



2024 Robina Hub
Activity Program 3
Catalogue

2024 Robina Hub Activity Program 3 Catalogue

Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the Robina 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.

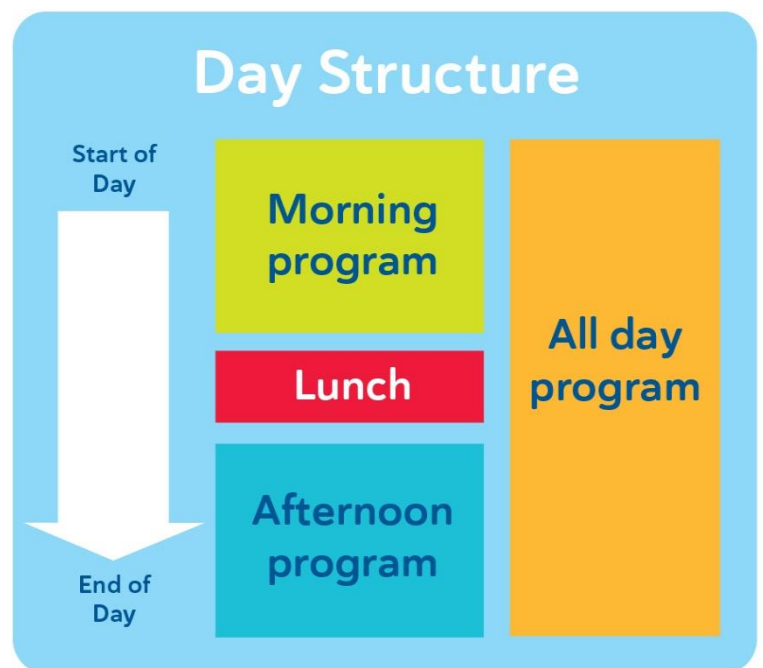
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 0478 281 710 or return it to alex.parkes@multicap.org.au 22 May 2024.
- Program allocation is based on first-come, first-served. Please make sure you get your selections in fast! If you need help to complete the form, please call us on 0478 281 710 or 07 5655 4075.
- 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 alex.parkes@multicap.org.au.









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 three (3) core goals can be shown even though some activities may support you to achieve more than three (3) goals. Those identified are the core goals that the activity supports.

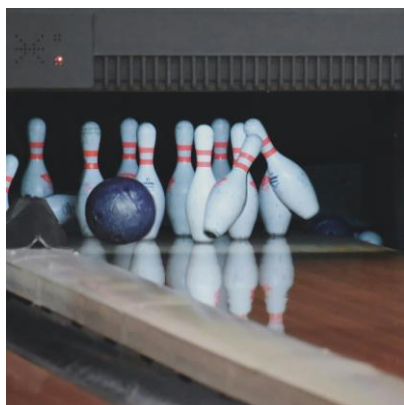
If you are unsure of what goal an icon relates to, please refer to the below list:

Icon	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 – Choose one (1)

✓
Chosen activity



Ten Pin Bowling, Robina Bowling Club

Try your luck, bring out your competitive streak with a big strike. (KM's to and from venues invoiced as per schedule of supports).

\$15

Goals to achieve:



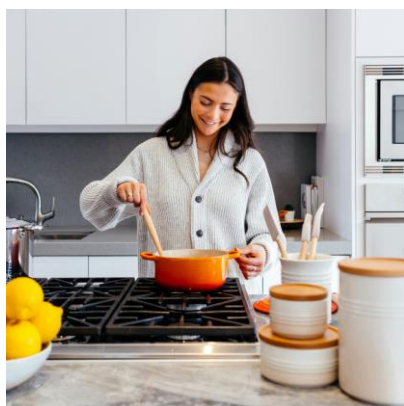
Goal #1



Goal #2



Goal #3



Ready, steady, cook

Where customer work closely with staff to build up their fine and gross motor skills to create meals of their choice. Each week we will focus on learning new skills and building on these skills as the week's progress.

