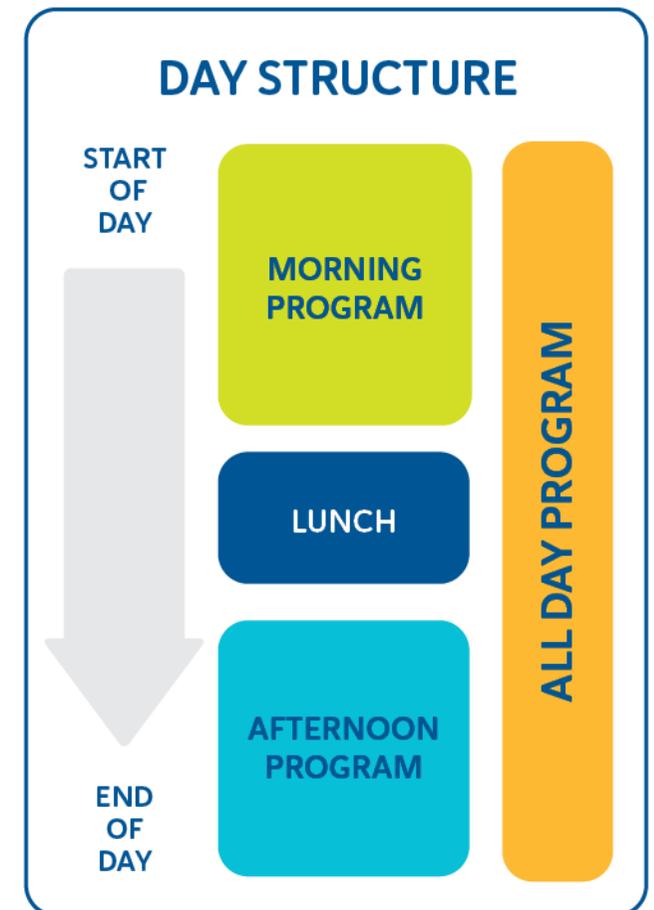
2025 Pine Rivers Hub Activity Program 4 Catalogue

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

- 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 Sheryl Figuerres or return it to Pine Rivers hub or email to sheryl.figuerres@multicap.org.au by 5th September 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 07 3880 8300.
- 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 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.

 <p>Improve physical health & wellbeing</p>	 <p>Improve emotional health & wellbeing</p>	 <p>Develop social skills & understanding</p>	 <p>Build independence</p>	 <p>Improve fine motor skills</p>
 <p>Explore creative pursuits</p>	 <p>Sensory Experience/ Exploration</p>	 <p>Adventure & Recreation Experience/Exploration</p>	 <p>Improve communication skills</p>	 <p>Integrate/ Participate in the local community</p>
 <p>Develop skills to support future employment</p>	 <p>Develop advocacy skills & understanding</p>	 <p>Develop numeracy and literacy skills</p>		



Monday Activities

Morning 9.00am-12.00pm (choose one)

Pickle Ball

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.



Goals to achieve:



Cost: \$5.00 per session and \$5.00 for a paddle hire

Afternoon 12.30pm-3.00pm (choose one)

Gardening

It's the perfect season to grow your favourite spring vegetables and flowers! Join your peers to buy and grow seedlings from Bunnings warehouse as well as learn on how to put fertilisers on them.



shutterstock: 133286894

Goals to achieve:



Cost: \$5.00- \$10.00 for resources

All Day 9.00am-3.00pm (choose one)

COCA ECO Art

COCA ECO Art is the creative exploration of natural materials, recycled and found objects that inspire environmental awareness. Artists work together to design, plan and create a group project with community-based outcomes.



Goals to achieve:



Cost: \$5.00 for resources

☐ Lawn Bowls

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).



Goals to achieve:



Cost: No cost

☐ 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:



Cost: 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- \$10**

**** Please bring your companion card**



Goals to achieve:



Cost: \$10.00

☐ Pool

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.



Goals to achieve:



Cost: \$6.00 cash

Tuesday Activities

Morning 9.00am-12.00pm (choose one)

Indoor Sports

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.



Goals to achieve:



Cost: \$5.00 for one hour

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.

Afternoon 12.30pm-3.00pm (choose one)

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 or give it as a gift to someone.



Goals to achieve:



Cost: No cost

Everything Sensory

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.

All Day 9.00am-3.00pm (choose one)

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 will be working towards showcasing their skills at the end of year performance on 20th December INSTAR production produced by COCA Lead Alicia Jones.



Goals to achieve:



Cost: No cost



Goals to achieve:



Cost: BYO money

Zumba at Woonara

Dance away your worries and calories with high energy music and unique dance moves. Customers will go after some Zumba dance moves on You Tube with the support and assistance of our hub DSWs.



