

2026
Rockhampton
Activity Program 2 Catalogue



2026 Rockhampton Activity Program 2 Catalogue

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

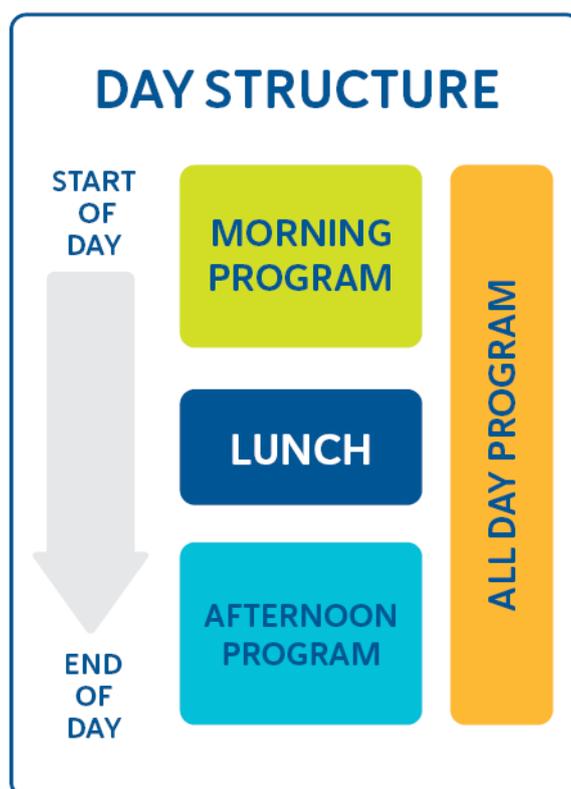
1 For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), please make sure the activities you choose are ones that align well with your NDIS goals, or are activities you are passionate about.

2 Tick the program you wish to be registered into as outlined below and either phone through your choices to Paula O'Brien or return it to Rockhampton Hub or paula.obrien@multicap.org.au by 10/03/2026

3 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 0416269518

4 A confirmation letter will be sent to you with the activities you are participating in.

5 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 0416269518



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.

 <p>Improve physical health & wellbeing</p>	 <p>Improve emotional health & wellbeing</p>	 <p>Develop social skills & understanding</p>
 <p>Build independence</p>	 <p>Improve fine motor skills</p>	 <p>Explore creative pursuits</p>
 <p>Sensory Experience/ Exploration</p>	 <p>Adventure & Recreation Experience /Exploration</p>	 <p>Improve communication skills</p>
 <p>Integrate/ Participate in the local community</p>	 <p>Develop skills to support future employment</p>	 <p>Develop advocacy skills & understanding</p>
 <p>Develop numeracy and literacy skills</p>		



Monday Activities

Morning – Choose One

✓
chosen activity



Artistic Explorations

Get Creative with Art! Spend the morning making beautiful art using accessible materials learning how to turn everyday items into something unique. It's a fun way to express your artistic side.

\$5.00

Goals to achieve:



Goal #1



Goal #2



Goal #3



Master of Meals

Take the guess work out of cooking with these easy to make ahead prep recipes. Together you can choose from a range of recipes you would like to create, do some shopping and learn some new skills in the kitchen.

\$10.00

Goals to achieve:



Goal #1



Goal #2



Goal #3

Goals to achieve:



Goal #1



Goal #2



Goal #3

Afternoon – Choose One



chosen activity

	<h3>ASDAN Craft Making</h3> <p>ASDAN is a booklet, certificated 12-week recognized course for beginners in craft making.</p> <p>Modules which will involve- Health and safety, Knit and snitch, arts and craft and woodcraft The initial starting out book is \$15 (this is only paid once) The cost of the workbook for each module is \$10 and is a one-off payment over the course of 12 weeks.</p> <p>Goals to achieve: Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="534 795 774 918">  <p>Goal #1</p> </div> <div data-bbox="774 795 1013 918">  <p>Goal #2</p> </div> <div data-bbox="1013 795 1236 918">  <p>Goal #3</p> </div> </div>	<p>First time ASDAN user weekly cost app \$2 existing user weekly cost less than \$1 Invoiced Cost</p>	
	<h3>Music from around the world singing and dancing</h3> <ul style="list-style-type: none"> Customer choice songs from around the world and dance to music and watch the song on YouTube. From Bollywood to Hip hop. <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="534 1243 774 1366">  <p>Goal #1</p> </div> <div data-bbox="774 1243 1013 1366">  <p>Goal #2</p> </div> <div data-bbox="1013 1243 1236 1366">  <p>Goal #3</p> </div> </div>	<p>FREE</p>	

