

2026  
Roma Hub  
Activity Program 3  
Catalogue



# 2026 Roma Activity Program 3 Catalogue

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

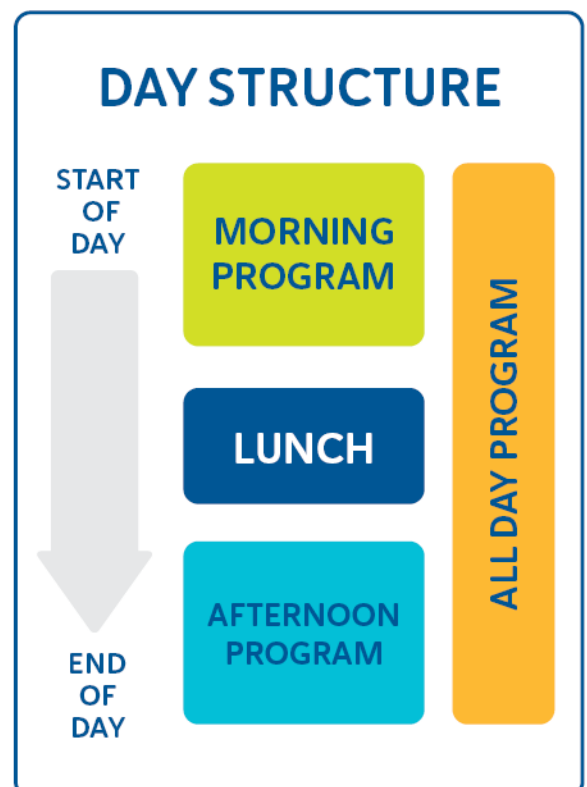
**1** For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 48 Arthur Street or [jaala.blake@multicap.org.au](mailto:jaala.blake@multicap.org.au) by Monday 25<sup>th</sup> May 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.

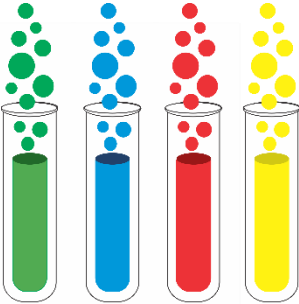







These icons show the core goals that each option is designed to help you achieve. Up to three icons may appear, highlighting the primary goals most closely linked to that option, though it may support additional goals as well.





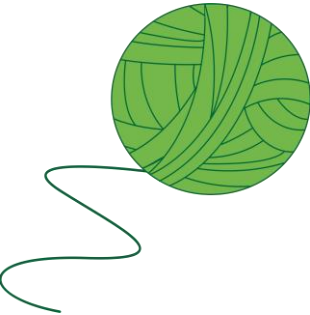



If you're unsure what a particular icon represents, please refer to the list below to match each icon with its related goal.

 <p>Improve physical health &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>		

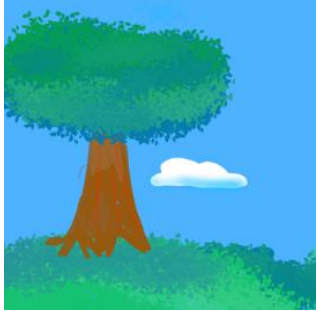











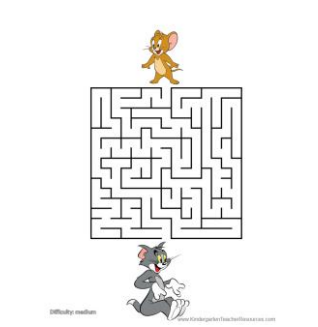





# Monday Activities




Morning 10:00am – 12:45pm		Cost	Tick one
	<p><b>Science Mania</b></p> <ul style="list-style-type: none"> <li>Science is all about asking questions and finding answers</li> <li>Hands-on experiments to explore how things work</li> <li>Learn through trial, error, and reflection</li> <li>Science can be messy, exciting, and fun</li> </ul> <p><b>Goals to achieve:</b></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>	FREE	<input type="checkbox"/>
	<p><b>Money Matters</b></p> <ul style="list-style-type: none"> <li>Practice saving money for future goals</li> <li>Begin learning about spending wisely</li> <li>Money learning helps build responsibility and confidence</li> <li>Understand the difference between needs and wants</li> </ul> <p><b>Goals to achieve:</b></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>	FREE	<input type="checkbox"/>