No cost

Goals to achieve:



Goal #1



Goal #2



Goal #3



Goal #1



Goal #2



Goal #3

AND

Afternoon – Choose one (1)



Chosen activity

	<p>Library club</p> <p>A fantastic opportunity for our customers to learn something new, pursue a hobby, meet friends, or relax with your book, newspapers, or magazine.</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>	<p>No cost</p>	
	<p>COCA collage program</p> <p>Our COCA collage program provides customers with the opportunity to explore collage art.</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>	<p>Program fee one off payment workbook</p>	

Tuesday activities

Morning – Choose one (1)



Chosen activity



Walking group at local park.

This program is structured for those who like to keep active and get out.

****Bring hat, water bottle and closed shoes****

Goals to achieve:



Goal #1

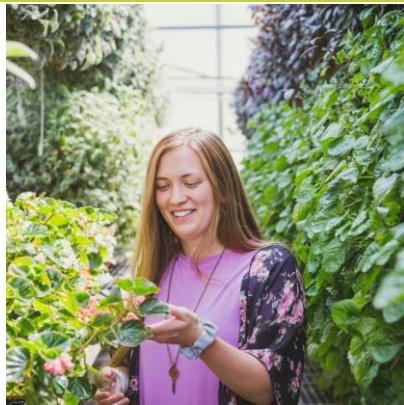


Goal #2



Goal #3

No cost



Green thumb gardening

Develop your green thumb and learn all about all things gardening. You will learn about different plants, how to grow them and all about the natural world around us.

Goals to achieve:



Goal #1



Goal #2



















Goal #3

\$15 one off






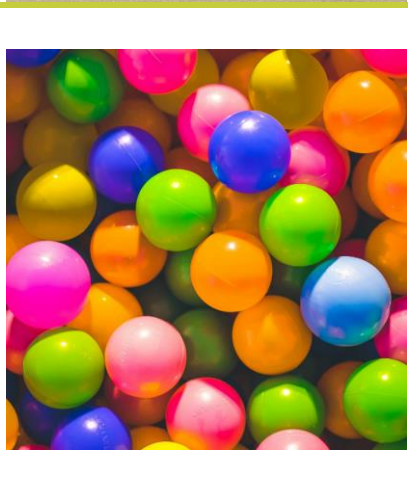



AND

Afternoon – Choose one (1)

✓
Chosen activity

	Sports fun Enjoy some ball sports, outdoor games, or a sport of the groups choice.	No cost		
Goals to achieve: <table border="1"><tbody><tr><td data-bbox="595 618 778 779"> Goal #1</td><td data-bbox="786 618 970 779"> Goal #2</td><td data-bbox="978 618 1161 779"> Goal #3</td></tr></tbody></table>				 Goal #1
 Goal #1	 Goal #2	 Goal #3		
	ASDAN sound, rhythm and music The group will engage with different music options and explore a variety of skills in this 12-week program.	Program fee		
Goals to achieve: <table border="1"><tbody><tr><td data-bbox="595 1048 778 1182"> Goal #1</td><td data-bbox="786 1048 970 1182"> Goal #2</td><td data-bbox="978 1048 1161 1182"> Goal #3</td></tr></tbody></table>				 Goal #1
 Goal #1	 Goal #2	 Goal #3		







Wednesday activities

Morning – Choose one (1)			 Chosen activity
	<p>Beach explorer/walking group</p> <p>Members may choose different beach foreshores on the Gold Coast, to walk along the amazing scenic views.</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	
	<p>Wacky Wednesday</p> <p>Get creative with the Hub resources and create your own masterpiece in the form of art and craft, food, or sensory play, while discovering textures, smells, tastes and experiences the group has to offer. Let your creativity run wild.</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 one off	

AND

Afternoon – Choose one (1)












✓
Chosen activity

	<p>Bowling</p> <p>Let's go bowling. Lace up your bowling shoes and hit the lanes for a game of ten pin bowling at Robina.</p> <p>Goals to achieve:</p>	<p>\$15 each week</p>	
 Goal #1	 Goal #2		
	<p>Flexible centre-based activities.</p> <p>These activities will give our customers the flexibility to choose from a variety of organised activities. Each week, three different tailored activities will be on offer with customers given the option to select the activity of their choice such as:</p> <ul style="list-style-type: none"> • sensory activities • card making • board games • jewellery art • painting • chalk art • soccer • basketball <p>Goals to achieve:</p>	<p>No cost</p>	
 Goal #1	 Goal #2		

