

2026
Pine Rivers Hub
Activity Program 3
Catalogue



2026 Pine Rivers Hub Activity Program 3 Catalogue

Welcome to our Hub Activity Program! We're pleased to have you join us at the Pine Rivers 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

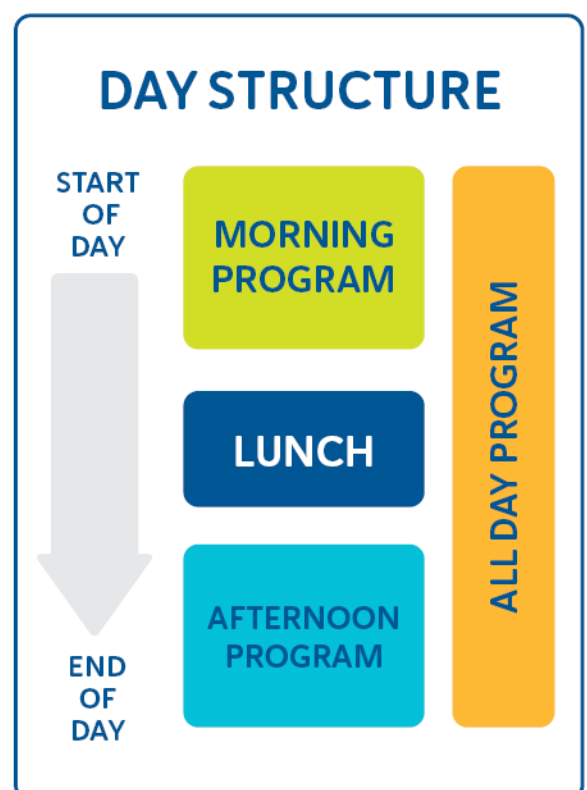
1 For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 Sheryl Figuerres or return it to Pine Rivers Hub or sheryl.figuerres@multicap.org.au by 29 May 2026.

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 8303 or 0475 555 177.

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 8303 or 0475 555 177.
















Hub Activity Program Goal Reference Guide

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

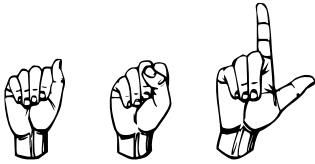











These icons show the core goals that each option is designed to help you achieve. Up to three icons may appear, highlighting the primary goals most closely linked to that option, though it may support additional goals as well.









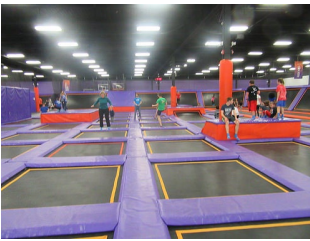



If you're unsure what a particular icon represents, please refer to the list below to match each icon with its related goal.





 <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









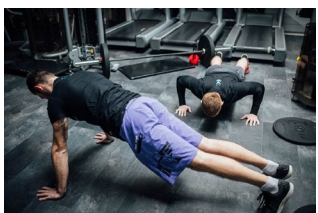



Morning		Cost	Tick one
	<p>The Art of Sign Language</p> <p>Learn the art of language by using symbols, signs and speech. This program will enable you to communicate with everyday life by using Makaton with the assistance of the website.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <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>Putt Putt / Mini golf</p> <p>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.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <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- \$10.00	<input type="checkbox"/>
	<p>Boxercise</p> <p>Learn how to box, punch and master other boxing techniques from our support staff who have boxing experience! It is also a good way to move our body in this cold season!</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <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>Bookworms</p> <p>Customers will visit different libraries across the region, and can borrow and return books, read magazines, and make use of the computers on site.</p> <p>***Bring your library card with you</p> <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>Pamper Me Monday</p> <p>Learn the different relaxation techniques with calming music in the background. Also enjoy some pampering sessions like head massage, foot spa etc.</p> <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>	\$5.00- \$10.00 for resources <i>We will only charge if we need to buy resources for the session.</i>	<input type="checkbox"/>
	<p>Revolution Sports</p> <p>Get active and adventurous by exploring multiple activities under one roof. From trampolines and foam pits to running walls, you will surely have fun with your friends.</p> <p>** 1 hour session- \$10</p> <p>** Please bring your companion card</p> <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>	\$10.00	<input type="checkbox"/>

