

# WEEKENDS

@ MULTICAP

Departing Melbourne Hub

Term 4, 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



**Theme Park/  
Sightseeing**



**Movies**



**Arts/Crafts**



**Live Sport**



**Indoor  
Activity**



**Outdoor Activity/  
Exploring**



**Dining In/Out**



**Boutique**

## 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	
1	11/10			12/10	
	 <p><b>Movies</b> Time: 09:30-15:30 Cost: \$35 *Lunch included Experiencing the joys of watching a newly released movie on the silver screen at Hoyts Cinema in Forest Hill Shopping Centre.</p>	 <p><b>Glow Golf - Minigolf</b> Time: 09:00-15:30 Cost: \$36 (Public Transport - Train) *Lunch included Make your way through an 18-hole mini golf course in a vibrant fluorescent arena. After you have perfected your golf skills grab some lunch nearby with the many choices.</p>	 <p><b>Organ Pipes National Park</b> Time: 09:30-15:30 Cost: \$20 *Lunch included Come and explore this hidden gem of Melbourne Organ Pipes National Park. If you are fit and energetic make your way to the bottom of the footpath and be amazed by the beauty and volcanic features that give the park its name. For those not quite up for the hill, you can explore the park instead. Everyone can enjoy a picnic lunch with some fresh, healthy items picked up on the way.</p>	 <p><b>You Yangs - Little River</b> Time: 09:30-15:30 Cost: \$20 *Lunch included A stunning mountain range where you can explore the beautiful flora and fauna while enjoying a walk on one of the many walking trails. Sit at one of the picnic areas and enjoy lunch as a group.</p>	 <p><b>Bowling</b> Time: 09:30-15:30 Cost: \$35 *Lunch included Head down to Forest Hill Shopping Centre for a couple of games of 10-pin bowling at Zone Bowling and get yourself some lunch while you are there in the food court or one of the other eateries nearby.</p>
2	18/10			19/10	
	 <p><b>Sovereign Hill</b> Time: 09:00-16:30 Cost: \$60 *Lunch included Take an adventure to the gold fields of Ballarat and the historic Sovereign Hill. Maybe try your hand at gold panning, or watch the lolly making demonstration and see if you can find any of the Red Coat Soldiers anywhere.</p>	 <p><b>Mt Lofty - Wonga Park</b> Time: 10:00-16:30 Cost: \$20 *Lunch included Enjoy the picturesque Mount Lofty in Wonga Park and explore one of the many trails. While there, find a nice picnic spot and enjoy a healthy lunch from Anne's Pantry or something similar on your way to Mt Lofty.</p>	 <p><b>Evening @MC</b> Time: 09:00-15:30 Cost: \$35 *Dinner included Become the Trivia King or Queen getting into teams and play a fun game of trivia. How well do you know the topics of the moment, latest music or perhaps questions about this beautiful city of Melbourne? Have some dinner here at the Hub then get your thinking caps on.</p>	 <p><b>Melbourne Zoo</b> Time: 09:00-15:30 Cost: \$55 *Lunch included Head into the deep dark jungles of Parkville and visit the Melbourne Zoo. While you are there check the times for the feedings/shows and plan your day for what you want to see.</p>	 <p><b>IMAX</b> Time: 09:30-16:00 Cost: \$36 (Public Transport - Train) *Lunch included Head off to the beautiful suburb of Carlton and dive into the 3D on one of the biggest screens in the southern hemisphere. You will decide as a group on the day what you will watch and grab some lunch in the local area with more choices than you can find anywhere.</p>
3	25/10			26/10	
	 <p><b>Sky High</b> Time: 09:30-15:30 Cost: \$28 *Lunch included The perfect destination for a day trip, set amongst the forest and fern of Dandenong ranges. It is a hidden delight for nature lovers, outdoor adventurers and those just wanting to wander and relax. Take time to explore the gardens and on a clear day you can see across all of Melbourne.</p>	 <p><b>Bowling</b> Time: 09:30-15:30 Cost: \$35 *Lunch included Head down to Forest Hill Shopping Centre for a couple of games of 10-pin bowling at Zone Bowling and get yourself some lunch while you are there in the food court or one of the other eateries nearby.</p>	 <p><b>Badger's Weir</b> Time: 09:30-15:30 Cost: \$20 *Lunch included Nestled on the outskirts of the Yarra Valley this is the home to numerous native floras and some truly spectacular walks. Grab lunch from one of the nearby bakeries and have a picnic by the water's edge.</p>	 <p><b>Yarra Cruise</b> Time: 09:00-16:30 Cost: \$46 (Public Transport - Train) *Lunch included Time to hit the high seas (on the Yarra River) and make your way into the city to enjoy one of the many cruises available. Decide if you would like to go upriver through the park's areas or down and around the city to Docklands and beyond. Remember to bring sunscreen and a hat.</p>	 <p><b>Grazeland</b> Time: 09:30-16:00 Cost: \$35 *Lunch included Be inspired at this hidden location in Spotswood with over 100 food trucks at Melbourne's largest and most exciting food truck park. Enjoy lunch from one of the many cuisines on offer before exploring the nearby community.</p>

