

2026 Pine Rivers Hub Activity Program 4 Catalogue



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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.

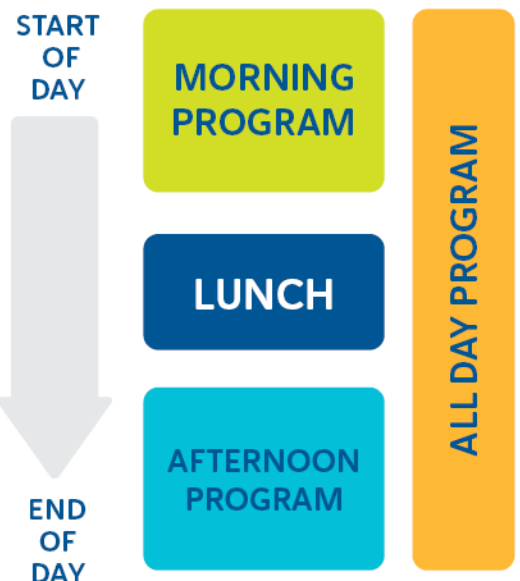
2 Tick the program you wish to be registered into as outlined below and either phone through your choices to Sheryl Figuerres, return it to Pine Rivers office or email sheryl.figuerres@multicap.org.au by 04 September 2026.

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 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 0475 555 177.

DAY STRUCTURE



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.

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



Monday Activities

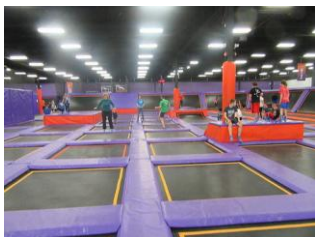
Morning		Cost	Tick one
	Lawn Bowls - Improve your fitness and coordination by playing lawn bowls with your friends. - Customers are booked into Club Pine Rivers every Monday at 10:30am (except for the 2 Mondays of every month due to a tournament). Goals to achieve:	No cost	☐
	 Goal 1  Goal 2  Goal 3		
	Op Shopping - Enjoy op shops, explore local communities and develop practical everyday skills in a fun and supportive environment. - Our customers can browse second-hand stores, discover unique items, practise making choices, learn about budgeting and connect with others. Goals to achieve:	BYO money	☐
	 Goal 1  Goal 2  Goal 3		
 Learn with your Craft Stash 100+ learning activities with craft materials	Craft and create! What We Offer - Paper and collage crafts - Jewellery and bead making - Seasonal and nature crafts - Decorating frames and artwork - Making gifts and personalised items - Recycling and upcycling crafts Goals to achieve:	\$5.00- \$10.00 for resources	☐
	 Goal 1  Goal 2  Goal 3		

Afternoon		Cost	Tick one
	Christmas Card Making Create • Celebrate • Share • Connect - Christmas card making is a fun and meaningful creative activity that gives people with disability an opportunity to express their creativity, develop skills, connect with others, and celebrate the festive season. - Customers can explore colours, patterns, stickers, drawings, glitter, craft materials, and decorations to create their own unique Christmas cards. - We only charge if we need to buy resources. Goals to achieve:  Goal 1  Goal 2  Goal 3	\$5.00 for resources	☐
	Jetts Gym - 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. Goals to achieve:  Goal 1  Goal 2  Goal 3	\$8.50	☐
	Board Games and Music - 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. Goals to achieve:  Goal 1  Goal 2  Goal 3	No cost	☐

All Day			Cost	Tick one
	Sports, Fitness and BBQ Move • Connect • Enjoy • Celebrate • Our Sports, Fitness & BBQ activities provide people with disability with opportunities to stay active, build confidence, develop friendships, and enjoy a fun day in an inclusive and supportive environment. • Encourage Active Participation Adapted games and activities can be tailored to different abilities, allowing everyone to participate at their own pace. • Build Confidence & Independence Learning new activities, achieving personal goals, and taking part in group activities can help build confidence and encourage independence. • Develop Social Skills Team sports and group fitness activities provide opportunities to communicate, cooperate, take turns, and build positive relationships.		\$10.00- \$15.00 for BBQ	☐
	Goals to achieve:			
	 Goal 1	 Goal 2		

Tuesday Activities

Morning		Cost	Tick one
	Bookworms Access to Books & Resources Explore a wide range of books, magazines, newspapers, and educational resources to support learning and personal interests. Improve Reading & Language Skills Regular reading can strengthen vocabulary, comprehension, communication, and writing skills. Community & Connection Libraries provide welcoming spaces where people can attend activities, workshops, events, and connect with others. A Safe & Welcoming Space Libraries offer a peaceful environment where people can read, learn, work, or simply enjoy some quiet time. Goals to achieve:	No cost	☐
	 Goal 1  Goal 2  Goal 3		
	Op Shopping - Enjoy op shops, explore local communities and develop practical everyday skills in a fun and supportive environment. - Our customers can browse second-hand stores, discover unique items, practise making choices, learn about budgeting and connect with others. Goals to achieve:	BYO money	☐
	 Goal 1  Goal 2  Goal 3		
	Chair exercises - The Chair Exercise Program is an inclusive movement program designed to support our customers to participate in enjoyable, accessible physical activity from a seated position. - The program includes gentle movements, stretching, strengthening, coordination, balance activities and fun group exercises. Goals to achieve:	No cost	☐
	 Goal 1  Goal 2  Goal 3		

