



2025 Roma Hub
Activity Program 2
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.

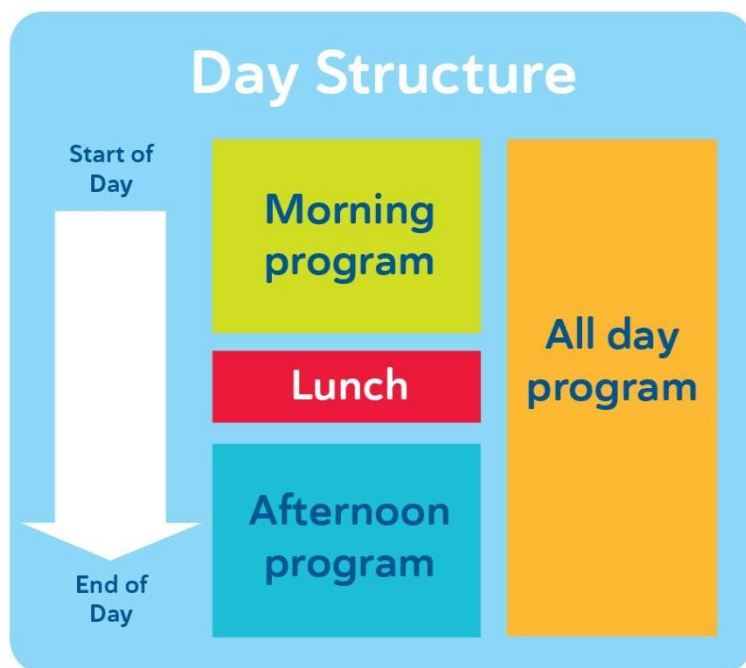
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

How it works

- For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, 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 Shauna Cormack 07 4525 9001 or Email romahub@multicap.org.au or return it to Roma Hub at 48 Arthur Street, Roma by 07th March 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 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
	The Breakfast Club Enjoy breakfast club with your friends and create a fun morning by cooking your own breakfast/ Morning tea, Customer are to bring their own ingredients. Goals to achieve:	Buy/ Bring own ingredients	
	 Goal #1		
	 Goal #2		
	Pamper Queens & Kings Treat yourself to a well-deserved pamper morning, where relaxation is top priority! We will enjoy a range of In Hub activities. Learn about Self Care, Benefits of Healthy eating, Chair Exercise, Relaxation - what a perfect way to end the morning! *Bring your own lunch* Goals to achieve:	No Cost	
	 Goal #1		
	 Goal #2		

AND

Afternoon – Choose One

✓
chosen
activity



Golfing

Spend an afternoon golfing, exploring the various types of golf games, and enhancing your skills.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$25



COCA (Centre of Creative Arts)

Ceramics Artists design and create clay-based artworks for display and personal use. Fundamental techniques are learned as a group. For artists with advanced skills, Independent Practice is prioritised including the development and design, planning and creation of sculptural pieces. Goals to achieve:

Bring your own lunch

Goals to achieve:



Goal #1



Goal #2



Goal #3

No Cost

Tuesday activities

Morning – Choose One



chosen
activity



Arts are Crafts

A 12-week program has been developed for all customers to participate in Arts and Crafts. Activities also include researching and printing instructions on making arts and craft. Themes includes Easter, Winter wonderland

Bring your own lunch

Goals to achieve:



Goal #1



Goal #2



Goal #3

No cost



Tennis

Have a great morning of tennis, meet new people, and enjoy all the exciting games tennis has to offer. ***Bring your own lunch***

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$10

AND

Afternoon – Choose One

✓
chosen
activity



Fun With Card

Play classic card games like Hearts, Spades, Solitaire, FreeCell, and many others. Team up to build card houses, towers, and create your own unique structures! ***Bring your own lunch***

Goals to achieve:



Goal #1



Goal #2



Goal #3

No Cost



Paint by Numbers

Numbers Unleash your inner artist with Painting by Numbers, a relaxing and enjoyable activity perfect for all skill levels. This creative session offers a delightful way to explore painting without the need for prior artistic experience. Practice your fine motor skills and watch your work take shape.

