

2026

Roma Hub

Activity Program 2 Catalogue



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Welcome to our Hub Activity Program! We're pleased to have you join us at the Roma Hub and we hope you enjoy everything we have in store.

Our 12-week Hub programs are designed to provide structure, consistency and a strong focus on achieving meaningful outcomes. When selecting your activities, you will be signing up for and committing to the full 12-week program for each day you attend the Hub.

This approach gives you the opportunity to fully develop your skills, see your progress over time and work toward your goals with a sense of completion at the end of the program. It also helps you build stronger connections with other customers and experience more substantial benefits than one-off activities can offer.

At the end of each 12-week cycle, you'll have the chance to showcase your new skills during two dedicated showcase weeks held in July and December. These weeks give you the opportunity to participate in a one-off activity that highlights your achievements or demonstrates the progress you've made.

How it works

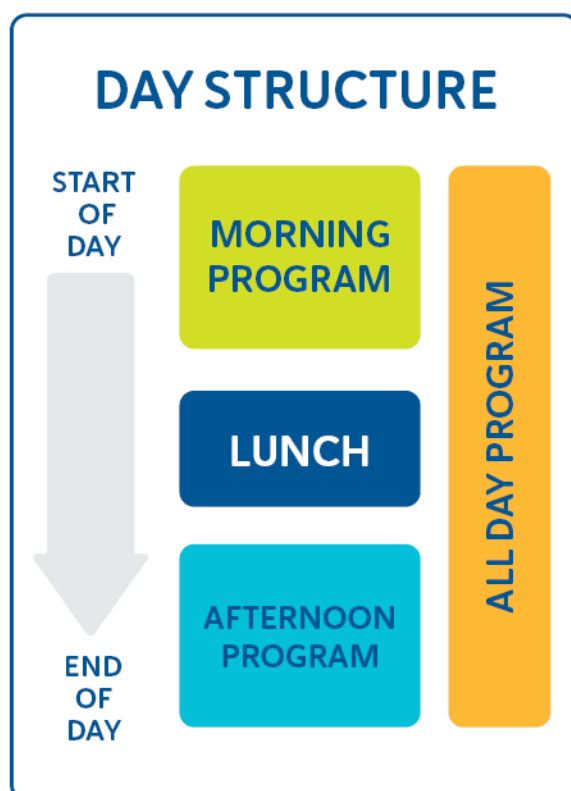
1 For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 Jaala Blake or return it to Roma Hub or email jaala.blake@multicap.org.au or shauna.cormack@multicap.com.au by **02/03/2026**.

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 **07 4525 9001**.

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 **07 4525 9001**.
















Hub Activity Program Goal Reference Guide

To help identify which options best support your individual goals, we have added icons under each one.

These icons show the core goals that each option is designed to help you achieve. Up to three icons may appear, highlighting the primary goals most closely linked to that option, though it may support additional goals as well.









If you're unsure what a particular icon represents, please refer to the list below to match each icon with its related goal.

 <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		
	<p>Centre of Creative Arts (COCA)</p> <p>Module Collage</p> <p>Coca - Mixed Media Art Program</p> <p>In this program we will work each week on painting, collage, and sculpture to create Two large canvas that will be displayed in Roma Hub.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>		
		 Goal #1	 Goal #2	 Goal #3
	<p>Colour Code Craze</p> <p>Join us for a calming Colour by Number session. No art skills needed, just a love for colours and a bit of imagination. Follow the numbers to reveal a surprise masterpiece.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>		
		 Goal #1	 Goal #2	 Goal #3









Afternoon (choose one)		Chosen activity		
	<p>ASDAN – Independent Living and Related Skills</p> <p>Building skills to support independence is important. ASDAN provides a range of courses to support the development of skills necessary to live independently. From what to wear when, to how to advocate for what you want or need.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>		
		 Goal #1	 Goal #2	 Goal #3
	<p>Wind and Wonder Workshop</p> <p>Explore the magic of light and sound through DIY wind chimes and sun catchers. Experimenting with colourful beads, reflective materials, and simple construction techniques to create one of a kind hanging art.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>		
		 Goal #1	 Goal #2	 Goal #3





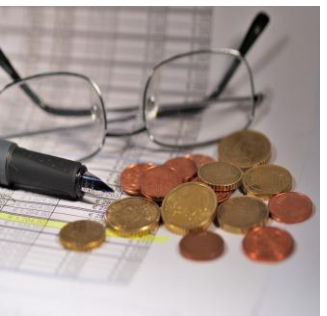



Tuesday Activities

Morning (choose one)			✓ Chosen activity
	<p>Brain Boost Academy</p> <p>Workbooks help learners build confidence in reading, writing, and mathematics. Let's practice spelling, sentence building, reading comprehension, addition and problem-solving through activities.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
 Goal #1	 Goal #2	 Goal #3	
	<p>Treat Yourself</p> <p>Treat yourself to some well-deserved "me time". Join us for a soothing pamper session filled with feel-good vibes, calming music, and mini self-care treats. Each week features a different relaxing activity.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
 Goal #1	 Goal #2	 Goal #3	