Goals to achieve:



Cost: No cost

We will only charge if we need to buy materials needed for the activity.



Goals to achieve:



Cost: \$5.00 for resources

Park Life

Connect with nature and experience mindfulness and social opportunity by exploring different parks in the region with your mates. It surely will boost your immune system and strengthen muscles and joints!



Goals to achieve:



Cost: No cost

Wednesday Activities

Morning 9.00am-12.00pm (choose one)

Bowling

Strike, spare and knock those pins down. Customers will compete and get to improve scores each week! Strathpine Bowling is booked for Term 4 at 10am for 2 lanes.

*****Customers to bring their companion cards**



Goals to achieve:



Cost: \$6.00

Baking Superstars

Be more independent in the kitchen and learn the skills of baking. Customers will be given options to bake every week.

*****6 spots available**

*****Customers will need to bring their own container if they wish their goodies to be taken home.**

Afternoon 12.30pm-3.00pm (choose one)

Jewelry making

Enhance your skills in creating jewellery for yourself or your friends and family. We will only charge if we need to buy resources for the activities.



Goals to achieve:



Cost: \$5.00 for resources

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 with friends.

All Day 9.00am-3.00pm (choose one)

COCA Ceramics & Mosaic

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.

We will only charge when we buy resources for the activity.

****3 spots available only**



Goals to achieve:



Cost: No cost

Upbeat Choir

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.



Goals to achieve:



Cost: \$5.00- \$10.00

Walking Buddies & Community Clean Up

Customers will get the opportunity to experience picking up rubbish in different parks and collecting containers for recycling. They will be provided with a journal about their achievements for the day.



Goals to achieve:



Cost: No cost



Goals to achieve:



Cost: \$5.00 for resources (**popcorn**)

Book Club

Our customers will get the opportunity to bring their favourite book from home or a book they borrowed from the library and talk about it in a group.



Goals to achieve:



Cost: No cost

****3 spots available only- first come best dressed**



Goals to achieve:



Cost: No cost

Christmas Party Planning and Hub Decorating

It is the time of the year again where we get to plan and decorate for Christmas! Customers and staff will plan a theme this year and decorate the hub.



Goals to achieve:



Cost: No cost

Thursday Activities

Morning 9.00am-12.00pm (choose one)

Putt Putt/ Mini golf

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.



Goals to achieve:



Cost: \$7.00-\$10.00

COCA Theatre/ Drama AM Session

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

The morning part of this program is the **theatre/ actor practicing skills for performance.**

Afternoon 12.30pm-3.00pm (choose one)

Relaxation & Pamper Afternoon

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.



Goals to achieve:



Cost: \$5.00 for resources

COCA Theatre/ Drama PM Session

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

The afternoon part of this program is the **prop making- learning prop skills and creating set design.**

All Day 9.00am-3.00pm (choose one)

Sailing and Lunch Out

Enjoy the sceneries 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**



Goals to achieve:



Cost: BYO or buy lunch



Goals to achieve:



Cost: No cost

Chair exercise class

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.



Goals to achieve:



Cost: No cost



Goals to achieve:



Cost: No cost

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:



Cost: No cost

Friday Activities

Morning 9.00am-12.00pm (choose one)

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:



Cost: No Cost

Indoor Sports

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.



Goals to achieve:



Cost: \$5.00 per hour

Afternoon 12.30pm-3.00pm (choose one)

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:



Cost: No Cost

COCA Art and Textile

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.

*****6 spots available only**



Goals to achieve:



Cost: \$7.00

All Day 9.00am-3.00pm (choose one)

Dolphins RSL

Dance to live music of 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**



Goals to achieve:



Cost: BYO money

☐ **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



Goals to achieve:



Cost: No cost

☐ **DIY Christmas card making**

Plan for the Christmas season for your family and friends by creating different cards and gifts for 12 weeks. You can give them to your loved ones and friends- they will surely appreciate!



Goals to achieve:



Cost: \$5.00 for resources

2025 Pine Rivers Hub Program Dates

Office Opens 06 January 2025 | Hub closed on Public Holidays

	Program 1	Program 2	Showcase Week 1	Program 3	Program 4	Showcase Week 2
Start Date	6 January 2025	31 March 2025	23 June 2025	30 June 2025	22 September 2025	15 December 2025
End Date	28 March 2025	20 June 2025	27 June 2025	19 September 2025	12 December 2025	19 December 2025
Hub Closed	New Year Holiday 01 January 2025 Australia Day 27 January 2025	Good Friday 18 April 2025 Easter Monday 21 April 2025 Anzac Day Holiday 25 April 2025 Labour Day 05 May 2025		EKKA Show Day 13 August 2025	King's Birthday 6 October 2025	Hub Closed Monday 22 nd December 2025 – Monday 5 th January 2026