All Day		Cost	Tick one
	<p>Term 3 Newsletter</p> <p>Customers will get to create a quarterly newsletter based on the experiences and goals that they have achieved at the hub for this term. These newsletters will be sent via email and printed & sent home to their families.</p> <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"/>

Tuesday Activities

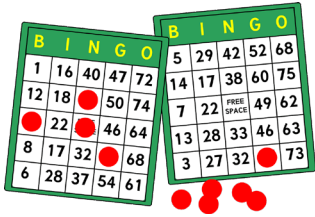
Morning		Cost	Tick one
	<p>Walk, Clean Up & Recycle</p> <p>Customers will get the opportunity to experience picking up rubbish in different parks and collecting containers for recycling. They will be provided with a journal about their achievements for the day.</p> <p>Goals to achieve:</p>	No cost	<input type="checkbox"/>
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Goal 1</p> </div> <div style="text-align: center;">  <p>Goal 2</p> </div> <div style="text-align: center;">  <p>Goal 3</p> </div> </div>			
	<p>Diamond Art</p> <p>Diamond art is a relaxing, creative activity that anyone can enjoy. With diamond art, you place tiny sparkling gems onto a canvas to make a colourful, glittery picture. You can choose different design and as many pieces as you like during the term.</p> <p>Goals to achieve:</p>	\$8.00- \$15.00	<input type="checkbox"/>
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Goal 1</p> </div> <div style="text-align: center;">  <p>Goal 2</p> </div> <div style="text-align: center;">  <p>Goal 3</p> </div> </div>			
	<p>Music Appreciation</p> <p>Sing and dance to your favorite music with your friends at the Hub. You can also bring instruments from home and showcase your talent in front of your friends.</p> <p>Goals to achieve:</p>	No cost	<input type="checkbox"/>
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Goal 1</p> </div> <div style="text-align: center;">  <p>Goal 2</p> </div> <div style="text-align: center;">  <p>Goal 3</p> </div> </div>			

Afternoon		Cost	Tick one
	<p>Everything Sensory</p> <p>Let us explore everything sensory. This includes slime, playdough, water play and other activities. These activities help develop fine motor skills, enhancing memory and observational skills.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <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>	\$5.00 for resources	<input type="checkbox"/>
	<p>Board Games and Puzzles</p> <p>Relax and get creative with a range of puzzles and colouring activities. Whether you enjoy crosswords, word searches, jigsaws, or colouring in your favourite designs, it's a calm and fun way to spend your time.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <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>Jetts Gym</p> <p>Head to Jetts Gym Murrumba Downs with your friends and enjoy a fun workout together. Whether you want to hit the cardio machines, try some weights, or follow your own routine, it's a great way to stay active, build strength, and support each other along the way.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <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>	\$8.50	<input type="checkbox"/>

All Day

Cost

Tick one



Music Bingo

Join Tania and the Just for Fun Entertainment team for all the fun of Music Bingo and lunch at Norths Leagues Club in Kallangur!

Goals to achieve:



Goal 1



Goal 2



Goal 3

No cost



COCA Creative Movement

Our COCA Dance Facilitator will guide you in a creative movement workshop. Helping you to become more confident in expressing yourself with choreography or your own dance moves.

