



2025 Robina Hub Activity Program 2 Catalogue

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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.

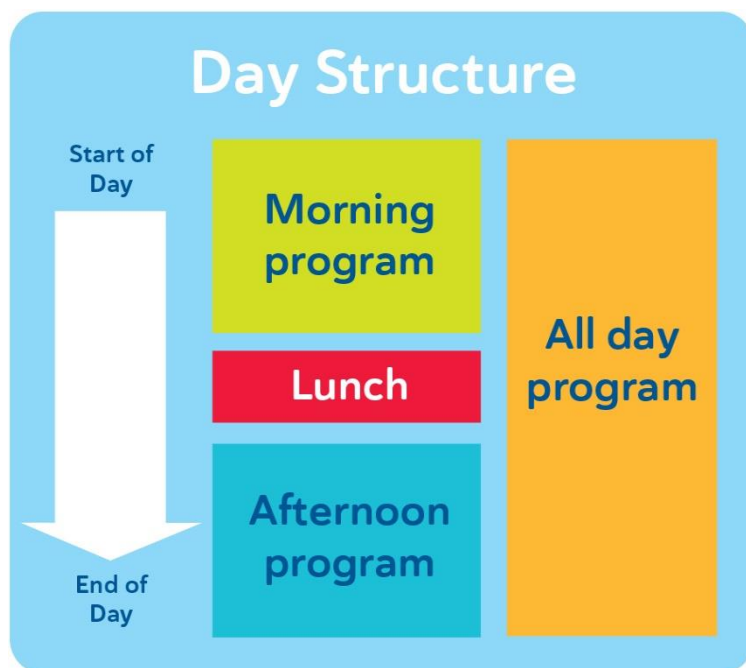
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

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@gmail.com by 24th February 2025.
 - 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 781 210.
 - 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 on 0478 781 210.




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 | | | | | | <div>✓</div> <div>chosen activity</div> |
|---|--|--|--|--|---------------------|---|
|  | <div>Café Surfing</div> <div>Members will choose as a group a café to attend for morning tea. Staff will encourage members to choose from the menu and order their meal, offering assistance where required.</div> <div>Goals to achieve:</div> <div><div><div>Goal #1</div></div><div><div>Goal #2</div></div><div><div>Goal #3</div></div></div> | | | | Cost of Morning Tea | |
|  | <div>ASDAN: Photography</div> <div>Each week members attend locations taking photos and learning how to use a camera, and take fantastic photos.</div> <div>By the end of 12 weeks, our customers will showcase their photos and take home their photo books.</div> <div>Goals to achieve:</div> <div><div><div>Goal #1</div></div><div><div>Goal #2</div></div><div><div>Goal #3</div></div></div> | | | | One off Cost | |
|  | <div>Swimming: Gold Coast Aquatic Centre</div> <div>What better way to cool down in the heat than with some fun in the sun and a splash in the pool.</div> <div>Goals to achieve:</div> <div><div><div>Goal #1</div></div><div><div>Goal #2</div></div><div><div>Goal #3</div></div></div> | | | | \$5 | |

AND

Afternoon – Choose One



chosen
activity



Barefoot Bowls

Members will learn the art of lawn bowls, at Club Robina each Monday.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$10



COCA: Eco Art

Our COCA Eco Art Program provides customers with the opportunity to explore the artistic medium of Eco Art. This involves the use of a variety of mediums and imagery.

Goals to achieve:



Goal #1



Goal #2



Goal #3

No Cost



Bounce

Bounce the afternoon away at the trampoline park in Burleigh. There is something for everyone, as you test your ninja skills in the X-Park, want to play dodgeball, or free jump on the Olympic trampolines.

Goals to achieve:



Goal #1











Goal #2















Goal #3

\$20

OR – choose one All Day activity below

| All Day – Choose One | | | ✓ chosen activity |
|---|--|---------|-------------------------|
|  | Walking Group: Members choose a different beach each week, walking along the foreshores of some of the most beautiful places in the world, stopping for a picnic lunch, before exploring again in the afternoon. **Bring or buy lunch** | No cost | |
| | Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div> | | |
|  | Travel Training and City Cat 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, tram or HOPO around the Gold Coast and a bit of sightseeing. *GO Card and Companion Card is required **Bring or buy lunch** | Go Card | |
| | Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div> | | |

Tuesday activities

| Morning – Choose One | | | | ✓ chosen activity |
|---|--|--|--|----------------------|
|  | Adaptive Paddlers Members will hire a kayak (or BYO) and head out for a morning on the water, exploring our beautiful waterways. | | | \$10 |
| | Goals to achieve: <div>  Goal #1 </div> | <div>  Goal #2 </div> | <div>  Goal #3 </div> | |
|  | ASDAN: Self Advocacy The Self Advocacy unit focuses on ensuring members are able to use a variety of means of communication to ensure their needs are being met. At the conclusion of the 12-week program, staff | | | \$5 |
| | Goals to achieve: <div>  Goal #1 </div> | <div>  Goal #2 </div> | <div>  Goal #3 </div> | |
|  | HOTA – Gold Coast Arts Centre Each week there is a different activity at HOTA which we will participate in. Whether it is the art gallery or a planned event, there will be something for everyone! | | | No Cost |
| | Goals to achieve: <div>  Goal #1 </div> | <div>  Goal #2 </div> | <div>  Goal #3 </div> | |

AND

Afternoon – Choose One



chosen
activity



Op Shopping

One man's trash is another man's treasure, and we are bound to find some treasures hidden in the op shops we explore.

