

2026  
Rockhampton  
Activity Program 3  
Catalogue



# 2026 Rockhampton Activity Program 3 Catalogue

Welcome to our Hub Activity Program! We're pleased to have you join us at the Rockhampton 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

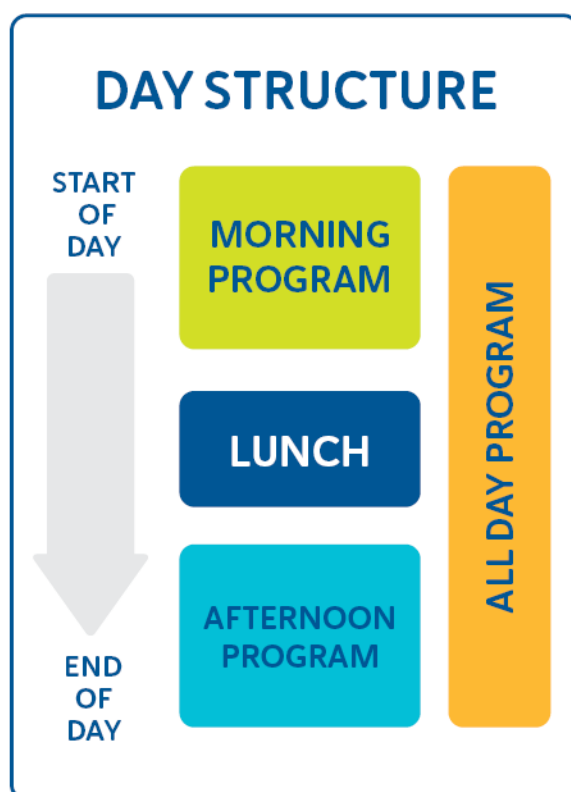
**1** For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 Leann Rolfe or return it to Rockhampton Hub or [leann.rolfe@multicap.org.au](mailto:leann.rolfe@multicap.org.au).

**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 0416 269 518

**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 0416 269 518
















# 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 &amp; wellbeing</p>	 <p>Improve emotional health &amp; wellbeing</p>	 <p>Develop social skills &amp; understanding</p>
 <p>Build independence</p>	 <p>Improve fine motor skills</p>	 <p>Explore creative pursuits</p>
 <p>Sensory Experience/ Exploration</p>	 <p>Adventure &amp; 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 &amp; understanding</p>
 <p>Develop numeracy and literacy skills</p>		












# Monday Activities

Morning		Cost	Tick one
	<p><b>Cooking with Kyle</b></p> <p>Enjoy learning how to cook healthy choice recipes with Kyle. Customers will begin the session with a visit to the supermarket to collect the ingredients. Customers will take home their cooking at the end of the session.</p> <p><b>Goals to achieve:</b></p>	\$5.00	<input type="checkbox"/>
	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>		





Afternoon		Cost	Tick one
	<p><b>Lifestyle &amp; Budgeting</b></p> <p>The Lifestyle and budgeting program provides an immersive shopping experience, including guidance on costing ingredients to create a homestyle recipe. Customers will take home their cooking at the end of the session.</p> <p><b>Goals to achieve:</b></p>	\$5.00	<input type="checkbox"/>
	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">   <b>Goal 1</b> </div> <div style="text-align: center;">   <b>Goal 2</b> </div> <div style="text-align: center;">   <b>Goal 3</b> </div> </div>		

# Tuesday Activities





Morning			Cost	Tick one
	<p><b>Bingo</b></p> <p>Come and enjoy a morning of bingo with your friends. Everyone gets a prize!</p> <p><b>Goals to achieve:</b></p>		\$5.00	<input type="checkbox"/>
	 <p>Goal 1</p>	 <p>Goal 2</p>		

Afternoon			Cost	Tick one
	<p><b>World Dance</b></p> <p>Learn dances from around the world including warmups and stretches. Irish dancing, African, line dancing and more!</p> <p><b>Goals to achieve:</b></p>		FREE	<input type="checkbox"/>
	 <p>Goal 1</p>	 <p>Goal 2</p>		
	<p><b>Ladies Afternoon</b></p> <p>Enjoy a relaxing afternoon of pampering. Nail art, facials, and more to make you feel like a princess!</p> <p><b>Goals to achieve:</b></p>		\$5.00	<input type="checkbox"/>
	 <p>Goal 1</p>	 <p>Goal 2</p>		





## Wednesday Activities

Morning		Cost	Tick one
	<p><b>Karaoke Kingdom</b></p> <p>Karaoke Kingdom encourages customers to build confidence in singing and dancing with their friends. Zumba, yoga, stretching, ASL and group signing are some activities that will be learnt and rehearsed for our showcase concert.</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Goal 1</p> </div> <div style="text-align: center;">  <p>Goal 2</p> </div> <div style="text-align: center;">  <p>Goal 3</p> </div> </div>	<p>Free &amp; morning tea included</p>	<input type="checkbox"/>

## Thursday activities

Morning		Cost	Tick one
	<p><b>Thursday Freedom</b></p> <p>Customers choose craft-based activities when in the HUB (once a month) and visit Scotia Place for the country music morning tea and lunch (three times a month)</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Goal 1</p> </div> <div style="text-align: center;">  <p>Goal 2</p> </div> <div style="text-align: center;">  <p>Goal 3</p> </div> </div>	<p>\$10 Scotia Place, other weeks Multicap provides morning tea.</p>	<input type="checkbox"/>

## Friday Activities

Morning		Cost	Tick one
	<p><b>Cooking with Kyle</b></p> <p>Enjoy learning how to cook healthy choice recipes with Kyle. Customers will begin the session with a visit to the supermarket to collect the ingredients. Customers will take home their cooking at the end of the session.</p> <p><b>Goals to achieve:</b></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Goal 1</p> </div> <div style="text-align: center;">  <p>Goal 2</p> </div> <div style="text-align: center;">  <p>Goal 3</p> </div> </div>	<p>\$5</p>	<input type="checkbox"/>

# 2026 Rockhampton Program Dates

Office Opens 2 January 2026 Hub closed on public holidays

Program 1		
	Start Date	End Date
Activity Program	Monday 5 <sup>th</sup> January	Friday 27 <sup>th</sup> March
Hub Closed	Thursday 1 <sup>st</sup> January – New Year's Day Monday 26 <sup>th</sup> January – Australia Day	

Program 2		
	Start Date	End Date
Activity Program	Monday 30 <sup>th</sup> March	Friday 19 <sup>th</sup> June
Hub Closed	Friday 3 <sup>rd</sup> April – Good Friday Monday 6 <sup>th</sup> April – Easter Monday Monday 4 <sup>th</sup> May – Labour Day	

Showcase week 1		
	Start Date	End Date
Hub Closed	Thursday 11 <sup>th</sup> June	Rockhampton Agricultural Show
Showcase Program	Monday 22 <sup>nd</sup> June	Friday 26 <sup>th</sup> June

Program 3		
	Start Date	End Date
Activity Program	Monday 29 <sup>th</sup> June	Friday 18 <sup>th</sup> September

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

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 14 <sup>th</sup> December	Friday 18 <sup>th</sup> December
Hub Closed	Saturday 19 <sup>th</sup> December 2026 – Sunday 3 <sup>rd</sup> January 2027	