

2026 Old Petrie Town Hub Activity Program 3 Catalogue



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Welcome to our Hub Activity Program! We're pleased to have you join us at the Old Petrie Town Hub and we hope you enjoy everything we have in store.

Our 12-week Hub programs are designed to provide structure, consistency and a strong focus on achieving meaningful outcomes. When selecting your activities, you will be signing up for and committing to the full 12-week program for each day you attend the Hub.

This approach gives you the opportunity to fully develop your skills, see your progress over time and work toward your goals with a sense of completion at the end of the program. It also helps you build stronger connections with other customers and experience more substantial benefits than one-off activities can offer.

At the end of each 12-week cycle, you'll have the chance to showcase your new skills during two dedicated showcase weeks held in July and December. These weeks give you the opportunity to participate in a one-off activity that highlights your achievements or demonstrates the progress you've made.

How it works

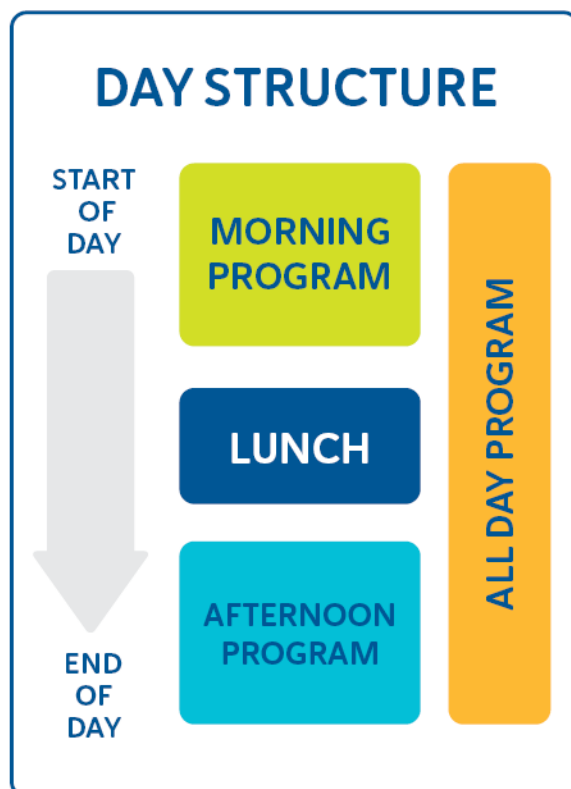
1 For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 by 7/06/2025

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 help identify which options best support your individual goals, we have added icons under each one.

















These icons show the core goals that each option is designed to help you achieve. Up to three icons may appear, highlighting the primary goals most closely linked to that option, though it may support additional goals as well.

If you're unsure what a particular icon represents, please refer to the list below to match each icon with its related goal.

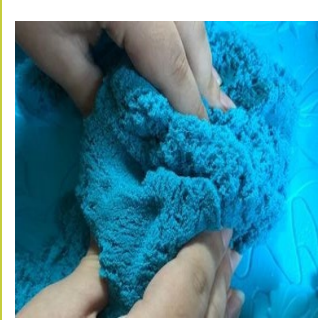



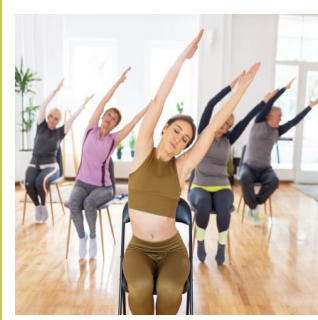



 <p>Improve physical health & wellbeing</p>	 <p>Improve emotional health & wellbeing</p>	 <p>Develop social skills & understanding</p>
 <p>Build independence</p>	 <p>Improve fine motor skills</p>	 <p>Explore creative pursuits</p>
 <p>Sensory Experience/ Exploration</p>	 <p>Adventure & Recreation Experience /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		Cost	Tick one
	<p>Resin Art</p> <ul style="list-style-type: none"> • Create high-gloss, durable, and often three-dimensional, glass-like artworks. • A contemporary, versatile medium • Learn new Skills and have lots of fun creating <p>Goals to achieve:</p>	<p>\$10.00</p>	<input type="checkbox"/>
<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal 1 </div> <div style="text-align: center;">  Goal 2 </div> <div style="text-align: center;">  Goal 3 </div> </div>			
	<p>Café Surfing</p> <ul style="list-style-type: none"> • Travel to different locations • Enjoy a lovely drink with friends • While also learning to budget <p>Goals to achieve:</p>	<p>Bring Own \$\$\$ for Drink</p>	<input type="checkbox"/>
<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal 1 </div> <div style="text-align: center;">  Goal 2 </div> <div style="text-align: center;">  Goal 3 </div> </div>			
Afternoon		Cost	Tick one
	<p>Bunnings</p> <ul style="list-style-type: none"> • Travel to Bunnings at Bracken Ridge • Each week, learn to create something new • Use your creative side to create your own masterpiece <p>Goals to achieve:</p>	<p>No Cost</p>	<input type="checkbox"/>
<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal 1 </div> <div style="text-align: center;">  Goal 2 </div> <div style="text-align: center;">  Goal 3 </div> </div>			
	<p>Walking Group</p> <ul style="list-style-type: none"> • Explore different locations and parks • Low impact exercise • Great to help get your body moving • Enjoy being out with friends <p>Goals to achieve:</p>	<p>No Cost</p>	<input type="checkbox"/>
<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal 1 </div> <div style="text-align: center;">  Goal 2 </div> <div style="text-align: center;">  Goal 3 </div> </div>			


