



2025 Robina Hub Activity Program 1 Catalogue

2025 Robina Hub Activity Program 4 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.

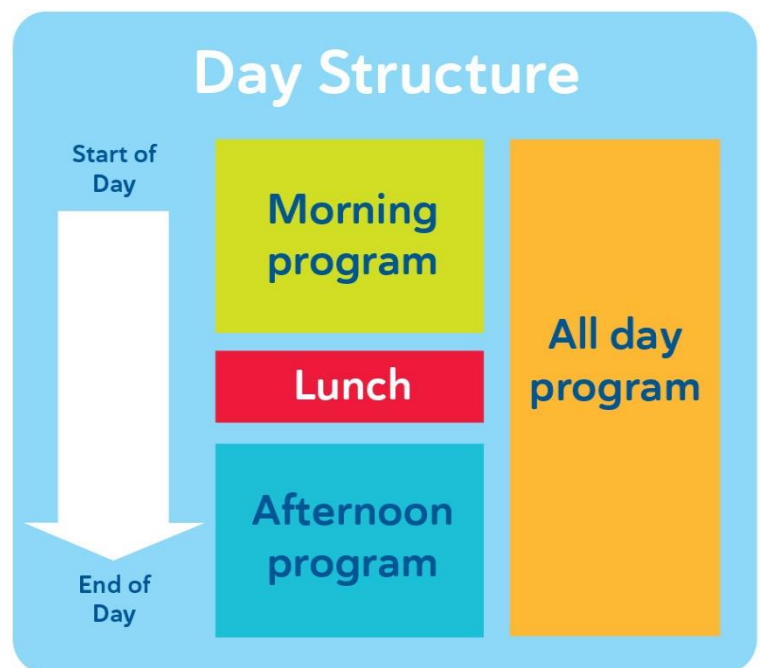
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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 (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 Alex Parkes or return it to alex.parkes@multicap.org.au by 08/11/2024
- 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 0478 281 710.
- 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 0478 281 710.
















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>ASDAN: Photography</p> <p>Customers will follow a structured 12-week program, learning the art of photography and how to take the perfect pic. This is a moderated program and participants will be presented with a certificate upon completion.</p> <p>Goals to achieve:</p> <table border="1" data-bbox="419 689 1246 824"> <tr> <td style="text-align: center;">  Goal #1 </td> <td style="text-align: center;">  Goal #2 </td> <td style="text-align: center;">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	<p><i>ASDAN Fee Applies</i></p>	
 Goal #1	 Goal #2	 Goal #3				
	<p>COCA: Eco Art</p> <p>Activity description A 12-week program focusing on developing art skills by using things we can find around us.</p> <p>Goals to achieve:</p> <table border="1" data-bbox="419 1048 1246 1182"> <tr> <td style="text-align: center;">  Goal #1 </td> <td style="text-align: center;">  Goal #2 </td> <td style="text-align: center;">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	<p>No cost</p>	
 Goal #1	 Goal #2	 Goal #3				
	<p>Swimming – Gold Coast Aquatic Centre</p> <p>What better way to cool down in the heat than with some fun in the sun and a splash in the pool.</p> <p>Goals to achieve:</p> <table border="1" data-bbox="419 1413 1246 1545"> <tr> <td style="text-align: center;">  Goal #1 </td> <td style="text-align: center;">  Goal #2 </td> <td style="text-align: center;">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	<p>\$5</p>	
 Goal #1	 Goal #2	 Goal #3				

AND









Afternoon – Choose One			 chosen activity
	<p>Walking Group – beach walk</p> <p>Customers choose different Beach Foreshores to have a walk a long in and around the Gold Coast.</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	
	<p>Op Shopping</p> <p>One man’s trash is another mans treasure, and we are bound to find some treasures hidden in the op shops we explore.</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>	Bring money for shopping	
	<p>ASDAN: Baking</p> <p>Customers will follow a structured 12-week program, learning how to bake different treats. This is a moderated program and participants will be presented with a certificate upon completion.</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>	ASDAN Fee Applies	

OR – choose one All Day activity below































All Day – Choose One



chosen activity

	<p>Theme Park Adventures</p> <p>Each week we will head to a different theme park and experience all that they have on offer.</p> <p>**Village Roadshow pass is required**</p> <p>**Bring or buy lunch**</p> <p>Goals to achieve:</p>	<p>No cost</p>		
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>		
	<p>Travel Training</p> <p>Members will learn how to read a timetable. We will learn how to use a Go Card and how to put money onto the go card. You will enjoy the pleasure of riding the train, tram or bus and see the sights we have to offer on the GC.</p> <p>**Bring or buy lunch**</p> <p>Goals to achieve:</p>	<p>Go Card</p>		
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>		

