



2025 Roma Hub
Activity Program 1
Catalogue

2025 Roma Hub Activity Program 1 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.

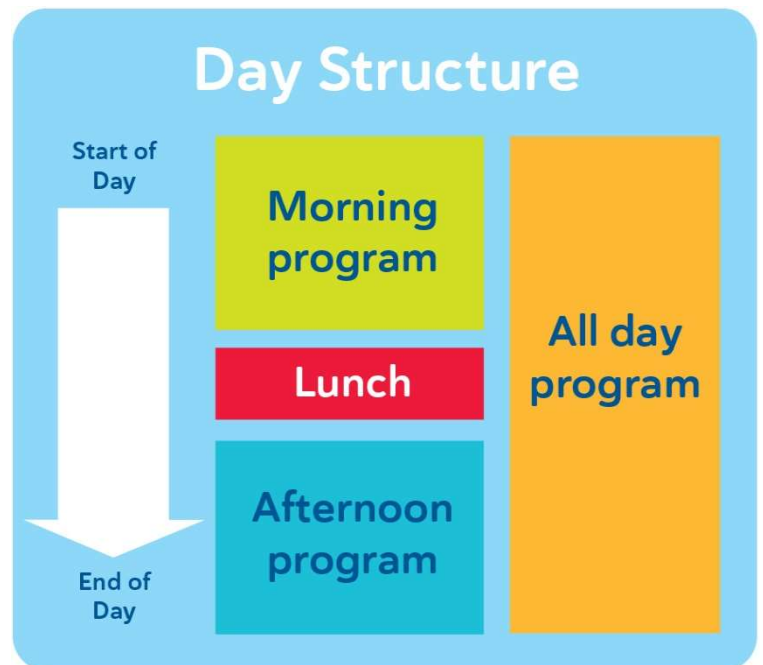
Our 12-week Hub programs are designed to offer you structure and consistency, with a focus on outcomes. When making your activity selections, you will be signing up and committing to a complete 12-week program for each day you attend the Hub.

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.
 - 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 Aisling Tulloch on 07 4525 9001 or email aisling.tulloch@multicap.org.au or return it to Roma HUB at 48 Arthur Street, Roma by 15 November 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 Aisling Tulloch 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.

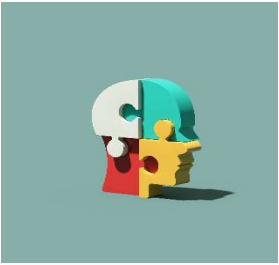







A maximum of 3 core goals can be shown even though some activities may support you to achieve more than 3 goals. Those identified are the core goals that the activity supports.

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>Pamper Me Monday</p> <p>A relaxing way to start the week. Pampering includes hand and arm massages, foot spa in Epson salts, nail painting and head and shoulder massage. General relaxation time. *Bring your own 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>\$2.00 Per week</p>	
	<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> <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>		

Afternoon – Choose One			✓ chosen activity
	<p>Jigsaw Puzzles</p> <p>Members will choose a jigsaw puzzle and complete over a couple of sessions, and then rotate jigsaw puzzles amongst themselves once completed. *Bring your own 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>No cost</p>	
	<p>Ready, Set, Cook</p> <p>Plan, shop and cook to create healthy meals at the HUB. (Customers must purchase own ingredients)</p> <p>*Bring your own 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>		









Tuesday activities

Morning – Choose One			✓ chosen activity
	Products in the Making Learn easy at home products to make for everyday enjoyment. Some products our customers can make are: Bath Bombs, Slime, Dream Catchers, Shrink Art, air dry clay making etc.... *Bring your own lunch* Goals to achieve:	\$5.00 Per Week	
	<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>		
	COCA – Collage Program This involves the use of a variety of mediums and imagery blended and arranged together to result in a final art piece. *Bring your own lunch* Goals to achieve:	\$2.50 Per Week	
	<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>		









Afternoon – Choose One			✓ chosen activity
	Fun with Cards Get together with friends and enjoy a fun afternoon playing cards. Uno, Skip-Bo, Phase 10, Fish, Snap *Bring your own lunch* Goals to achieve:	No Cost	
	<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>		
	Play Ball 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 * Goals to achieve:	No cost	
	<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
	<h3>Out & About in Our Community</h3> <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. *Purchase lunch out at your own cost*</p> <p>Goals to achieve:</p>	No cost	
<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>			
	<h3>Knitting/Crochet</h3> <p>Get creative and learn the steps to create something while helping each other and talking about your products and materials. *Bring your own lunch*</p> <p>Goals to achieve:</p>	No cost	
<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>			









Afternoon – Choose One			✓ chosen activity
	<h3>Gardening Club</h3> <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>	No cost	
<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>			
	<h3>Water Fun & Fitness</h3> <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. *Bring your own lunch*</p> <p>Goals to achieve:</p>	No cost	
<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>			









Thursday activities

Morning – Choose One			✓ chosen activity
	<p>Bingo Boss</p> <p>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> <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>Hobby Time</p> <p>Customers are free to select the days centre-based activity of their choice, anything from arts and crafts to music, dance or even bring your own project to work on. *Bring your own 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	

Afternoon – Choose One			✓ chosen activity
	<p>Ready Steady Bake</p> <p>Challenge your baking skills and learn how to create different types of baked goods. *Bring your own 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>	Supplied by each member	
	<p>Tie Dye/Bleach Dye</p> <p>Bring all the colours of the rainbow to this project. Create your own dye, and let your imagination run wild with what you can dye. (Customers must purchase own product to dye) Socks, Shirts, Shorts, Towels, Scrunchies. *Bring your own 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>	\$2.50 Per Week	

Friday activities

Morning – Choose One			✓ chosen activity			
	Zumba A great alternative to traditional fitness. It's Fun and more enjoyable help you improve your fitness and health while having fun. Turning your attention to dance is a great way to relieve stress, reduce fatigue, improve alertness and concentration. *Bring your own lunch* Goals to achieve:	 Goal #1	 Goal #2	 Goal #3	No Cost	
	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:	 Goal #1	 Goal #2	 Goal #3	\$5.00 Per Week	

Afternoon – Choose One			✓ chosen activity			
	ASDAN Sound, Music and Rhythm 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 * Goals to achieve:	 Goal #1	 Goal #2	 Goal #3	\$2.50 Per Week	
	Board Games Customers can get together and test their knowledge and luck with a board game. Who will win? Goals to achieve:	 Goal #1	 Goal #2	 Goal #3	No cost	

2025 Roma Hub Program Dates

Office Opens 6 January 2025

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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	