Tuesday Activities


Morning		Cost	Tick one
	<p>Library Sensory Group</p> <ul style="list-style-type: none"> • Travel to Strathpine Library • Feel, perceive & react to stimuli & motions • Explore the magic table • Be part of the SenseAbility program <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal 1 </div> <div style="text-align: center;">  Goal 2 </div> <div style="text-align: center;">  Goal 3 </div> </div>	No Cost	<input type="checkbox"/>
	<p>CHAIR EXERCISE</p> <ul style="list-style-type: none"> • Low impact exercise • Great for any level of fitness • Stretch and get fit with friends <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal 1 </div> <div style="text-align: center;">  Goal 2 </div> <div style="text-align: center;">  Goal 3 </div> </div>	No Cost	<input type="checkbox"/>





Afternoon		Cost	Tick one
 <p>How To Build Everything! houses • animals • cars • dinosaurs • robots</p>	<p>Brick Building</p> <ul style="list-style-type: none"> • Let your building fingers create • Build several different sets over 12 weeks • Learn to read building instructions • Have fun with friends while creating <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal 1 </div> <div style="text-align: center;">  Goal 2 </div> <div style="text-align: center;">  Goal 3 </div> </div>	\$7.00	<input type="checkbox"/>
	<p>Fun with Reading & Writing</p> <ul style="list-style-type: none"> • Hands-on activities to make reading and writing fun • Build literacy skills through play and daily experiences <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Goal 1 </div> <div style="text-align: center;">  Goal 2 </div> <div style="text-align: center;">  Goal 3 </div> </div>	No Cost	<input type="checkbox"/>

All Day				Cost	Tick one
	<p>Music Bingo</p> <ul style="list-style-type: none"> • Travel to Norths Leagues Club Kallangur • Have fun playing music bingo • Then eat lunch at the restaurant with friends <p>Goals to achieve:</p>			Bring or Buy Lunch	<input type="checkbox"/>
 <p>Goal 1</p>	 <p>Goal 2</p>	 <p>Goal 3</p>			









Wednesday Activities









Morning		Cost	Tick one
	<p>ASDAN Cooking</p> <ul style="list-style-type: none"> Learn meal preparation Follow a different recipe each week Make something yummy to eat with your friends <p>***MAX 6 CUSTOMERS*** ***DO NOT BRING OWN LUNCH THIS DAY***</p> <p>Goals to achieve:</p>	\$10.00	<input type="checkbox"/>
	<p>Goal 1 </p> <p>Goal 2 </p> <p>Goal 3 </p>		
	<p>Life Skills</p> <ul style="list-style-type: none"> Travel to local grocery stores Learn to navigate the shopping centre Improve money handling skills Practice scanning, packing and paying <p>Goals to achieve:</p>	No Cost	<input type="checkbox"/>
	<p>Goal 1 </p> <p>Goal 2 </p> <p>Goal 3 </p>		











Afternoon		Cost	Tick one
	<p>Bookworms</p> <ul style="list-style-type: none"> Visit the local libraries in our community Read a book, flick through a magazine, look at DVD's and CD's in air-conditioned comfort <p>Goals to achieve:</p>	No Cost	<input type="checkbox"/>
	<p>Goal 1 </p> <p>Goal 2 </p> <p>Goal 3 </p>		
	<p>Mindful Relaxation</p> <ul style="list-style-type: none"> Promote awareness and calmness Reduce stress Enhance overall well being <p>Goals to achieve:</p>	No Cost	<input type="checkbox"/>
	<p>Goal 1 </p> <p>Goal 2 </p> <p>Goal 3 </p>		

All Day				Cost	Tick one
	<p>Pottery</p> <ul style="list-style-type: none"> • Travel to Woonara for a fun day with Monica • Explore the art of clay and see what your imagination can create • Learn skills to form clay objects with your hands <p>*** MAX 3 CUSTOMERS ***</p> <p>Goals to achieve:</p>			\$15.00	<input type="checkbox"/>
 <p>Goal 1</p>	 <p>Goal 2</p>	 <p>Goal 3</p>			