Afternoon		Cost	Tick one
	Everything Sensory Sensory Play: Slime, playdough, water play, and other hands-on activities. Fine Motor Development: Strengthens hand and finger muscles through hands-on exploration. Memory Skills: Encourages children to remember, recognise, and respond to different experiences. Observation Skills: Develops attention to detail and encourages exploration. Creativity & Exploration: Promotes curiosity, imagination, and sensory discovery. Goals to achieve:  Goal 1  Goal 2  Goal 3	\$5.00-\$10.00 for resources	☐
	Christmas Party Planning and Hub Decoration - It is that time of the year again where we get to plan and decorate the hub for Christmas! - Customers and staff will get to put their creative hats on and bring ideas on Christmas decorations. Goals to achieve:  Goal 1  Goal 2  Goal 3	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:  Goal 1  Goal 2  Goal 3	\$10.00	☐

All Day			Cost	Tick one
	Music BINGO - Join the Just for Fun Entertainment team for all the fun of Music Bingo and lunch at Norths Leagues Club in Kallangur. - Bingo lets you: - Develops memory and concentration - Enhances observation and listening skills - Encourages problem-solving and decision-making - Provides a fun and engaging learning experience Goals to achieve:		No cost	☐
	 Goal 1	 Goal 2	 Goal 3	
	COCA Creative Movement - Our COCA Dance DW Sera Momo will guide you once a week for 12 weeks. - You will be more confident in expressing yourself and with choreography for your own dance moves. - Develop skills in a fun and supportive environment. Goals to achieve:		\$5.00- \$10.00 for resources	☐
	 Goal 1	 Goal 2	 Goal 3	

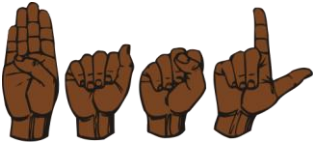
Wednesday Activities

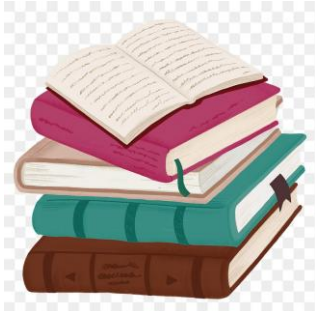
Morning		Cost	Tick one
	Putt putt - Improve your balance and hand-eye coordination while having fun in the sun. - Play a round of golf or practice your long shots in the driving range each week. - This can be indoor or outdoor putt putt, depending on the customers' choices and the weather. Goals to achieve:	\$7.00-\$10.00	☐
	 Goal 1  Goal 2  Goal 3		
	Walking and Community Clean Up - A fun and inclusive outdoor activity that combines gentle walking, social connection, and caring for the local community. - Our customers can enjoy time outdoors while taking part in a simple community clean-up activity. Goals to achieve:	No cost	☐
	 Goal 1  Goal 2  Goal 3		
	Pickle Ball at Woonara - Come and join us play pickleball at 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. Goals to achieve:	No cost	☐
	 Goal 1  Goal 2  Goal 3		

Afternoon			Cost	Tick one
	Music for everyone! - an inclusive music appreciation program created to provide you with enjoyable and meaningful opportunity to experience, explore, and express yourselves through music. - Emphasize inclusion, accessibility, participation, sensory enjoyment, and self-expression Goals to achieve:		No cost	☐
	 Goal 1	 Goal 2		
	Jewelry making - A creative and enjoyable hands-on activity where people with disability can design and make their own jewellery. - Our customers can explore their creativity, choose their favourite colours and materials, and create something unique to take home. Goals to achieve:		\$5.000-\$10.00 for resources	☐
	 Goal 1	 Goal 2		
	Pamper Me Wednesday - 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:		\$5.00-\$10.00 for resources	☐
	 Goal 1	 Goal 2		

All Day		Cost	Tick one
	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. • Rehearsal is from 9am to 1pm. • Customers will have the opportunity to have lunch then go for a walk in the afternoon. **3 spots available only- first come best dressed Goals to achieve:	No cost	☐
	 Goal 1  Goal 2  Goal 3		
	COCA Pottery & 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 depending on the project that you do for the term • We will only charge when we buy resources for the activity. **3 spots available only- first come best dressed Goals to achieve:	\$15.00	☐
	 Goal 1  Goal 2  Goal 3		