Tuesday activities

Morning – Choose One			 chosen activity
	<p>Rockhampton Research Group</p> <ul style="list-style-type: none"> • Visiting the Rockhampton South Library’s Centre. • Overcome barriers to learning and discover new assistive. • Using technology Computers. • Sensory-friendly learning environment. <p>*Shared kilometer charges for transport*</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>	Shared kilometer charges for transport* Free	
	<p>Bingo Buddies</p> <p>Join us for fun filled morning of Bingo, where excitement, laughter and friendly competition come together. Enjoy morning tea while playing for prizes and the thrill of calling out “BINGO” with friends.</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>	\$5.00	

Afternoon – Choose One



chosen activity



Sensory Activities

1. Learning all about the five sensory systems in the brain.
2. Understanding our sensory and recognizing our experiences to our emotions.
3. Fine Motor Skills Gross Motor skills.
4. hand eye Coordination.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Free



Centre of Creative Arts (COCA)

Module Collage

Coca- Mixed Media Art Program

In this program we will work each week on painting, collage, and sculpture to create Two large canvas that will be displayed in Rockhampton Hub.

Customers will learn how to create Themes and work in stages of Base painting, placement, and 3D art.

Customers will benefit in Teamwork, fine motor skills, tactile, visual and self-expression.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$2.00

All Day – Choose One

✓
chosen
activity



Sailability:

offering a fun safe and welcoming experience into the world of sailing. Gain life skills by first learning to catch a bus from Rockhampton to Causeway, then enjoy being on the water, before stopping to have lunch at the Causeway kiosk, before heading back home at 3:30pm.

Shared kilometer charges for transport to the bus stop then \$10.00 for the bus ride then cost for the sailability. Then additional \$10 - \$15 if lunch is to be purchased or bring your own.



Goal #1



Goal #2



Goal #3

Wednesday activities

Morning – Choose One			✓ chosen activity
	The Karaoke Kingdom. Get Ready to shine and have a blast with Karaoke Grooving. Whether you're a seasoned singer or just love to have fun this program lets you belt out your favourite tunes and enjoy a lively atmosphere with friends. It's all about having a good time and celebrating the joy of music together.		NO Cost
	 Goal #1	 Goal #2	

Afternoon – Choose One			✓ chosen activity
	Let's Strum it out! Unleash your inner music in a fun interactive session exploring different instruments, sounds and styles. If you enjoy rockin out to the classics or discovering new sounds, this session offers a supportive space to express yourself through the power of music.		Free
	Goals to achieve:  Goal #1	 Goal #2	
	Board Games <ul style="list-style-type: none"> • Challenge yourself against your mates and show your skills at. • Uno. • Yahtzee. • Snakes and Ladders. • Guess Who. 		Free
	Goals to achieve:  Goal #1	 Goal #2	

Thursday activities

Morning – Choose One			 chosen activity
	<p>Schotia Place Spend the morning enjoying various artist perform, get up and dance, lucky door prizes and have a fabulous homemade morning tea and lunch. 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>	Shared kilometer charges for transport \$10.00	
	<p>Op Shopping and Life skills</p> <ul style="list-style-type: none"> Op Shopping Customers will have the opportunity to visit different op shops within the region with their peers and find some great deals. Support staff will assist in budgeting for the day if needed. <p>Then off to buy food for our cooking or BBQ program every Friday. 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>	Shared kilometer charges for transport. Bring your own money for Morning Tea and shopping.	