Bring your own lunch

Goals to achieve:



Goal #1











Goal #2



Goal #3

No Cost

Wednesday activities





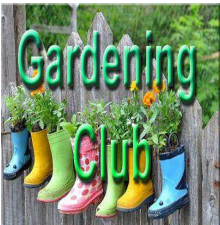



Morning – Choose One					
					✓ chosen activity
	BBQ Lunch in the Park / Animal Finding Arrive at the park and discover the wildlife that inhabits the area. Take photos, explore their habitats, and learn about where they live. Bring your ingredients with you, cook a delicious lunch, and enjoy the natural surroundings. *Bring your own lunch* Goals to achieve:			Buy/Bring own Ingredients	
	 Goal #1	 Goal #2	 Goal #3		
	Knitting / Crochet Design your own piece with knitting or crochet, discover the differences between the two techniques, and create something truly unique. *Bring your own lunch* Goals to achieve:			No Cost	
	 Goal #1	 Goal #2	 Goal #3		

AND









Afternoon – Choose One



chosen
activity

	<p>Ready Set, Cook</p> <p>Plan, shop, and prepare healthy meals at the HUB by following a comprehensive 12-week recipe guide and watch as delicious dishes come to life.</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>	<p>Bring/buy own Ingredients</p>	
	<p>Gardening Club</p> <p>With Spring just around the corner, get active in the garden. Nurture plants in a variety of settings, from seedling trays to the raised garden beds, to grow and thrive. Or maybe you just want to tend to a plant in a pot, however you garden you can do it here.</p> <p>Bring your own lunch*</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>	<p>No Cost</p>	

Thursday activities

Morning – Choose One					<div>✓</div> <div>chosen activity</div>
	<h3>Bingo Boss</h3> <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!</p> <p>*Bring your own lunch*</p> <p>Goals to achieve:</p>			No cost	
	 <div>Goal #1</div>	 <div>Goal #2</div>	 <div>Goal #3</div>		
	<h3>ASDAN Craft Making</h3> <p>There is so much in the world to learn and experience. From arts and crafts, music, and sound, to photography and geography there is always something new to learn with ASDAN. *Bring your own lunch*</p> <p>Goals to achieve:</p>			\$2.50	
	 <div>Goal #1</div>	 <div>Goal #2</div>	 <div>Goal #3</div>		

AND

Afternoon – Choose One



chosen
activity



Bare Foot Lawn Bowls

Spend an afternoon playing barefoot bowls, explore and master the rules of the game, connect with the locals, and learn from the experts. ***Bring your own lunch***

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$10



Scrapbooking

Scrapbooking can be a really great way to create gifts, save photographs and documents, important milestones, and events. Use your creative skill to create something truly amazing.

Bring your own lunch

Goals to achieve:



Goal #1











Goal #2



Goal #3

No Cost

Friday activities

Morning – Choose One			✓ chosen activity
	Op Shop Shopping Discover the thrill of op-shopping with just \$10! Challenge yourself to see how many unique, stylish, or valuable items you can find and bring home. It's a fun way to stretch your creativity and budget while uncovering hidden gems and treasures at second-hand stores. From clothing and accessories to home décor and collectibles, you never know what you might find. Happy hunting	\$10	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		
	Paint & Sip 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:	No Cost	
	<div>  Goal #1 </div> <div>  Goal #2 </div> <div>  Goal #3 </div>		

AND

Afternoon – Choose One

✓
chosen
activity



Fun And Games Fiesta

Challenge your friends to some of our most popular board games and puzzles! Our game afternoon will enable you to spend time with friends strategizing and playing a wide range of board games and completing puzzles at the Hub. ***Bring your own lunch***

Goals to achieve:



Goal #1



Goal #2



Goal #3

No cost



Card Making

Card making is a hobby in which stamps, ink and paper are used to create handmade greeting cards. Use and explore all creating things to make beautiful gifting cards. ***Bring your own lunch***

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 Friday 9 th May – Roma show holiday	

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	