WEEK	SATURDAYS			SUNDAYS	
	1/11			2/11	
4	 <p><b>Movies</b> Time: 09:00-15:30 Cost: \$35 *Lunch included</p> <p>Experiencing the joys of watching a newly released movie on the silver screen at Hoyts Cinema in Forest Hill Shopping Centre.</p>	 <p><b>Birrarung Marr Park</b> Time: 09:30-16:00 Cost: \$25 (Public Transport - Train) *Lunch included</p> <p>Catch the train into Federation Square and visit this urban park on the bank of the Yarra River. The park features an Aboriginal Art installation with a winding footpath and semi-circle of metal shields.</p> <p>You'll also find the Federation Bells that ring out three times daily.</p>	 <p><b>Evening @MC</b> Time: 15:00-20:30 Cost: \$35 + Transport *Dinner included</p> <p>Get your dancing shoes on its time for a night of music and dancing.</p> <p>Dance along to some of the classic hits from ABBA and Bee Gees to modern Hits like Tina Turner's Nutbush (not sure that is modern).</p> <p>Enjoy making some dinner together at the hub and have a great night with your friends.</p>	 <p><b>Marysville</b> Time: 10:00-16:30 Cost: \$25 *Lunch included</p> <p>A beautiful destination any time of year, you can visit Keppel Falls and lookout, Sculpture Garden and more. Perhaps explore the town itself and check out what you might like to enjoy for lunch.</p>	 <p><b>Fish and Chips @ the Beach</b> Time: 09:30-16:00 Cost: \$20 *Lunch included</p> <p>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.</p>
	8/11			9/11	
5	 <p><b>National Gallery of Victoria</b> Time: 09:30-16:00 Cost: \$25 (Public Transport - Train) *Lunch included</p> <p>Head into the city and stroll down the National Gallery of Victoria and enjoy the latest exhibitions as you take in the work of 100's artists, designers, and collectives at the forefront of global contemporary practice, as well as many artistic wonders from the past.</p>	 <p><b>Warrandyte</b> Time: 09:30-15:30 Cost: \$25 *Lunch included</p> <p>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.</p>	 <p><b>Sugarloaf Reservoir</b> Time: 09:00-15:30 Cost: \$20 *Lunch included</p> <p>Head to picturesque Sugarloaf Reservoir in the Christmas Hills to enjoy not only the views but also a lovely walk and an even lovelier BBQ lunch.</p>	 <p><b>Fairfield Boathouse Brunch</b> Time: 09:30-15:30 Cost: \$45 *Lunch included</p> <p>Nestled on the banks of the Yarra River Fairfield Boathouse Park offers a range of activities to enjoy. Enjoy a walk along one of the most beautiful sections of the Yarra River and indulge in a scrumptious Brunch.</p>	 <p><b>Scienceworks</b> Time: 09:00-15:30 Cost: \$45 *Lunch included</p> <p>Embrace curiosity, and learn how things work, how they move and how they feel at Scienceworks. With many different rooms to interact with, come and explore all the fun of science through play.</p>
	15/11			16/11	
6	 <p><b>Organ Pipe National Park</b> Time: 09:30-15:30 Cost: \$20 *Lunch included</p> <p>Come and explore this hidden gem of Melbourne Organ Pipe National Park. If you are fit and energetic make your way to the bottom of the footpath and be amazed by the beauty and volcanic features that give the park its name. For those not quite up for the hill, you can explore the park instead. Everyone can enjoy a picnic lunch with some fresh, healthy items picked up on the way.</p>	 <p><b>Melbourne Museum</b> Time: 09:30-16:00 (Public Transport - Train) Cost: \$25 *Lunch included</p> <p>There is always something new to see at the museum and the favourite galleries we always head back too.</p> <p>You may even find a dinosaur or two.</p>	 <p><b>Evening @MC</b> Time: 15:00-20:30 Cost: \$30 *Dinner included</p> <p>Become the Trivia King or Queen getting into teams and play a fun game of trivia.</p> <p>How well do you know the topics of the moment, latest music or perhaps questions about this beautiful city of Melbourne.</p> <p>Have some dinner here at the Hub then get your thinking caps on.</p>	 <p><b>Mini Golf</b> Time: 09:30-15:30 Cost: \$35 *Lunch included</p> <p>Step back in time and join the Maroondah Golf has some of the best Mini Golf Courses that there is in Melbourne. No matter what the weather is there is a course that can be played. Can you get a hole-in-one?</p>	 <p><b>Bowling</b> Time: 09:30-15:30 Cost: \$35 *Lunch included</p> <p>Head down to Forest Hill Shopping Centre for a couple of games of 10-pin bowling at Zone Bowling and get yourself some lunch while you are there in the food court or one of the other eateries nearby.</p>

