MULTICAP
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# 2027
# ROBINA
# Activity Program 1
# Catalogue



# 2027 ROBINA Activity Program 1 Catalogue

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

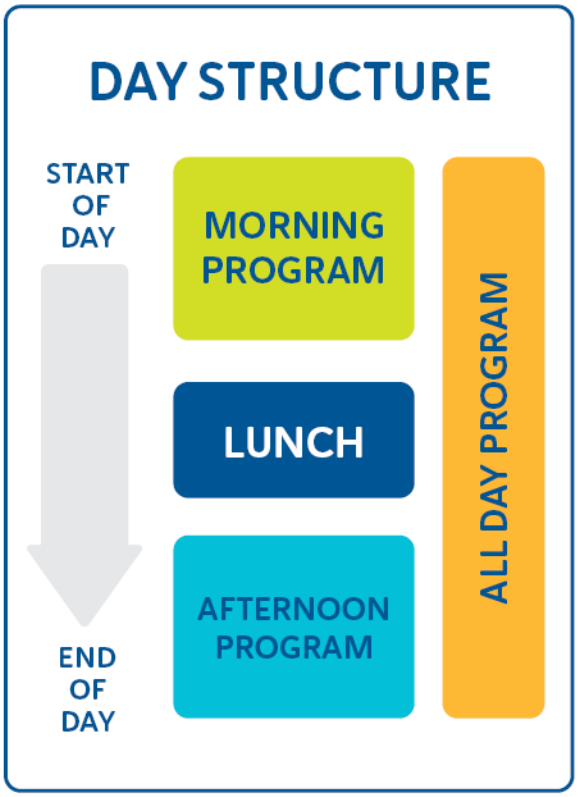
1. For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 Toni Harvey or return it to Robina Hub or toni.harvey@multicap.org.au by 20/11/2026

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 0492 817 880

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 0492 817 880



# 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 | | | | Cost | Tick one |
|---|---|---|---|---|---|
|  | **Scrapbooking**<br>Get creative while preserving your favourite memories! Scrapbooking is a fun and relaxing activity that encourages creativity, self-expression, and storytelling. It helps develop fine motor skills, planning, and decision-making while providing an opportunity to reflect on positive experiences and achievements. Share memories with friends, celebrate special moments, and create a unique keepsake you can treasure for years to come<br>• Packed Lunch<br>• Water Bottle<br>**Goals to achieve:** | | | $2.50 per week | ☐ |
| | Goal 1 | Goal 2 | Goal 3 | | |
|  | **Op Shopping**<br>Discover hidden treasures, unique bargains, and exciting finds while building valuable life skills through op shopping. This activity encourages decision-making, budgeting, money handling, and independence while exploring the local community. It's a great opportunity to socialise with friends, practice communication skills, and experience the excitement of finding a special item at a great price. Every trip is a new adventure!<br>• Packed Lunch<br>• Water Bottle<br>• Money for shopping<br>**Goals to achieve:** | | | BYO spending Money<br><br>Kilometer charges apply | ☐ |
| | Goal 1 | Goal 2 | Goal 3 | | |

| Afternoon | | | | Cost | Tick one |
|---|---|---|---|---|---|
|  | **Park Explorer**<br>Discover new places each week while enjoying the outdoors and connecting with your community. Visiting different locations encourages physical activity, promotes wellbeing, and provides opportunities to build social skills through group participation and shared experiences. Members can develop confidence, independence, and community access skills while exploring new environments, participating in recreational activities, and enjoying nature. It's a fun way to stay active, make friends, and support both physical and mental wellbeing.<br>• Packed Lunch<br>• Water Bottle<br>• Appropriate footwear and Sun Hat<br>**Goals to achieve:** | | | Free<br><br>Kilometer charges apply | ☐ |
| | **Goal 1** | **Goal 2** | **Goal 3** | | |
|  | **Lights, Camera, Relax!**<br>Enjoy a movie experience without leaving the Hub! Sit back, relax, and watch a great film with friends in a comfortable and welcoming environment. This activity promotes relaxation, social connection, and shared experiences while encouraging conversation and engagement with others. Movies can spark imagination, inspire discussion, and support emotional wellbeing through laughter, storytelling, and entertainment. Grab some popcorn and enjoy a fun and relaxing time at the Hub!<br>• Packed Lunch<br>• Water Bottle<br>**Goals to achieve:** | | | Free | ☐ |
| | **Goal 1** | **Goal 2** | **Goal 3** | | |