Afternoon (choose one)			✓ Chosen activity
	<p>Tiny Tube Creations</p> <p>Let's give toilet paper rolls a second life by turning them into colourful crafts and playful creations. Participants will explore art, design, and imagination while learning how everyday items can become something amazing.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
 Goal #1	 Goal #2	 Goal #3	
	<p>Word Masters</p> <p>Sharpen your mind and have a blast with our word puzzle program. Tackle crosswords, word searches, anagrams, and brain-teasing challenges designed to boost vocabulary, spelling, and critical thinking.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
 Goal #1	 Goal #2	 Goal #3	









Wednesday Activities

Morning (choose one)			Chosen activity
	<p>Game Day</p> <p>Step outside and enjoy classic lawn games. From Dominoes to cornhole, giant bowling to tic tac toe, there's plenty of fun to go around. these games are a great way to soak up the sunshine.</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>Cost: Free</p>	
	<p>Dancercise</p> <p>Get your body moving and your energy soaring with dance exercise. Groove to upbeat music while learning easy-to-follow moves that boost your fitness, coordination, and mood.</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>Cost: Free</p>	









Afternoon (choose one)			Chosen activity
	<p>Popsicle Art Party</p> <p>Ready to turn simple popsicle sticks into awesome works of art. Grab your glue, paint, and imagination, and let's build. This hands-on craft is all about creativity, making something unique, and having a blast while you're at it. Just sticks, colours, and endless possibilities.</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>Cost: Free</p>	
	<p>Money Matters</p> <p>Money doesn't grow on trees but learning how to manage it can still be fun. In this hands on budgeting activity, you'll discover smart ways to track spending, save for goals, and make your money work for you.</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>Cost: Free</p>	









Thursday Activities

Morning (choose one)			Chosen activity
	<p>Bingo Bash</p> <p>Get ready to shout “BINGO” and win some awesome prizes. Join us for a fun filled session packed with laughs, friendly competition, and plenty of chances to win. Whether you're a seasoned pro or trying it for the first time, everyone's welcome. Grab your lucky charm and let's play.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
 <p>Goal #1</p>		 <p>Goal #2</p>	 <p>Goal #3</p>
	<p>Grill and Chill</p> <p>Gather for an outdoor BBQ where good food, great company, and fresh air come together. It's all about enjoying delicious bites, laughter, and sunshine. Perfect for hanging out and making memories. You must provide your own food for cooking and eating at your own cost.</p> <p>Goals to achieve:</p>	<p>Cost: \$15</p>	
 <p>Goal #1</p>		 <p>Goal #2</p>	 <p>Goal #3</p>

Afternoon (choose one)			Chosen activity
	<p>Scrap It</p> <p>Unleash your creativity and bring imagination to life. One page at a time. Each week, we'll explore a fun theme, with all the supplies you need provided. No experience needed just bring your imagination.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
 <p>Goal #1</p>		 <p>Goal #2</p>	 <p>Goal #3</p>
	<p>Mud & Magic</p> <p>Dive into the squishy, squelchy world of clay. This playful program builds creativity, hand-eye coordination, and confidence while letting hands explore, experiment, and make something truly special.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
 <p>Goal #1</p>		 <p>Goal #2</p>	 <p>Goal #3</p>

Friday Activities

Morning (choose one)			✓ Chosen activity
	<p>Paint And Chat</p> <p>Each session includes a step-by-step guided painting activity, perfect for beginners and experienced painters alike. We'll walk you through every brushstroke while you enjoy friendly conversation. All supplies provided, just bring your creativity and a smile.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
<p style="text-align: center;">  Goal #1  Goal #2  Goal #3 </p>			
	<p>Mad Science Mania</p> <p>In this hands-on program, participants will dive into the exciting world of science through experiments. From bubbling reactions to exploring forces, Science has never been this fun.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
<p style="text-align: center;">  Goal #1  Goal #2  Goal #3 </p>			

Afternoon (choose one)			✓ Chosen activity
	<p>Plate It Up</p> <p>Transform simple paper plates into colourful animals, masks, decorations, and imaginative art pieces. Using paint, markers, glue, and other craft supplies, explore creativity. Every paper plate becomes a canvas for fun, learning, and self-expression.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
<p style="text-align: center;">  Goal #1  Goal #2  Goal #3 </p>			
	<p>TENNIS</p> <p>Tennis is a fast paced game that's all about quick moves, clever shots, and lots of laughs. We'll practice rallies, play mini-games, and maybe even invent a few of our own. It's the perfect way to stay active, build skills, and make new friends.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
<p style="text-align: center;">  Goal #1  Goal #2  Goal #3 </p>			

2026 Roma Hub Program Dates

Office Opens 2nd 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 Friday 25 th April – Anzac Day Monday 2 nd May 2026 – Labour Day Friday 8 th May 2026 – Roma Show Holiday	

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
Hub Closed		

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	