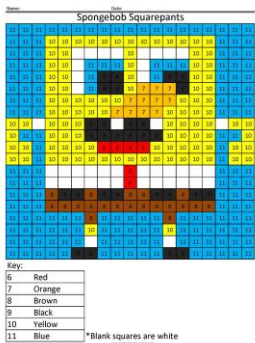



Afternoon 1:15pm – 4:00pm		Cost	Tick one
	<p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>Tennis is played with a racket and a small ball</li> <li>Tennis improves fitness, coordination, and strength</li> <li>Players use strategy and quick reactions</li> <li>Tennis is fun, active, and exciting</li> </ul> <p><b>Goals to achieve:</b></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>	\$50 Weekly	<input type="checkbox"/>
	<p><b>Wool Without Limits</b></p> <ul style="list-style-type: none"> <li>Wool can be cut, rolled, wrapped, and glued</li> <li>Encourages creativity and imagination</li> <li>Finished crafts can be used for displays or gifts</li> <li>Wool craft is fun and calming</li> </ul> <p><b>Goals to achieve:</b></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>	FREE	<input type="checkbox"/>

# Tuesday Activities









Morning 10:00am – 12:45pm		Cost	Tick one	
	<p><b>Ready, Set, Go - Outdoors</b></p> <ul style="list-style-type: none"> <li>• Play finding games like scavenger hunts</li> <li>• Search for leaves, rocks, insects, or shapes</li> <li>• Follow clues or simple maps</li> <li>• Enjoy fresh air and sunshine</li> </ul> <p><b>Goals to achieve:</b></p>	FREE	<input type="checkbox"/>	
		 <b>Goal 1</b>	 <b>Goal 2</b>	 <b>Goal 3</b>
	<p><b>COCA – Creative Movement</b></p> <ul style="list-style-type: none"> <li>• Creative movement uses dance and body actions</li> <li>• Singing uses our voice to make sounds and songs</li> <li>• Music helps guide movement and rhythm</li> <li>• Expresses feelings and emotions</li> </ul> <p><b>Goals to achieve:</b></p>	FREE	<input type="checkbox"/>	
		 <b>Goal 1</b>	 <b>Goal 2</b>	 <b>Goal 3</b>
Afternoon 1:15pm – 4:00pm		Cost	Tick one	
	<p><b>Amazing Aussie Animals</b></p> <ul style="list-style-type: none"> <li>• Understand different habitats (bush, desert, water)</li> <li>• Build language and knowledge using animal facts</li> <li>• Encourage respect and care for Australian wildlife</li> <li>• Focus on participation, effort, and enjoyment</li> </ul> <p><b>Goals to achieve:</b></p>	FREE	<input type="checkbox"/>	
		 <b>Goal 1</b>	 <b>Goal 2</b>	 <b>Goal 3</b>
	<p><b>Maze Amusement</b></p> <ul style="list-style-type: none"> <li>• Mazes help develop problem-solving skills</li> <li>• Encourage hand-eye coordination and control</li> <li>• Can be completed using pencils or markers</li> <li>• Focus on enjoyment, not speed or accuracy</li> </ul> <p><b>Goals to achieve:</b></p>	FREE	<input type="checkbox"/>	
		 <b>Goal 1</b>	 <b>Goal 2</b>	 <b>Goal 3</b>









# Wednesday Activities

Morning 10:00am – 12:45pm		Cost	Tick one
	<p><b>Joyful Jukebox</b></p> <ul style="list-style-type: none"> <li>• Karaoke encourages self-expression and confidence</li> <li>• Participants choose songs they enjoy or recognise</li> <li>• Inclusive of all abilities and comfort levels</li> <li>• Encourages social connection and teamwork</li> </ul> <p><b>Goals to achieve:</b></p>	FREE	<input type="checkbox"/>
	<p> <b>Goal 1</b></p> <p> <b>Goal 2</b></p> <p> <b>Goal 3</b></p>		
	<p><b>Fun Fiesta</b></p> <ul style="list-style-type: none"> <li>• Board and card games encourage social interaction</li> <li>• Promote turn-taking and sharing</li> <li>• Support fine motor skills</li> <li>• Focus on fun, participation, and enjoyment</li> </ul> <p><b>Goals to achieve:</b></p>	FREE	<input type="checkbox"/>
	<p> <b>Goal 1</b></p> <p> <b>Goal 2</b></p> <p> <b>Goal 3</b></p>		









Afternoon 1:15pm – 4:00pm		Cost	Tick one
	<p><b>Dancersice</b></p> <ul style="list-style-type: none"> <li>• Dance exercise combines movement and music</li> <li>• Helps improve strength, balance, flexibility, and fitness</li> <li>• Builds social connection and teamwork</li> <li>• Focuses on fun, enjoyment, and participation</li> </ul> <p><b>Goals to achieve:</b></p>	FREE	<input type="checkbox"/>
	<p> <b>Goal 1</b></p> <p> <b>Goal 2</b></p> <p> <b>Goal 3</b></p>		
	<p><b>Colour Code Craze</b></p> <ul style="list-style-type: none"> <li>• Colour by number, math and word</li> <li>• Builds focus, visual scanning, and attention skills</li> <li>• Colour by activities support learning through creativity</li> <li>• Encourages calm, relaxed participation</li> </ul> <p><b>Goals to achieve:</b></p>	FREE	<input type="checkbox"/>
	<p> <b>Goal 1</b></p> <p> <b>Goal 2</b></p> <p> <b>Goal 3</b></p>		

