



2024 Roma Hub
Activity Program 4
Catalogue

2024 Roma Hub Activity Program 4 Catalogue

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

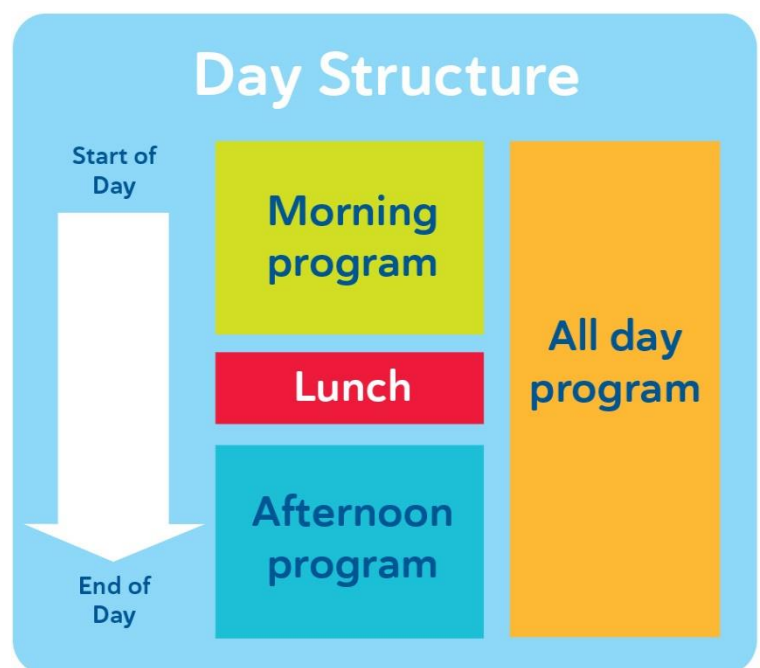
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 (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.

- Tick the program you wish to be registered into as outlined below and either phone through your choices to Service Manager Jigar Patel on 0477 222 668, or return it to the Roma Hub at 48 Arthur Street by Friday 23rd August 2024.
- 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 4525 9001.
- 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 Roma Hub on 07 4525 9001.
















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.










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		 chosen activity	
	<p>Chit Chat Cafe</p> <p>For the lovers of a good coffee (or tea). We will be visiting various cafes in the region for morning tea to build on our money handling skills and develop our confidence. * Bring your own lunch *</p> <p>Goals to achieve:</p>	<p>Cost of purchase</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>ASDAN Sound, Music and Rhythm</p> <p>Do you have a passion for music and want to explore the world of rhythm? ASDAN's Sound, Rhythm, and Music course is perfect for you! This course is designed to help you develop a deeper understanding of music theory, rhythm, and sound production. You'll have the opportunity to explore music through various sound production techniques and recording software. By the end of the course, you will have a solid foundation in music theory and the practical skills to produce your own unique sound. Join us today and start your journey towards becoming a skilled musician. * Bring your own lunch *</p> <p>Goals to achieve:</p>	<p>\$2.50</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>			

Monday activities continued

AND










Afternoon – Choose One			 chosen activity
	<p>Explore the Library</p> <p>Visit the Roma Town Library and take advantage of their wide range of books, magazines, audio and large print books, DVDs and accessible computers. Expand your knowledge and find new topics of interest. If you have a library card, you can also borrow titles to enjoy at 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>	No cost	
	<p>Ready, Set, Cook</p> <p>Plan, shop and cook to create healthy meals 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>		Supplied by each member

Tuesday activities










Morning – Choose One			 chosen activity	
	<p>Gardening Club</p> <p>A program to develop and create our own hub garden. Visit other garden community garden projects for inspiration and advice. Members will plant flowers, herbs and vegetables and support their growth through to harvest. Alternative activity for wet weather. * Bring your own lunch *</p> <p>Goals to achieve:</p>	\$2.00		
 Goal #1	 Goal #2			 Goal #3
	<p>Play Ball</p> <p>Engaging in a variety of ball game activities, with friends at the hub or external locations – weather permitting. Play ping pong, basketball, throw and toss and any other fun you can have with a ball. * Bring your own lunch *</p> <p>Goals to achieve:</p>	No cost		
 Goal #1	 Goal #2			 Goal #3

Tuesday activities continued

AND










Afternoon – Choose One			 chosen activity	
	<p>Water Fun & Fitness</p> <p>Experience the best of both worlds with outings for swimming and nature walks. Dive in for a refreshing swim or enjoy a leisurely stroll through natural landscapes. Perfect for all fitness levels, join us for a balanced approach to wellness and relaxation.</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>Get Your Craft On</p> <p>Experiment with the use of colour, form and function using a variety of materials to create handcrafted objects that are both functional and beautiful. From jewellery to something to hold the jewellery in, create something for your home, yourself or to gift to someone special.</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>			\$2.50