Goals to achieve:



Goal 1















Goal 2





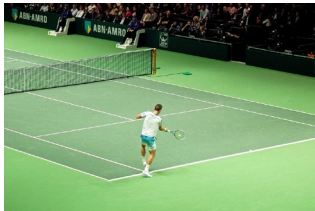

















Goal 3

\$5.00 for resources













Wednesday Activities










Morning		Cost	Tick one
	<p>Beach Walking</p> <p>Explore different beaches in the Moreton Bay region and enjoy the company of your peers under the sun. Do not forget to bring your hat, comfortable clothing and water bottle with you.</p> <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> <p>Customers get to perform chair exercises to help burn some calories and strengthen joints. They will get to follow YouTube videos with the assistance and guidance of support workers.</p> <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>Photography Club</p> <p>Our photographers will travel to different locations with all the necessary equipment and learn the art of capturing the perfect photo. At the end of the 12 weeks, photographers will have the opportunity to showcase their photos and take a photo book home.</p> <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>	\$10.00- \$15.00	<input type="checkbox"/>









Afternoon		Cost	Tick one
	<p>Park Life</p> <p>Join your peers for an afternoon walk, exploring different parks and playgrounds in Moreton Bay region. Please do not forget to bring water bottle, hat and apply sunscreen before the activity.</p> <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>Indoor Sports</p> <p>Customers have 1 hour to challenge each other on a 1:1 game of cricket, football or play a team game amongst friends.</p> <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>	\$10.00	<input type="checkbox"/>
	<p>DIY Projects at Woonara</p> <p>Partnering with Bunnings Brendale, we'll empower our customers to explore their creativity by supplying a variety of materials and support to turn their hands-on project ideas into reality.</p> <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>Upbeat Choir</p> <p>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.</p> <p>**3 spots available only- first come best dressed</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <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>COCA Ceramic & Mosaic</p> <p>With the help of COCA Facilitation, Monica, learn how to mould different designer pots, mugs and other designs using clay, and finish them by air drying or using fire. You can also create different masterpieces using mosaic.</p> <p>**3 spots available only</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <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>	\$15 for resources <i>We will only charge when we buy resources for the activity.</i>	<input type="checkbox"/>










Thursday activities




Morning		Cost	Tick one
	<p>Pickle Ball at Woonara</p> <p>Come play pickleball at the Woonara hub with your friends! Whether you're a beginner or already know the game, it's a fun and social way to stay active. Grab a paddle, team up, and enjoy some friendly matches in a relaxed environment. Equipment will be provided.</p> <p>Goals to achieve:</p>	No cost	<input type="checkbox"/>
<div style="display: flex; justify-content: space-around; align-items: center;"> <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> <p>Explore different cafes in Moreton Bay region, enjoy a coffee, tea, hot chocolate or cool beverage while catching up with your friends.</p> <p>Goals to achieve:</p>	BYO money	<input type="checkbox"/>
<div style="display: flex; justify-content: space-around; align-items: center;"> <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>Pool</p> <p>Master the stroke, make the shot, and have fun at various clubs and taverns within the region.</p> <p>Goals to achieve:</p>	No cost <i>Customers are encouraged to bring cash for this activity as some places use coins for this game.</i>	<input type="checkbox"/>
<div style="display: flex; justify-content: space-around; align-items: center;"> <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>Jetts Gym</p> <p>Head to Jetts Gym Murrumba Downs with your friends and enjoy a fun workout together. Whether you want to hit the cardio machines, try some weights, or follow your own routine, it's a great way to stay active, build strength, and support each other along the way.</p> <p>Goals to achieve:</p>	\$8.50	<input type="checkbox"/>
 Goal 1	 Goal 2		
	<p>Jewellery Making</p> <p>Develop your creativity and master the art of crafting stunning jewellery for yourself or loved ones.</p> <p>Goals to achieve:</p>	\$5.00- \$10.00 for resources <i>We will only charge if we need to buy resources for the activity.</i>	<input type="checkbox"/>
 Goal 1	 Goal 2		
	<p>Movies & Popcorn</p> <p>Each week the group will choose a movie from Netflix to enjoy. After the film we will have a discussion around the movie itself. Sit back, relax and enjoy a cup of popcorn!</p> <p>Goals to achieve:</p>	No cost	<input type="checkbox"/>
 Goal 1	 Goal 2		