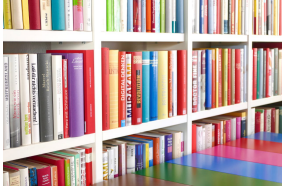











Tuesday activities

Morning – Choose One			✓ chosen activity			
	Swimming – Gold Coast Aquatic Centre What better way to cool down in the heat than with some fun in the sun and a splash in the pool.	Goals to achieve: <table border="1" style="width: 100%; text-align: center;"> <tr> <td> Goal #1</td> <td> Goal #2</td> <td> Goal #3</td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	\$5
	 Goal #1		 Goal #2	 Goal #3		
	GC Active and Healthy Join us for a variety of events that are put on and run by the Gold Coast City Council, prompting us to keep fit and have fun.	Goals to achieve: <table border="1" style="width: 100%; text-align: center;"> <tr> <td> Goal #1</td> <td> Goal #2</td> <td> Goal #3</td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	No cost
	 Goal #1		 Goal #2	 Goal #3		
	Garden Explorers Activity description Join us each week to explore the many gardens we have to offer around the Gold Coast, and end the program off by making our own garden.	Goals to achieve: <table border="1" style="width: 100%; text-align: center;"> <tr> <td> Goal #1</td> <td> Goal #2</td> <td> Goal #3</td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	\$5 one off
	 Goal #1		 Goal #2	 Goal #3		

AND

Afternoon – Choose One










 chosen
 activity

	<p>Library</p> <p>Each week we will visit a different library and learn to use the different facilities.</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>Picnic at the Park</p> <p>Every week for 12 weeks, we will visit a different park and have a picnic lunch together.</p> <p>***BYO Lunch</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>ASDAN: Looking Smart and Independent Living</p> <p>This is a 12 week program which teaches our customers the skills of moving towards independent living. This is a moderated program and participants will be presented with a certificate upon completion.</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>	ASDAN Fee Applies	














OR – choose one All Day activity below

All Day – Choose One

✓
chosen activity

	<p>ASDAN: Engaging with the world around me</p> <p>There is so much to explore and engage with in the world we live in. This program gives us an opportunity to explore it all. This is a moderated program and participants will be presented with a certificate upon completion.</p> <p>**Bring or buy lunch**</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>ASDAN Fee Applies</p>	
	<p>HOTA - Gold Coast Arts Centre</p> <p>Each wee there is a different activity at HOTA which we will participate in. Whether it is the art gallery, or a plan event there will be something for everyone!</p> <p>**Bring or buy lunch**</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>		













Wednesday activities

Morning – Choose One			 chosen activity
	<p>Ocean Explorers</p> <p>Each week we will head to a different beach of the Gold Coast and explore the surrounds. From feeling the water lap our toes, to the sand on beach and the facilities that are on offer at these beaches, we will be certain everyone has a great day.</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
	<p>Park Explorers</p> <p>Join us as we travel to some of the best parks around the Gold Coast</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
	<p>Seasonal Fun</p> <p>We have lots of seasonal themed holiday in this program, and this 12 week program gives customers a chance to prepare for them all. From art and craft, to baking or exploring the Christmas themed activities around the Coast, we have something for everyone.</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








AND

Afternoon – Choose One














✓
chosen activity

	<p>Outside Creative</p> <p>Activity description A 12 week structured creative program, using the resources we have and the things we can find in our environment.</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>Bowling and Lunch</p> <p>Join us for bowling and lunch at Robina Town Centre</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>\$20</p>	
	<p>ASDAN: Self Advocacy</p> <p>This is a 12-week program which focuses on Self-Advocacy and allows customers to discover the foundations of what this looks like for them. This is a moderated program and participants will be presented with a certificate upon completion.</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>ASDAN Fee Applies</p>	

OR – choose one All Day activity below

All Day – Choose One			 chosen activity
	Swimming – Gold Coast Aquatic Centre What better way to cool down in the heat than with some fun in the sun and a splash in the pool. **Bring or buy lunch** Goals to achieve:		\$5
	 Goal #1	 Goal #2	
	Travel Training Members will learn how to read a timetable. We will learn how to use a Go Card and how to put money onto the go card. You will enjoy the pleasure of riding the train, tram or bus and see the sights we have to offer on the GC. **Bring or buy lunch** Goals to achieve:		Go Card
	 Goal #1	 Goal #2	













Thursday activities

Morning – Choose One				 chosen activity
	Movies Participants will attend a movie of their choice at Robina Town Centre			No cost
	Goals to achieve:  Goal #1	 Goal #2	 Goal #3	
	Cycling Without Age Cycling without Age is a Gold Coast based program providing free activities on adaptive bikes around The Spit for all ages and abilities.			No cost
	Goals to achieve:  Goal #1	 Goal #2	 Goal #3	
	Bunnings DIY Bunnings offer a variety of art and craft DIY projects for us to join in with each week			\$0
	Goals to achieve:  Goal #1	 Goal #2	 Goal #3	