WEEK	SATURDAYS			SUNDAYS	
7	22/11			23/11	
	 <p><b>Healesville Sanctuary</b> Time: 09:00-15:30 Cost: \$55 *Lunch included</p> <p>Head to Healesville and see some amazing native animals at Healesville Sanctuary. Take time to check the times for the various shows and animal feedings and the bird show is not to be missed.</p> <p>Grab some lunch on the way to eat later at Healesville, try the Beechworth bakery for something fresh and healthy.</p>	 <p><b>Mason Falls - Kinglake</b> Time: 09:30-16:00 Cost: \$20 *Lunch included</p> <p>Not far from Melbourne you will find Kinglake National Park. Mason Falls is a must see and there is a picnic area to enjoy some lunch.</p> <p>Support some local businesses in the area by getting lunch at a local bakery or eatery to enjoy at the Mason Falls picnic area.</p>	 <p><b>Williamstown</b> Time: 10:00-16:00 Cost: \$25 *Lunch included</p> <p>One of the most beautiful suburbs of Melbourne. As the weather is warming up make your way down to Williamstown for some lunch and explore the gardens while there.</p>	 <p><b>Redwood Forest</b> Time: 09:00-15:30 Cost: \$20 *Lunch included</p> <p>Head to the beautiful hamlet of Warburton to see the magnificent Redwood Forest at one of the most beautiful times of the year. Walk along the river and grab some lunch from a local bakery or café.</p>	 <p><b>Chinatown</b> Time: 09:30-16:00 Cost: \$35 (Public Transport - Train) *Lunch included</p> <p>Chinatown has some of the best food that you will find in Melbourne.</p> <p>There is always something happening and things to see and adventures around every corner.</p> <p>Decide as a group what you would like for lunch and enjoy.</p>
	29/11			30/11	
8	 <p><b>Arthurs Seat Eagle</b> Time: 09:30-16:00 Cost: \$48 *Lunch included</p> <p>Experience a scenic flight on the Arthurs Seat Eagle, the highest point of the Mornington Peninsula.</p> <p>Step inside an aerial gondola and be taken on a journey within a natural setting with views across the bay towards the Melbourne skyline.</p>	 <p><b>Geelong Foreshore &amp; Bollards</b> Time: 09:30-16:30 Cost: \$25 *Lunch included</p> <p>The Geelong Bollards run along the waterfront and is a flat enjoyable walk with many other points of interest to see walk along the trail as far or as little as you would like. Grab some lunch at the halfway point and enjoy the stunning bay views.</p>	 <p><b>Evening @MC</b> Time: 15:00-20:30 Cost: \$45 *Dinner included</p> <p>Let loose on a Saturday night as you join your friends for an evening of fun, food, and games at Multicap Melbourne.</p> <p>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.</p>	 <p><b>Botanic Gardens picnic</b> Time: 09:30-15:30 Cost: \$20 *Lunch included</p> <p>The Royal Botanic Gardens are a treasured part of Melbourne for more than 170 years. It has more than 8,500 species of plants from all over the world. There is something new to see around every corner.</p> <p>While there you can grab lunch and enjoy the gardens.</p>	 <p><b>Movies</b> Time: 09:00-15:30 Cost: \$35 *Lunch included</p> <p>Experiencing the joys of watching a newly released movie on the silver screen at Hoyts Cinema in Forest Hill Shopping Centre.</p>
	6/12			7/12	
9	 <p><b>IMAX</b> Time: 09:30-16:00 Cost: \$36 (Public Transport - Train) *Lunch included</p> <p>Head off to the beautiful suburb of Carlton and dive into the 3D on one of the biggest screens in the southern hemisphere. You will decide as a group on the day what you will watch and grab some lunch in the local area with more choices than you can find anywhere.</p>	 <p><b>Melbourne Zoo</b> Time: 09:30-16:00 Cost: \$55 *Lunch included</p> <p>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.</p>	 <p><b>Bounce/Latitude</b> Time: 09:30-15:30 Cost: \$45 *Lunch included</p> <p>Get ready for some high-flying fun at Bounce Inc. Have some amazing fun with your friends and enjoy some physical activity. Afterwards grab some lunch in the local area.</p>	 <p><b>Safety Beach</b> Time: 09:30-16:00 Cost: \$25 *Lunch included</p> <p>Safety Beach is located on the Mornington Peninsula. It is known for being a beautiful and quiet spot. The water is clear and warm.</p> <p>Grab some fish and chips and enjoy the views at the beach. Make sure to put on sunscreen and take a hat.</p>	 <p><b>Brunch &amp; Mini Golf</b> Time: 10:00-16:00 Cost: \$35 *Lunch included</p> <p>Enjoy brunch followed by a game of Mini Golf at Maroondah.</p> <p>One course is undercover so no matter what the weather is like you can still get in 18 holes.</p> <p>Get a hole-in-one for the day and you might get a prize.</p>