Thursday activities









Morning		Cost	Tick one
	<p>Op Shopping</p> <ul style="list-style-type: none"> Travel to various Op Shops within the region Learn budgeting skills Find some great deals <p>Goals to achieve:</p>	\$5.00	<input type="checkbox"/>
	<p> Goal 1</p> <p> Goal 2</p> <p> Goal 3</p>		
	<p>Games and Fun</p> <ul style="list-style-type: none"> Challenge yourself against your mates Enjoy playing cards, board games and dice games Work on a puzzle Strategize, take turns, follow rules and have FUN! <p>Goals to achieve:</p>	No Cost	<input type="checkbox"/>
	<p> Goal 1</p> <p> Goal 2</p> <p> Goal 3</p>		





Afternoon		Cost	Tick one
	<p>Sports at Old Petrie Town</p> <ul style="list-style-type: none"> Each week, engage in different sports Tennis, netball, cricket, ball games and lots more Play with your friends and have fun!!! <p>Goals to achieve:</p>	No Cost	<input type="checkbox"/>
	<p> Goal 1</p> <p> Goal 2</p> <p> Goal 3</p>		
	<p>Tie-Dye and Creative Arts</p> <ul style="list-style-type: none"> Join the Fun & Funky Tie-Dye Workshop Create colorful shirts, shoes and art work Learn technique that creates vibrant, unique patterns on fabric by folding, twisting or tying sections <p>Goals to achieve:</p>	\$9.00	<input type="checkbox"/>
	<p> Goal 1</p> <p> Goal 2</p> <p> Goal 3</p>		

All Day		Cost	Tick one			
	<p>Mystery BBQ Adventures</p> <ul style="list-style-type: none"> • Travel to different locations e.g. beach, parks • Help, purchase, prepare and cook your BBQ lunch • Enjoy the outdoors with friends <p>Goals to achieve:</p> <table border="1" data-bbox="443 548 1219 683"> <tr> <td data-bbox="443 548 702 683">  Goal 1 </td> <td data-bbox="702 548 960 683">  Goal 2 </td> <td data-bbox="960 548 1219 683">  Goal 3 </td> </tr> </table>	 Goal 1	 Goal 2	 Goal 3	\$7.00	<input type="checkbox"/>
 Goal 1	 Goal 2	 Goal 3				

Friday Activities

Morning		Cost	Tick one
	<p>COCA Art</p> <ul style="list-style-type: none"> Travel to Woonara for Art with Monica Be inspired, creative and express yourself Make beautiful artworks <p>Goals to achieve:</p>	\$7.00	<input type="checkbox"/>
	<p>Goal 1 </p> <p>Goal 2 </p> <p>Goal 3 </p>		
	<p>Karaoke</p> <ul style="list-style-type: none"> Stay at the Hub & sing your heart out Choose your favorite songs from the juke box Or watch the music video and sing & dance along too <p>Goals to achieve:</p>	No Cost	<input type="checkbox"/>
	<p>Goal 1 </p> <p>Goal 2 </p> <p>Goal 3 </p>		

Afternoon		Cost	Tick one
	<p>Movies In</p> <ul style="list-style-type: none"> Relax with your friends at the hub Take turns choosing which movies to watch Each week you'll see a different movie <p>Goals to achieve:</p>	No Cost	<input type="checkbox"/>
	<p>Goal 1 </p> <p>Goal 2 </p> <p>Goal 3 </p>		
	<p>Pamper</p> <ul style="list-style-type: none"> A relaxing way to end the week Enjoy a massage A foot spa And choose your favorite color nail polish <p>Goals to achieve:</p>	\$5.00	<input type="checkbox"/>
	<p>Goal 1 </p> <p>Goal 2 </p> <p>Goal 3 </p>		

All Day				Cost	Tick one
	<p>Bowling at Aspley</p> <ul style="list-style-type: none"> • Travel to Aspley Bowling Centre • Play one game with your friends • Have lunch out • After lunch take a walk in the park or stop at a library <p>Goals to achieve:</p>			<p>\$8.50</p> <p>Bring or Buy lunch</p>	<input type="checkbox"/>
	 <p>Goal 1</p>	 <p>Goal 2</p>	 <p>Goal 3</p>		

2026 Old Petrie Town Program Dates

Office Opens 2 January 2026 Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Monday 5 th January	Friday 27 th March
Hub Closed	Thursday 1st January – New Year's Day Monday 26 th January – Australia Day	

Program 2		
	Start Date	End Date
Activity Program	Monday 30 th March	Friday 19 th June
Hub Closed	Friday 3 rd April – Good Friday Monday 6 th April – Easter Monday Monday 4 th May – Labour Day	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 22 nd June	Friday 26 th June

Program 3		
	Start Date	End Date
Activity Program	Monday 29 th June	Friday 18 th September
Hub Closed	Wednesday 12 th August – Royal Queensland Show (Brisbane area only)	

Program 4		
	Start Date	End Date
Activity Program	Monday 21 st September	Friday 11 th December
Hub Closed	Monday 5 th October – Kings Birthday	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 14 th December	Friday 18 th December
Hub Closed	Saturday 19 th December 2026 – Sunday 3 rd January 2027	