Goals to achieve:



Goal #1



Goal #2



Goal #3

No Cost



COCA: Painting

Our COCA Painting Program provides customers with the opportunity to explore the artistic medium of Painting. This involves the use of a variety of mediums and imagery.

Goals to achieve:



Goal #1



Goal #2



Goal #3

No Cost



Beach Explorers

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

Goals to achieve:



Goal #1











Goal #2















Goal #3

No Cost

OR – choose one All Day activity below

| All Day – Choose One | | | | ✓ chosen activity |
|---|--|--|--|----------------------|
|  | Theme Park Adventurers Each week we will head to a different theme park and experience all that they have on offer. **Village Roadshow pass is required** **Bring or buy lunch** Goals to achieve: | | | No cost |
| |  Goal #1 |  Goal #2 |  Goal #3 | |
|  | ASDAN: Meal Preparation & Cooking (Introduction) Members follow a 12-week course which works through the foundations of meal preparation and cooking. At the conclusion of the course, members will be presented with a certificate of completion. Goals to achieve: | | | One off cost |
| |  Goal #1 |  Goal #2 |  Goal #3 | |


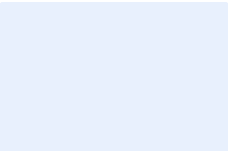

Wednesday activities

| Morning – Choose One | | | | | | ✓ chosen activity | |
|---|--|--|--|--|--|----------------------|--|
|  | Inclusive Zumba Robina Make new friends, break out of your comfort zone and explore your independence in this fun high energy dance class. Learn some sweet moves and become part of our growing dance family at the Robina Community Centre. All abilities are welcome. Goals to achieve: | | | | | \$12 | |
| |  Goal #1 |  Goal #2 |  Goal #3 | | | | |
|  | Bowling and Lunch Join us for bowling and lunch at Robina Town Centre Goals to achieve: | | | | | \$5 | |
| |  Goal #1 |  Goal #2 |  Goal #3 | | | | |
|  | Markets and Lunch Every Wednesday at Newlife in Robina, there are market stalls filled with items ranging from baked goods, fresh fruit and veg and household knick knacks. Goals to achieve: | | | | | \$5 | |
| |  Goal #1 |  Goal #2 |  Goal #3 | | | | |









AND

Afternoon – Choose One













✓
chosen
activity

| | | | |
|---|---|---------|--|
|  | <p>Creative Crafts</p> <p>Get creative with our hub supplies and see what creative outlets we can explore.</p> <p>Goals to achieve:</p> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> <div>  <p>Goal #3</p> </div> </div> | No Cost | |
|  | <p>ASDAN:</p> <p>Activity description</p> <p>Right-click on this row, select 'insert – insert row below' for additional afternoon activities</p> <p>Goals to achieve:</p> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> <div>  <p>Goal #3</p> </div> </div> | Cost | |
|  | <p>Bunnings DIY</p> <p>Bunnings offer a variety of art and craft DIY projects for us to join in with each week</p> <p>Goals to achieve:</p> <div> <div>  <p>Goal #1</p> </div> <div>  <p>Goal #2</p> </div> <div>  <p>Goal #3</p> </div> </div> | \$40 | |













OR – choose one All Day activity below

| All Day – Choose One | | | | | <div>✓</div> <div>chosen activity</div> |
|---|--|--|--|---------|---|
|  | <h3>Fishing</h3> <p>Members will be able to go to various places around the Gold Coast, and will learn the art of fishing, from threading the line, to baiting a hook and catching and reeling the fish.</p> <p>**Bring or buy lunch**</p> | | | No cost | |
| | Goals to achieve: | | | | |
| |  Goal #1 |  Goal #2 |  Goal #3 | | |
| | | | | | |
|  | <h3>COCA: Collage Art</h3> <p>Our COCA Collage Program provides customers with the opportunity to explore the artistic medium of Collage Art. This involves the use of a variety of mediums and imagery blended and arranged together to result in a final art piece.</p> <p>**Bring or buy lunch**</p> | | | \$5 | |
| | Goals to achieve: | | | | |
| |  Goal #1 |  Goal #2 |  Goal #3 | | |
| | | | | | |