Thursday activities

Morning		Cost	Tick one
	COCA Theatre AM Session - Express your innate talent in drama with the support and guidance of DSW Siena McKenna. - The morning part of this program is the theatre/actor practicing skills for performances. Goals to achieve:	No cost	☐
	 Goal 1  Goal 2  Goal 3		
	The Art of Sign Language - Learn the art of language by using symbols, signs and speech to enable me to communicate with everyday life by using Makaton with the assistance of using the website. - We will go over the same signs for the first 4 weeks and then change. Goals to achieve:	No cost	☐
	 Goal 1  Goal 2  Goal 3		
	Master Bakers - Baking is a fun and meaningful activity that can support wellbeing, independence, confidence, and social connection for people with disability. - Our customers will learn basic baking skills such as reading recipes, mixing, folding etc. - Customers will develop a weekly baking plan with staff. Goals to achieve:	\$10.00	☐
	 Goal 1  Goal 2  Goal 3		

Afternoon		Cost	Tick one
	COCA Theatre PM Session - Express your innate talent in drama with the support and guidance of DSW Siena McKenna. - The afternoon part of this program is the prop making- learning prop skills and creating set design. Goals to achieve:	\$5.00-\$10.00 for resources	☐
	 Goal 1  Goal 2  Goal 3		
	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:	\$10.00	☐
	 Goal 1  Goal 2  Goal 3		
	Bookworms Access to Books & Resources Explore a wide range of books, magazines, newspapers, and educational resources to support learning and personal interests. Improve Reading & Language Skills Regular reading can strengthen vocabulary, comprehension, communication, and writing skills. Community & Connection Libraries provide welcoming spaces where people can attend activities, workshops, events, and connect with others. A Safe & Welcoming Space Libraries offer a peaceful environment where people can read, learn, work, or simply enjoy some quiet time. Goals to achieve:	No cost	☐
	 Goal 1  Goal 2  Goal 3		

All Day			Cost	Tick one
	Challenge Sailing and Lunch • Challenge Sailing operates on Thursday mornings. • These sessions take place at the picturesque Scarborough Boat Harbour, offering a beautiful and serene setting for our sailing adventures. • Customers will enjoy lunch after sailing. Goals to achieve:		BYO lunch or money for lunch	☐
	 Goal 1	 Goal 2		
		 Goal 3		

Friday Activities

Morning		Cost	Tick one
	Strathpine Bowling Roll • Connect • Have Fun • Celebrate - Bowling is a fun and inclusive activity that provides people with disability with opportunities to stay active, develop skills, build confidence, and enjoy social connection in a supportive environment. - Customers will compete with staff and get to improve scores each week! Strathpine Bowl has been booked for Term 4 (21 September- 11 December 2026) every Friday at 10am. Goals to achieve:	\$6.50 for one game	☐
	 Goal 1  Goal 2  Goal 3		
	Boxercise - Boxercise uses non-contact boxing-inspired movements such as punching combinations, pad work, footwork, and fitness exercises. - Activities can be adapted to different physical, sensory, cognitive, and communication needs. - The goal is participation, not competition. Goals to achieve:	No cost	☐
	 Goal 1  Goal 2  Goal 3		
	Park Life - It provides opportunities to connect with nature, build confidence, develop social connections and participate in meaningful outdoor activities at an individual pace. - Whether our customers enjoy gentle walks, wildlife, photography, gardening, picnics or simply spending time outdoors, park life aims to make nature accessible to everyone. Goals to achieve:	No cost	☐
	 Goal 1  Goal 2  Goal 3		

Afternoon		Cost	Tick one
	COCA ART - Art activities provide people with disability with a fun and inclusive opportunity to express themselves, develop skills, build confidence, and enjoy meaningful creative experiences. - Creating something independently can provide a strong sense of achievement, pride, and confidence. - Create different artwork with our COCA Facilitator Monica Yfran. Goals to achieve:	\$7.00	☐
	 Goal 1  Goal 2  Goal 3		
	DIY Bunnings - With Bunnings Brendale's help, we'll inspire creativity by providing and supporting our customers with a selection of supplies to help bring their hands-on project ideas to life. - This program will be held at Bunnings Brendale every second Friday. On the alternate Friday, customers will do DIY projects at Woonara Hub. Goals to achieve:	No cost	☐
	 Goal 1  Goal 2  Goal 3		
	Movies at Woonara - Fun and relaxing movie experience designed for people with disability. - Our customers can enjoy a favourite movie, delicious popcorn, and a welcoming social environment with friends, peers, and support staff. - Staff and support workers will help create a safe, comfortable, and inclusive environment. Goals to achieve:	No cost	☐
	 Goal 1  Goal 2  Goal 3		

All Day			Cost	Tick 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- first in best dressed Goals to achieve:  Goal 1  Goal 2  Goal 3		BYO money for lunch	☐
	Travel Training - Each week we'll hop on the train into the city and explore Brisbane City. - It's the perfect way to get active, enjoy a great time exploring Brisbane City with your friends. ***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 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	