All Day				Cost	Tick one
	<p>Sailing</p> <p>Enjoy the water and sceneries along the peninsula, while learn sailing skills with the help of the volunteers at Scarborough Sailing Club.</p> <p>**You can BYO or buy lunch</p> <p>Goals to achieve:</p>			No cost	<input type="checkbox"/>
<div style="display: flex; justify-content: space-around; align-items: center;"> <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>COCA DRAMA / THEATRE</p> <p>Express your innate talent through the drama and theatre program at Woonara. You will learn how to perform different scripts. By the end of term, you will produce a play with your peers.</p> <p>Goals to achieve:</p>			\$5.00 for resources	<input type="checkbox"/>
<div style="display: flex; justify-content: space-around; align-items: center;"> <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>					

Friday Activities

Morning		Cost	Tick one
	<p>Strathpine Bowling</p> <p>Strike, spare and knock those pins down. Customers will compete with staff, trying to improve their scores each week!</p> <p>**Strathpine Bowling is booked at 10am every Friday of the term.</p> <p>Goals to achieve:</p>	\$6.50 for one game	<input type="checkbox"/>
			
	<p>Bookworms</p> <p>Customers will visit different libraries across the region, and can borrow and return books, read magazines, and make use of the computers on site.</p> <p>**Bring your library card with you</p> <p>Goals to achieve:</p>	No cost	<input type="checkbox"/>
			
	<p>MasterChef</p> <p>Our customers will learn basic meal preparation skills, including safe cutting techniques, food preparation, and cooking simple meals. They develop a weekly plan with staff and enjoy their cooked meals for lunch.</p> <p>Goals to achieve:</p>	\$10.00- \$15.00	<input type="checkbox"/>
			

Afternoon		Cost	Tick one
	<p>COCA ART & Textile</p> <p>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.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="533 443 611 517"></div> <div data-bbox="791 443 869 517"></div> <div data-bbox="1050 443 1128 517"></div> </div>	\$7.00- \$10.00 for resources	<input type="checkbox"/>
	<p>E-Book Reading at Woonara</p> <p>Customers choose E- books on the TV, and they read them in front of their friends. They also get the opportunity to share what they learned from the book, in front of their friends.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="533 835 611 909"></div> <div data-bbox="791 835 869 909"></div> <div data-bbox="1050 835 1128 909"></div> </div>	No cost	<input type="checkbox"/>
	<p>Revolution Sports</p> <p>Get active and adventurous by exploring the multiple activities under one roof. From trampolines and foam pits to running walls, you will surely have fun with your friends.</p> <p>** 1 hour session- \$10</p> <p>** Please bring your companion card</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="533 1305 611 1379"></div> <div data-bbox="791 1305 869 1379"></div> <div data-bbox="1050 1305 1128 1379"></div> </div>	\$10.00	<input type="checkbox"/>

All Day

Cost

Tick one



Dolphins RSL

Dance to the live music of Fortunato while having lunch at Dolphins Leagues Club with your friends.

****9 spots available only; first in best dressed**

Goals to achieve:



Goal 1



Goal 2



Goal 3

BYO money for lunch
You can bring your own money for lunch, or we can also use the hub card and invoice you.



Train Travel and Bowling

Each week we'll hop on the train into the city, and head to Strike Bowling at Wintergarden for some awesome bowling fun! It's the perfect way to get active. Enjoy a great time socialising together, compete with your friends and work on improving your score each week!

****Customers bring their go card & companion card**

Goals to achieve:



Goal 1



Goal 2



Goal 3

BYO money, go card and companion card

2026 Pine Rivers Hub Program Dates

Office Opens 05 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	Monday 10 th August 2026- EKKA Moreton Bay	

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	