AND

Afternoon – Choose One














✓
chosen activity

	<p>Animal Encounters</p> <p>Each week we will explore a different area of the GC, looking for and learning all about the animals we find.</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>Park Explorers</p> <p>Join us as we travel to some of the best parks around the Gold Coast</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>GC Active and Healthy</p> <p>Join us for a variety of events that are put on and run by the Gold Coast City Council, prompting us to keep fit and have fun.</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>\$5-\$10</p>	

OR – choose one All Day activity below

All Day – Choose One				 chosen activity
	COCA: Painting This is a 12-week program that focuses on exploring and engaging in art through painting.			No cost
	Goals to achieve:			
	 Goal #1	 Goal #2	 Goal #3	
	Fishing Members will learn how to read a timetable. We will learn how to use a Go Card and how to put money onto the go card. You will enjoy the pleasure of a train ride or bus to the city followed by a city cat ride around Brisbane and a bit of sightseeing.			\$2
	Goals to achieve:			
	 Goal #1	 Goal #2	 Goal #3	










Friday activities

Morning – Choose One			 chosen activity
	<p>Café Surfing</p> <p>Each week we will head to a different Café for morning tea.</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>Cooking Program</p> <p>Each week we will follow a 12 week program focusing on a different meal each week.</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-\$10
	<p>Bush 2 Beach</p> <p>We have an amazing backyard and this will be a great chance for our participants to engage with both the Bush and Beach and learn about both settings.</p> <p>**Bring or buy lunch**</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	






















AND

Afternoon – Choose One


 chosen
 activity

	<p>Swimming: Gold Coast Aquatic Centre</p> <p>What better way to cool down in the heat than with some fun in the sun and a splash in the pool.</p> <p>Goals to achieve:</p>	<p style="text-align: center;">Cost</p>	
 Goal #1	 Goal #2		
	<p>Sports Fun</p> <p>We will head over to the local park for an afternoon of sports and games suitable for all abilities.</p> <p>Goals to achieve:</p>	<p style="text-align: center;">Cost</p>	
 Goal #1	 Goal #2		
	<p>Picnic in the Park</p> <p>BYO lunch and join us as we head to the park for a picnic lunch and some games together.</p> <p>Goals to achieve:</p>	<p style="text-align: center;">Cost</p>	
 Goal #1	 Goal #2		

OR – choose one All Day activity below

All Day – Choose One			 chosen activity			
	<p>Travel Training</p> <p>Members will learn how to read a timetable. We will learn how to use a Go Card and how to put money onto the go card. You will enjoy the pleasure of riding the train, tram or bus and see the sights we have to offer on the GC.</p> <p>**Bring or buy lunch**</p> <p>Goals to achieve:</p> <table border="1" data-bbox="399 772 1236 958"> <tr> <td style="text-align: center;">  Goal #1 </td> <td style="text-align: center;">  Goal #2 </td> <td style="text-align: center;">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	Go Card Required	
 Goal #1	 Goal #2	 Goal #3				
	<p>ASDAN: Geography</p> <p>Learn about the world around us in this 12 week program, including continents, navigation and all of the areas that make up the world we live in. This is a moderated program and participants will be presented with a certificate upon completion.</p> <p>**Bring or buy lunch**</p> <p>Goals to achieve:</p> <table border="1" data-bbox="399 1344 1236 1554"> <tr> <td style="text-align: center;">  Goal #1 </td> <td style="text-align: center;">  Goal #2 </td> <td style="text-align: center;">  Goal #3 </td> </tr> </table>	 Goal #1	 Goal #2	 Goal #3	\$5	
 Goal #1	 Goal #2	 Goal #3				

2025 Robina Hub Program Dates

Office Opens 6 January 2025

|

Hub closed on public holidays

Program 1

	Start Date	End Date
Activity Program	Monday 6 th January	Friday 28 th March
Hub Closed	Monday 27 th January – Australia Day	

Program 2

	Start Date	End Date
Activity Program	Monday 31 st March	Friday 20 th June
Hub Closed	Friday 18 th April – Good Friday Monday 21 st April – Easter Monday Friday 25 th April – Anzac Day Monday 5 th May – Labour Day	

Showcase week 1

	Start Date	End Date
Showcase Program	Monday 23 rd June	Friday 27 th June

Program 3

	Start Date	End Date
Activity Program	Monday 30 th June	Friday 19 th September
Hub Closed	Wednesday 13 th August – Royal Queensland Show (Brisbane area only)	

Program 4

	Start Date	End Date
Activity Program	Monday 22 nd September	Friday 12 th December
Hub Closed	Monday 6 th October – Kings Birthday	

Showcase week 2

	Start Date	End Date
Showcase Program	Monday 15 th December	Friday 19 th December
Hub Closed	Monday 22 nd December 2025 – Monday 5 th January 2026	