Afternoon – Choose One

✓
chosen
activity

	<p>60s 70s 80s and music from today</p> <ul style="list-style-type: none"> • Singing and dancing to your favorite music. • With your peers. • Why not bring out the instruments and play to the rhythm • Lots of fun. <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="507 607 715 734">  Goal #1 </div> <div data-bbox="715 607 967 734">  Goal #2 </div> <div data-bbox="967 607 1214 734">  Goal #3 </div> </div>	<p>Free</p>	
	<p>Pamper me Thursday at Rocky Hub.</p> <p>A relaxing way to end the week.</p> <ul style="list-style-type: none"> • Pampering includes hand and arm massage. • Foot spa in Epson salt, nail painting. • Shoulder massage. <p>General relaxation time, with music and scented candles.</p> <p>Goals to achieve:</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="507 1043 715 1171">  Goal #1 </div> <div data-bbox="715 1043 967 1171">  Goal #2 </div> <div data-bbox="967 1043 1214 1171">  Goal #3 </div> </div>	<p>\$2</p>	
	<p>Volunteer Program: Come and try our volunteer program.</p> <p>Vinnies is a wonderful chance to learn and gain knowledge about the retail industry.</p> <p>Goals to achieve</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="507 1335 715 1462">  Goal #1 </div> <div data-bbox="715 1335 967 1462">  Goal #2 </div> <div data-bbox="967 1335 1214 1462">  Goal #3 </div> </div>	<p>Shared kilometer charges for transport. Free</p>	

Friday activities

Morning – Choose One		 chosen activity	
	<p>Fun Fridays</p> <p>Customers will plan and choice what Activities they are going to be doing, for the next 12 weeks. Customers choose 4 weeks of Cooking. Customers choose 4 weeks of Rockhampton’s many Activities on offer e.g.: bowling, movies, pool for a swim and playing pool. Then spend 4 weeks going on adventures and having Morning tea at one of the many beautiful cafes that Rockhampton has to offer.</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>Shared kilometer charges for transport. \$ 5.00</p>	
	<p>Right on Target!</p> <p>Get Ready to have the best time and learn the most relaxing sport that leaves you feeling stress free, relaxed and wanting to do it again and again. Great place to meet new friends, bring your morning tea, water bottle and a hat and enjoy the morning.</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>\$7.00.</p>	

Afternoon – Choose One

✓
chosen
activity

	<h3>Fun Fitness at The Rocky Hub</h3> <p>Each week we will focus on different exercises in the hub.</p> <ul style="list-style-type: none">• Seated exercise.• Ball coordination skills• Yoga. <p>Goals to achieve:</p>	FREE		
 Goal #1	 Goal #2	 Goal #3	FREE	
	<h3>Board Games</h3> <ul style="list-style-type: none">• Challenge yourself against your mates and show your skills. Uno.• Yahtzee• Snakes and Ladders.• Guess Who. <p>Goals to achieve:</p>	FREE		
 Goal #1	 Goal #2	 Goal #3		

2026 Rockhampton Program Dates

Office Opens 5th January 2026 Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Monday 5 th January 2026	Friday 27 th March 2026
Hub Closed	Monday 26 th January 2026 – Australia Day	

Program 2		
	Start Date	End Date
Activity Program	Monday 30 th March 2026	Friday 19 th June 2026
Hub Closed	Friday 3 rd April 2026 – Good Friday Monday 6 th April 2026 – Easter Monday Monday 2 nd May 2026 – Labour Day Thursday 11 th June 2026 – Rockhampton Show Day.	

Showcase week 1		
	Start Date	End Date
Showcase Program	Monday 22 nd June 2026	Friday 26 th June 2026

Program 3		
	Start Date	End Date
Activity Program	Monday 29 th June 2026	Friday 18 th September 2026

Program 4		
	Start Date	End Date
Activity Program	Monday 21 st September	Friday 11 th December
Hub Closed	Monday 5 th October 2026 – Kings Birthday	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 14 th December	Friday 18 th December
Hub Closed	Monday 21 st December 2026 – Sunday 3 rd January 2027	