Wednesday activities










Morning – Choose One			 chosen activity	
	<p>Create with Paper Explore the myriads of ways you can use paper to create. Experiment with making your own paper and using it in your creations. From origami to scrapbooking, try something new each week. * Bring your own lunch *</p> <p>Goals to achieve:</p>	\$2.00		
 Goal #1	 Goal #2			 Goal #3
	<p>Music Fun & Fitness in the Hub Join us as we get active and move our bodies while listening to upbeat or relaxing tunes. Some of the activities we can do are:</p> <ul style="list-style-type: none"> • Seated exercises • Yoga • Ball games • Dancing <p>* Bring your own lunch *</p> <p>Goals to achieve:</p>	No cost		
 Goal #1	 Goal #2			 Goal #3

Wednesday activities continued










AND

Afternoon – Choose One			 chosen activity
	<p>Out & About in Our Community</p> <p>Members will start by visiting the Big Rig Information Centre to start planning weekly visits to key buildings and locations within the community or attend upcoming low-cost activities. Members will choose a new destination each week to explore and find out more about. * Bring your own lunch/afternoon tea or money to purchase *</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>Master Builders</p> <p>Unleash your inner builder, inspire your creativity, and develop your engineering skills using Lego and other basic building materials available at the hub. Share what you have created with your friends at 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>	\$2.50	










Thursday activities

Morning – Choose One		 chosen activity		
	<p>Bingo Boss Become a bingo boss! Enjoy time with friends at the hub with some healthy competition on a Thursday morning. Look, listen and carefully mark off those numbers, ready to call BINGO! * Bring your own lunch *</p> <p>Goals to achieve:</p>	No cost		
		 Goal #1	 Goal #2	 Goal #3
	<p>COCA – Eco Art Follow the 12 week program to create Eco Art masterpieces. Eco Art uses found objects, recyclables, and natural materials that inspire environmental awareness. You can take your pieces home after the program. * Bring your own lunch *</p> <p>Goals to achieve:</p>	\$5		
		 Goal #1	 Goal #2	 Goal #3










AND

Afternoon – Choose One		 chosen activity		
	<p>Pamper Me Chill out and be pampered. Pampering includes hand and arm massage, foot spa, nail painting, head and shoulder massage. General relaxation time in a calming environment.</p> <p>Goals to achieve:</p>	\$2.50		
		 Goal #1	 Goal #2	 Goal #3
	<p>Bare Foot Bowls Head to the local bowls club and join in the fun of social bowls. * Bring your own lunch/afternoon tea or money to purchase *</p> <p>Goals to achieve:</p>	\$2.50 to \$10		
		 Goal #1	 Goal #2	 Goal #3

Friday activities

Morning – Choose One			 chosen activity		
	Bake a Treat Using the hub kitchen facilities, you will be supported to create a baked treat to enjoy. Learn new techniques, try new recipes, shop for ingredients, and share your goodies with friends at the hub. * Bring your own lunch * Goals to achieve:			Supplied by each member	
	 Goal #1	 Goal #2	 Goal #3		
	Paint and Sip with Mocktails Get creative both on the canvas and in the cup. Learn new skills in painting and in mocktail making. Sip on your delicious beverage as you paint a fun, simple design, step-by-step. * Bring your own lunch * Goals to achieve:			\$5	
	 Goal #1	 Goal #2	 Goal #3		

AND

Afternoon – Choose One			 chosen activity		
	Puzzles and Games Galore Challenge your friends to some of the more challenging board games or collaborate to complete 250+ piece puzzles in an afternoon. The hub provides a wide range of board games and puzzles to try. Goals to achieve:			No cost	
	 Goal #1	 Goal #2	 Goal #3		
	Technology Learn new skills using the Nintendo Switch or bring in your own device (eg. Ipad or mobile phone). Explore different games and apps to develop and broaden your interests and knowledge. Try quizzes, photography, racing games and more. Goals to achieve:			No cost	
	 Goal #1	 Goal #2	 Goal #3		

2024 Roma Hub Program Dates

Office Opens 2 January 2024

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Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Tuesday 2 January	Friday 22 March
Hub Closed	New Year Holiday, Monday 1 January; Australia Day, Friday 26 January	

Program 2		
	Start Date	End Date
Activity Program	Monday 25 March	Friday 14 June
Hub Closed	Good Friday 29 March Easter Monday 1 April Anzac Day Holiday 25 April Labour Day 6 May	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 17 June	Friday 21 June

Program 3		
	Start Date	End Date
Activity Program	Monday 24 June	Friday 13 September
Hub Closed	EKKA Show Day, Wednesday 16 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	