



2026
Old Petrie Town HUB
Activity Program 2 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

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 (i.e. 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 Leanne Hilton or return it to Old Petrie Town Hub or leanne.hilton@multicap.org.au or by 2/3/2026

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 44 848

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 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.

 <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)

FLOWER PRESSING

Flower pressing is a way of preserving flowers. It is a nature-themed craft that never goes out of style that anyone can have a go to create a versatile embellishment that can be used in a range of craft projects the only limit is your imagination!



Goals to achieve:



Cost: \$7.00

WALKING GROUP

Join our Walking group to enjoy the positive impact on Physical Health, Enhance Mental Well-Being, Increase Motivation, Social Interaction. Travel to locations, see beautiful landmarks, enjoy nature while walking with your friends



Goals to achieve:



Cost: No Cost

Afternoon 12.30pm-3.00pm (choose one)

DIAMOND ART

Unleash your inner Artist with Diamond Art! Whether you're a seasoned diamond painter or a beginner, our you will create stunning designs to suit every taste



Goals to achieve:



Cost: \$5.00

YOGA

Yoga combines physical postures, breathing techniques, and meditation to promote overall well-being and mindfulness. Helping you experience positive emotions, greater satisfaction in life, joy, energy and improved quality of life along with an enhanced sense of well-being



Goals to achieve:



Cost: No Cost

Tuesday Activities

Morning 9.00am-12.00pm (choose one)

HIT THE GYM

Let's go to the GYM!!!

Enjoy a variety of fitness equipment, and supportive community to reach your fitness goal.



Goals to achieve:



Cost: \$8.50

JEWELLERY MAKING

Enhance your banking abilities and achieve new experience. You'll learn how to use your senses to create the perfect textures, flavours and aromas in your baked goods.



Goals to achieve:



Cost: \$6

Afternoon 12.30pm-3.00pm (choose one)

ANIMAL ADVENTURES

Join us on an animal adventure.

Visiting Animal shelters, parks, lakes, pet shops and aquariums.



Goals to achieve:



Cost: No Cost

MUSIC & KARAOKE

Infuse your rooms with warmth and personality by adding creative artwork, including framed puzzles and mixed media pieces, to fill that blank spot in your home.



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 excitement of Music Bingo and lunch at Norths Leagues Club.



NORTHS

Goals to achieve:



Cost: Bring or Buy your Lunch

Wednesday Activities

Morning 9.00am-12.00pm (choose one)

ASDAN BAKING

Enhance your baking abilities and achieve new experience. You'll learn how to use your senses to create the perfect textures, flavours and aromas in your baked goods.

****MAX 6 CUSTOMERS****

Be quick to secure your spot



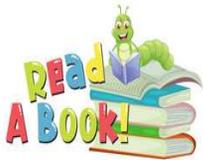
Goals to achieve:



Cost: \$5.00

BOOK WORMS

Have a chill morning visiting the local libraries in our community. Read a book, flick through a magazine, look at DVD's and CD's in air-conditioned comfort.



Goals to achieve:



Cost: No Cost

Afternoon 12.30pm-3.00pm (choose one)

CARD MAKING

Create personal greeting cards, thank you cards, holiday cards and much, much more. Enjoy creating beautiful works of art and also the giving the masterpieces to people who matter.



Goals to achieve:



Cost: \$7.00

ADVOCACY

Understand the importance of self-advocacy. Learn how important it is to empower, respect, improve communication, healthy boundaries, build confidence and more.



Goals to achieve:



Cost: No Cost

All Day 9.30am-3.00pm (choose one)

POTTERY

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



****MAX 3 CUSTOMERS****

Be quick to secure your spot



Goals to achieve:



Cost: \$15.00

Thursday Activities

Morning 9.00am-12.00pm (choose one)

CAFÉ SURFING

Travel to various cafés and join your friends for a coffee or refreshing drink, a good chat & catch up.



Goals to achieve:



Cost: Bring \$ for Drink

CHAIR EXERCISE / INDOOR FITNESS

Move Your Body! Start your morning off by being part of our fun exercise group suited for all fitness and mobility levels.



Goals to achieve:



Cost: No cost

Afternoon 12.30pm-3.00pm (choose one)

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.



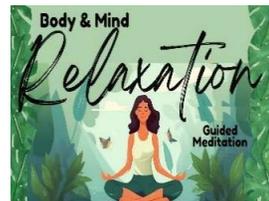
Goals to achieve:



Cost: Bring money

MINDFUL RELAXATION

Mindful relaxation involves practices that promote awareness and calmness, helping to reduce stress and enhance overall well-being



Goals to achieve:



Cost: No Cost

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 socializing with other members of the community.



Goals to achieve:



Cost: Bring or Buy your Lunch

Friday Activities

Morning 9.00am-12.00pm (choose one)

TRIVIA

Finish the week with a Trivia Morning. Learn interesting new things and fun facts with friends.



Goals to achieve:



Cost: No Cost

COCA ART

Express yourself over a 12-week program experimenting with paints creativity, textures and design. Learn different techniques from Monica and create some amazing items.



Goals to achieve:



Cost: \$7.00

Afternoon 12.30pm-3.00pm (choose one)

CREATIVE MOVEMENT

A Foundational approach to dance that emphasizes exploration, self-expression and fundamental motor skills. It helps to develop gross motor skills, self-regulation, confidence and supports cognition, emotional expression, and social skills.



Goals to achieve:



Cost: No Cost

GAMES, FUN AND FRIENDS

Challenge your friends, have fun learning while playing board games, dice games, ball games and puzzles!

Our game afternoon will enable you to strategize, take turns, learn to follow rules and score with friends at the Hub.



Goals to achieve:



Cost: No Cost

All Day 9.30am-3.00pm (choose one)

BOWLING AT ASPLEY

Enjoy the day out, Travel to Aspley for a game of Ten Pin Bowling with your friends. Relax and enjoy lunch, then go for a walk or visit the Library before heading back to the hub.



Goals to achieve:



Cost: \$8.50 – Bowling
Bring or Buy Lunch





2026 Old Petrie Town Hub Program Dates

Office Opens 5 January 2026 | Hub closed on public holidays

	Program 1	Program 2	Showcase Week 1	Program 3	Program 4	Showcase Week 2
Start Date	5 th January 2026	30 th March 2026	22 nd June 2026	29 th June 2026	21 st September 2026	14 th December 2026
End Date	27 th March 2026	19 th June 2026	26 th June 2026	18 th September 2026	11 th December 2026	18 th December 2026
Hub Closed	New Year Holiday 1 st January 2026 Australia Day 26 th January 2026	Good Friday 3 rd April 2026 Easter Monday 6 th April 2026 Anzac Day Holiday 25 th April 2026 Labour Day 2 nd May 2026		EKKA Show Day 12 th August 2026	King's Birthday 5 th October 2026	