WEEK	SATURDAYS		SUNDAYS	
	13/12		14/12	
10	 <p><b>Family Xmas @ MC</b>  <b>Time:</b> 11:00-14:00  <b>Cost:</b> No cost            *Lunch included</p> <p>Experiencing the joys of watching a newly released movie on the silver screen at Hoyts Cinema in Forest Hill Shopping Centre.</p>		 <p><b>Grazeland</b>  <b>Time:</b> 09:30-16:00  <b>Cost:</b> \$35            *Lunch included</p> <p>Be inspired at this hidden location in Spotswood with over 100 food trucks at Melbourne's largest and most exciting food truck park.</p> <p>Enjoy lunch from one of the many cuisines on offer before exploring the nearby community.</p>	 <p><b>Bowling</b>  <b>Time:</b> 09:30-15:30  <b>Cost:</b> \$35            *Lunch included</p> <p>Head down to Forest Hill Shopping Centre for a couple of games of 10-pin bowling at Zone Bowling and get yourself some lunch while you are there in the food court or one of the other eateries nearby.</p>

## BOOKING FORM

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!

Name:	
Phone Number:	
Email:	
Address:	

[illegible]



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[illegible]

**MULTICAP®**  
all ways. always

**BOOK NOW! Call 1300 135 886 or email [experience.melbourne@multicap.org.au](mailto:experience.melbourne@multicap.org.au)**