# Thursday activities

Morning 10:00am – 12:45pm		Cost	Tick one
	<p><b>Mud and Magic</b></p> <ul style="list-style-type: none"> <li>Squeeze, roll, flatten, or pinch the clay</li> <li>Use hands, fingers, or simple tools to press and roll</li> <li>Create animals, objects, or patterns</li> <li>Clay making is calming and enjoyable</li> </ul> <p><b>Goals to achieve:</b></p>	FREE	<input type="checkbox"/>
	<p> Goal 1</p> <p> Goal 2</p> <p> Goal 3</p>		
<p>CUT AND GLUE</p> 	<p><b>Snip, Snap, Create</b></p> <ul style="list-style-type: none"> <li>Create pictures using paper, shapes, or images</li> <li>Cutting and gluing are basic craft skills</li> <li>Encourages focus, planning, and following steps</li> <li>Celebrate effort, not perfection</li> </ul> <p><b>Goals to achieve:</b></p>	FREE	<input type="checkbox"/>
	<p> Goal 1</p> <p> Goal 2</p> <p> Goal 3</p>		

Afternoon 1:15pm – 4:00pm		Cost	Tick one
	<p><b>Breathe and Bend</b></p> <ul style="list-style-type: none"> <li>Yoga uses gentle movements, stretches, and poses</li> <li>Supports body awareness, focus, and calmness</li> <li>Focuses on breathing and relaxation</li> <li>Focus on participation and feeling good</li> </ul> <p><b>Goals to achieve:</b></p>	FREE	<input type="checkbox"/>
	<p> Goal 1</p> <p> Goal 2</p> <p> Goal 3</p>		
	<p><b>Human Body Basics</b></p> <ul style="list-style-type: none"> <li>Our body has many parts that work together</li> <li>Everyone's body is different and special</li> <li>Our body helps us move, play, learn, and rest</li> <li>Learning anatomy helps us understand and care</li> </ul> <p><b>Goals to achieve:</b></p>	FREE	<input type="checkbox"/>
	<p> Goal 1</p> <p> Goal 2</p> <p> Goal 3</p>		

# Friday Activities

Morning 10:00am – 12:45pm		Cost	Tick one	
	<p><b>Bake It Happen</b></p> <ul style="list-style-type: none"> <li>Baking is a hands-on cooking activity</li> <li>Involves mixing, pouring, and decorating</li> <li>Helps build following instructions and sequencing skills</li> <li>Teaches basic kitchen safety and hygiene</li> </ul> <p><b>Goals to achieve:</b></p>	FREE	<input type="checkbox"/>	
		 Goal 1	 Goal 2	 Goal 3
	<p><b>ASDAN – Self Advocacy and Myself and Others</b></p> <ul style="list-style-type: none"> <li>Learning to express needs, wants, and preferences</li> <li>Knowing how to ask for help or support</li> <li>Understanding personal strengths and challenges</li> <li>Learning that everyone has rights and a voice</li> </ul> <p><b>Goals to achieve:</b></p>	\$17	<input type="checkbox"/>	
		 Goal 1	 Goal 2	 Goal 3

Afternoon 1:15pm – 4:00pm		Cost	Tick one	
	<p><b>Fresh Air Fun</b></p> <ul style="list-style-type: none"> <li>Outdoor games encourage active play and fresh air</li> <li>Help build physical fitness, strength, and coordination</li> <li>Promote social skills like turn-taking and teamwork</li> <li>Support listening, following rules, and problem-solving</li> </ul> <p><b>Goals to achieve:</b></p>	FREE	<input type="checkbox"/>	
		 Goal 1	 Goal 2	 Goal 3
	<p><b>Pamper Me</b></p> <ul style="list-style-type: none"> <li>Helps people feel calm, valued, and cared for</li> <li>Activities are gentle and soothing</li> <li>Uses the senses – touch, smell, sight, and sound</li> <li>Encourages choice and consent at all times</li> </ul> <p><b>Goals to achieve:</b></p>	FREE	<input type="checkbox"/>	
		 Goal 1	 Goal 2	 Goal 3

# 2026 Roma 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 1st 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 Friday 8 <sup>th</sup> May – Roma Show Holiday	

Showcase week 1		
	Start Date	End Date
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
Hub Closed		

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	