

2026 Roma Hub Activity Program 4 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 jaala.blake@multicap.org.au or ami.ware@multicap.org.au by 11/09/2026

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

DAY STRUCTURE

START
OF
DAY

MORNING
PROGRAM

LUNCH

AFTERNOON
PROGRAM

END
OF
DAY

ALL DAY PROGRAM

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.

 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 1000 - 1245		Cost	Tick one
	Love Yourself Lounge - Pampering promotes relaxation and wellbeing - Encourages positive self-esteem and confidence - Supports social interaction and conversation - Provides a sensory experience that can help reduce stress Goals to achieve:	FREE	☐
	 Goal 1  Goal 2  Goal 3		
	ASDAN - Self Advocacy and Myself and Others - Encourages individuals to express their needs - Develops communication and decision-making skills - Builds self-confidence by speaking up - Promotes understanding of personal rights Goals to achieve:	\$17	☐
	 Goal 1  Goal 2  Goal 3		

Afternoon 1315 - 1600		Cost	Tick one
	Spot It and Solve It - Eye Spy & Mazes encourages observation and attention - Develops problem-solving and critical thinking skills - Supports communication and social interaction - Builds confidence in making choices and identify objects Goals to achieve:	FREE	☐
	 Goal 1  Goal 2  Goal 3		
	Clay Play - Clay develops fine motor skills and hand strength - Encourages creativity and imagination to create - Supports problem-solving skills to plan and build - Promotes focus, patience, and persistence Goals to achieve:	FREE	☐
	 Goal 1  Goal 2  Goal 3		

Tuesday Activities

Morning		Cost	Tick one
	Santa's Activity Station - Encourages creativity through decorating and crafting - Promotes social interaction and teamwork - Supports fine motor skill through cutting and assembling - Creates opportunities for learning about traditions Goals to achieve:	FREE	☐
	Goal 1 Goal 2 Goal 3		
	Sizzle In The Park - Encourages social interaction and relationship building - Promotes physical activity through outdoor exploration - Supports community participation - Provides opportunities to develop independence Goals to achieve:	\$20 per Week Provide your own ingredients for cooking and eating	☐
	Goal 1 Goal 2 Goal 3		
Afternoon		Cost	Tick one
	Picture Perfect Collage - Collage encourages creativity and self-expression - Develops fine motor skills through cutting and arranging - Supports decision-making and planning - Enhances focus and concentration Goals to achieve:	FREE	☐
	Goal 1 Goal 2 Goal 3		
	Serve, Swing and Smile - Tennis promotes physical fitness, balance and agility - Develops hand-eye coordination and motor skills - Encourages social interaction and teamwork - Builds confidence and resilience Goals to achieve:	\$20 per hour Must have own racket and balls	☐
	Goal 1 Goal 2 Goal 3		

Wednesday Activities

Morning		Cost	Tick one
	Rhythm And Rhymes - Karaoke encourages confidence and self-expression - Supports social interaction and participation - Enhances communication and listening skills - Promotes emotional wellbeing and stress relief Goals to achieve:	FREE	☐
	 Goal 1  Goal 2  Goal 3		
	Money Matters - Develop how to identify, count, and use money - Encourages decision-making and budgeting skills - Builds confidence and independence - Enhances numeracy skills Goals to achieve:	FREE	☐
	 Goal 1  Goal 2  Goal 3		

Afternoon		Cost	Tick one
	Colour The Cubes - Encourages creativity by exploring shapes and patterns - Develops fine motor skills through colouring designs - Introduces participants to famous art movements - Enhances concentration and visual perception Goals to achieve:	FREE	☐
	 Goal 1  Goal 2  Goal 3		
	Puppet Power - Encourages creativity and imagination - Develops fine motor skills through cutting and glueing - Supports communication and storytelling skills - Builds confidence and self-expression Goals to achieve:	FREE	☐
	 Goal 1  Goal 2  Goal 3		

Thursday activities

Morning			Cost	Tick one
	COCA – Creative Movement - Encourages self-expression and creativity - Promotes physical wellbeing and coordination - Supports confidence and self-esteem - Enhances social skills and participation Goals to achieve:		FREE	☐
	 Goal 1	 Goal 2		
	BINGO Bonanza - Encourages concentration and listening skills - Supports social interaction and turn-taking - Enhances cognitive skills such as recognition and memory - Builds confidence and a sense of achievement Goals to achieve:		FREE	☐
	 Goal 1	 Goal 2		

Afternoon			Cost	Tick one
	Joints And Jingles - Develops fine motor skills through attaching split pins - Encourages creativity and imagination - Introduces basic engineering and problem-solving - Builds confidence and a sense of achievement Goals to achieve:		FREE	☐
	 Goal 1	 Goal 2		
	Creativity On A Page - Scrapbooking encourages creativity and self-expression - Supports memory recall and storytelling - Develops fine motor skills by cutting and arranging - Enhances planning and organisational skills Goals to achieve:		FREE	☐
	 Goal 1	 Goal 2		

Friday Activities

Morning		Cost	Tick one
	Experiment Extravaganza - Science encourages curiosity and exploration - Develops problem-solving and critical thinking skills - Promotes learning through hands-on activities - Builds confidence and independence Goals to achieve:	FREE	☐
	 Goal 1  Goal 2  Goal 3		
	Mini World Makers - Triarama encourages creativity and imagination - Develops fine motor skills through cutting and folding - Supports planning and organisational skills - Builds confidence and a sense of achievement Goals to achieve:	FREE	☐
	 Goal 1  Goal 2  Goal 3		

Afternoon		Cost	Tick one
	Sand-tastic Creations - Encourages creativity and self-expression - Develops fine motor skills and hand-eye coordination - Enhances focus and concentration - Builds confidence and a sense of achievement Goals to achieve:	FREE	☐
	 Goal 1  Goal 2  Goal 3		
	Let's Play - Board games encourage social interaction and teamwork - Develops problem-solving and strategic thinking - Supports concentration, memory, and attention to detail - Promotes turn-taking, patience, and good sportsmanship Goals to achieve:	FREE	☐
	 Goal 1  Goal 2  Goal 3		

2026 Roma Hub Program Dates

Office Opens 2 January 2026 Hub closed on public holidays

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

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

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

Program 3		
	Start Date	End Date
Activity Program	Monday 29 th June	Friday 18 th September
Hub Closed	Wednesday 12 th August – Royal Queensland Show (Brisbane area only)	

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

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