Thursday activities

Morning – Choose one (1)

✓
Chosen activity

	<p>Movie time</p> <p>Enjoy a movie at the local cinema. **Buy lunch or bring your own**</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>	<p>\$10 each week + lunch</p>	
	<p>Game lovers</p> <p>Experience the digital world through games at the local arcade, or spend some time as a group playing board games at the Hub.</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> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <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>\$20 for arcade</p> <p>No cost for Hub</p>

AND

Afternoon – Choose one (1)

✓
Chosen activity



Hub-based dance class

Come and join our hub for an online dance class which will be provided by our staff members. This activity helps you to boost your heart health, destress and makes you happy.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$10 each week



Travel training and Hopo Ferry

You will learn how to read a timetable. You will enjoy the pleasure of the ferry, the fresh air and the sightseeing on the Gold Coast.

****Bring or buy lunch****

Goals to achieve:



Goal #1



Goal #2



Goal #3

No cost

Morning – Choose one (1)
































Chosen activity

	<p>Cooking program</p> <p>Be more independent in the kitchen. Learn the skills of cooking different recipes each week.</p> <p>Week 1: tacos Week 2: home-made burgers and chips Week 3: home-made rissoles/vegies patties Week 4: frittata with salads Week 5: home-made healthy pizzas Week 6: home-made chicken nuggets and chips Week 7: satay chicken and rice Week 8: chicken kebabs Week 9: meat balls spaghetti plus home-made garlic breads Week 10: home-made sausage rolls served with breads Week 11: fried rice Week 12: BBQ plus potato bake.</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>	<p>Share cost of the groceries</p>	
	<p>Café surfing and park walk</p> <p>Visit various Café's each week to sample their morning teas, learn how to place orders and pay for them (this will be limited to small portions as lunch will be had on return to the Hub). Followed by a gentle walk through preselected parks/beach.</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>	<p>\$10 each week</p>	

AND

Afternoon – Choose one (1)

✓
Chosen activity

	<p>Picnic at the local park</p> <p>After cooking, our customer will have opportunity to enjoy their lunch at the park by exploring new areas as well.</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td data-bbox="531 651 746 790">  Goal #1 </td> <td data-bbox="746 651 997 790">  Goal #2 </td> <td data-bbox="997 651 1243 790">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	<p>No cost</p>				
 Goal #1	 Goal #2	 Goal #3							
	<p>COCA Eco Art</p> <p>Join us for a 12-week program as we explore a variety of textures and artistic opportunities with Eco Art.</p> <p>Goals to achieve:</p> <table border="1"> <tr> <td data-bbox="531 1025 746 1164">  Goal #1 </td> <td data-bbox="746 1025 997 1164">  Goal #2 </td> <td data-bbox="997 1025 1243 1164">  Goal #3 </td> </tr> <tr> <td data-bbox="531 1164 746 1312">  Goal #1 </td> <td data-bbox="746 1164 997 1312">  Goal #2 </td> <td data-bbox="997 1164 1243 1312">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	 Goal #1	 Goal #2	 Goal #3	<p>Program cost</p>	
 Goal #1	 Goal #2	 Goal #3							
 Goal #1	 Goal #2	 Goal #3							

2024 Robina Hub program dates

Hub closed on public holidays.

Program 3		
	Start Date	End Date
Activity Program	Monday 24 June	Friday 13 September
Hub Closed	EKKA Show Day, Wednesday 14 August, Gold Coast Show Day, Friday 30 August	

Program 4		
	Start Date	End Date
Activity Program	Monday 16 September	Friday 13 December
Hub Closed	King's Birthday, Monday 7 October	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 16 December	Friday 20 December
Hub Closed	Monday 23 December 2024 – Monday 6 January 2024	