Thursday activities

| Morning – Choose One | | | | | | <div>✓</div> <div>chosen activity</div> |
|---|---|---|---|--|---------|---|
|  | <div>Movies and Lunch</div> <div>Members will choose as a group each week a movie from our Netflix Library and have a discussion around the movie.</div> <div>Goals to achieve:</div> | | | | No cost | |
| | <div></div> <div>Goal #1</div> | <div></div> <div>Goal #2</div> | <div></div> <div>Goal #3</div> | | | |
|  | <div>Gold Coast Wake Park</div> <div>Members will enjoy two hours of fully supervised, exclusive fun. Inclusion Sessions is a 10-week challenge exclusively for adaptive individuals. Hang out and have fun with like-minded people in a safe environment. Members can enjoy, swimming lessons, paddle boarding, wakeboarding, kneeboarding.</div> <div>Goals to achieve:</div> | | | | \$5 | |
| | <div></div> <div>Goal #1</div> | <div></div> <div>Goal #2</div> | <div></div> <div>Goal #3</div> | | | |
|  | <div>Cycling Without Age</div> <div>Cycling without Age is a Gold Coast based program proving free activities on adaptive bikes around The Spit for all ages and abilities.</div> <div>Goals to achieve:</div> | | | | \$5 | |
| | <div></div> <div>Goal #1</div> | <div></div> <div>Goal #2</div> | <div></div> <div>Goal #3</div> | | | |





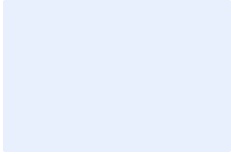







AND

| Afternoon – Choose One | | | | ✓ chosen activity |
|---|--|--|--|-------------------------|
|  | ASDAN: Sound, Rhythm and Music (Half Day) Activity description Right-click on this row, select 'insert – insert row below' for additional afternoon activities Goals to achieve: | | | One off cost |
| |  Goal #1 |  Goal #2 |  Goal #3 | |
|  | Cat Cafe There are a few fully licenced Cat Café's around the Gold Coast, who offer a fun and unique dining experience. Goals to achieve: | | | Cost of morning tea |
| |  Goal #1 |  Goal #2 |  Goal #3 | |
|  | Timezone and Arcades Activity description Right-click on this row, select 'insert – insert row below' for additional afternoon activities Goals to achieve: | | | Cost |
| |  Goal #1 |  Goal #2 |  Goal #3 | |

OR – choose one All Day activity below

| All Day – Choose One | | | ✓ chosen activity |
|---|--|---------|-------------------------|
|  | Currumbin Wildlife Sanctuary Volunteer Whether it be assisting Wildlife keepers in the Sanctuary, providing a warm and memorable guest experience welcoming guests visiting the kangaroo paddock, assisting with hosting our spectacular nighttime Astra Lumina attraction or preparing blankets ready for injured wildlife brought into the Wildlife Hospital. **Bring or buy lunch** | No cost | |
| | Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div> | | |
|  | ASDAN: Engaging with the World Around Me Members work through a 12-week course, with focus points being around engaging in different events, places and people with various background. At the conclusion of the course, members are presented with a certificate of completion. **Bring or buy lunch** | \$5 | |
| | Goals to achieve: <div> <div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div> </div> | | |

Friday activities

| Morning – Choose One | | | | | ✓ chosen activity |
|---|--|--|--|---------------------|----------------------|
|  | Café Surfing Each week we will head to a different Café for morning tea. | | | Cost of morning tea | |
| | Goals to achieve: | | | | |
| |  Goal #1 |  Goal #2 |  Goal #3 | | |
|  | ASDAN: Baking (Half Day) A 12 week program that goes through the foundations of baking, including planning, preparation, shopping, reading recipes, and choosing from a variety of items to bake. At the conclusion of the program, participants will receive a certificate. | | | | |
| | Goals to achieve: | | | | |
| |  Goal #1 |  Goal #2 |  Goal #3 | | |
|  | Park Explorers BYO lunch and join us as we head to the park for a picnic lunch and some games together. | | | No Cost | |
| | Goals to achieve: | | | | |
| |  Goal #1 |  Goal #2 |  Goal #3 | | |

AND

Afternoon – Choose One

✓
chosen
activity



Picnic in the Park

BYO lunch and join us as we head to the park for a picnic lunch and some games together.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost



Dining Out

Members will learn skills and tasks associated with dining out, from learning to read a menu, paying for their meal, table etiquette, etc.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost of
Lunch



Historic Rivermill

Members will attend the Historic Rivermill, feed the turtles, llamas, alpacas, cows, chickens and pigs and have lunch together.

**Feeding the animals is \$2

**BYO or buy your own lunch

Goals to achieve:



Goal #1











Goal #2



Goal #3

\$2 &
cost of
lunch

OR – choose one All Day activity below

| All Day – Choose One | | | ✓ chosen activity |
|---|---|--|--|
|  | Crossroads @ Newlife <p>The Crossroads program offers an engaging, interactive program to our guests, their families and carers. Our staff and volunteers work hard to ensure Crossroads is inclusive fun and a safe place for all. The program fee is \$40 and includes morning tea, lunch, entertainment and administrative costs.</p> <p>**Bring or buy lunch**</p> | | \$40 |
| | Goals to achieve:  Goal #1 |  Goal #2 |  Goal #3 |
|  | Theme Park Adventurers <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> | | \$5 |
| | Goals to achieve:  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 | Friday 29 th July – Gold Coast Show Public Holiday | |

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 | |