# Tuesday Activities

| Morning | | | | Cost | Tick one |
|---|---|---|---|---|---|
|  | **Baking**<br>Get creative in the kitchen while learning valuable life skills through baking! From measuring ingredients to decorating delicious treats, baking encourages teamwork, following instructions, problem-solving, and creativity. It's a hands-on activity that builds confidence, promotes independence, and provides the satisfaction of sharing something you've made yourself. Best of all, you get to enjoy the tasty results!<br>**What to bring:**<br>• Packed Lunch<br>• Water Bottle<br>**Goals to achieve:** | | | $2.50 per week<br><br>Kilometer charges may apply | ☐ |
| | Goal 1 | Goal 2 | Goal 3 | | |
|  | **Puzzles, Bingo & Board Games**<br>Put your skills to the test and enjoy some friendly competition with puzzles, bingo, and board games! Whether you're solving a tricky puzzle, calling out "Bingo!", or challenging your friends to a classic board game, this activity is packed with fun, laughter, and connection.<br>**What to bring:**<br>• Packed Lunch<br>• Water Bottle<br>**Goals to achieve:** | | | Free | ☐ |
| | Goal 1 | Goal 2 | Goal 3 | | |

| Afternoon | | | Cost | Tick one |
|---|---|---|---|---|
|  | **Bowling**<br>Strike up some fun while building valuable skills! Bowling promotes hand-eye coordination, balance, concentration, and physical activity in an enjoyable and social environment. Members can develop confidence, teamwork, and communication skills while practicing turn-taking, sportsmanship, and goal setting. It's a great way to stay active, make friends, and celebrate achievements together.<br>**What to bring:**<br>• Companion Card<br>• Water Bottle<br>• Money for Bowling<br>**Goals to achieve:** | | BYO money for price of bowling<br><br>Kilometer charges apply | ☐ |
| | **Goal 1** | **Goal 2** | **Goal 3** | |
|  | **Art Therapy**<br>Unleash your inner Picasso and let your creativity shine! Whether you enjoy painting, drawing, colouring, or creating something completely unique, this activity offers something for everyone. Arts and crafts provide a fun and relaxing way to express yourself, build confidence, and develop new skills. They can enhance creativity, improve fine motor skills, encourage problem-solving, and provide a sense of achievement through creating something of your own. Members will have the opportunity to choose what they would like to create, allowing them to explore their interests and individuality. Once completed, take your masterpiece home to share with family and friends, or proudly display it at the Hub for everyone to admire. Come along, get creative, and enjoy the satisfaction of turning your ideas into something special!<br>**What to bring:**<br>• Packed Lunch<br>• Water Bottle<br>**Goals to achieve:** | | $2.50 per week | ☐ |
| | **Goal 1** | **Goal 2** | **Goal 3** | |

# Wednesday Activities

| Morning | | | | Cost | Tick one |
|---|---|---|---|---|---|
|  | **Music Therapy**<br>Music therapy is a therapeutic approach that uses music to support emotional, physical, cognitive, and social wellbeing. It can help reduce stress and anxiety, improve mood, and provide a healthy outlet for self-expression. Music therapy has also been shown to support communication, enhance memory and concentration, and promote relaxation. For people recovering from illness, injury, or living with disabilities, it can assist with motivation, movement, and overall quality of life. By engaging individuals in a creative and enjoyable way, music therapy can foster connection, confidence, and a sense of wellbeing.<br>**What to bring:**<br>• Packed Lunch<br>• Water Bottle<br>**Goals to achieve:** | | | Free | ☐ |
| | Goal 1 | Goal 2 | Goal 3 | | |
|  | **Get Active!**<br>Stay healthy, have fun, and get moving with a range of exciting physical activities in the Hub environment. Members can choose from Zumba, Just Dance, or Yoga, depending on their interests and goals. These activities promote physical fitness, coordination, balance, flexibility, and overall wellbeing. They also help build confidence, encourage social connection, reduce stress, and support a healthy lifestyle. Whether you're looking to dance, stretch, or simply have fun with friends, there's an option for everyone to enjoy while staying active.<br>• Packed Lunch<br>• Water Bottle<br>**Goals to achieve:** | | | Free | ☐ |
| | Goal 1 | Goal 2 | Goal 3 | | |

<table>
<tr><th>Afternoon</th><th>Cost</th><th>Tick one</th></tr>
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<td>
<h2>Community Explorer</h2>
Get out and about while discovering all that your local community has to offer. Community exploration helps members build confidence, independence, and social skills by navigating different environments, engaging with others, and participating in a variety of community-based activities.
<ul>
<li>Packed Lunch</li>
<li>Water Bottle</li>
</ul>
Goals to achieve:
<table>
<tr><td>Goal 1</td><td>Goal 2</td><td>Goal 3</td></tr>
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<td>Free<br><br>Kilometer charges apply</td>
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<h2>Lights, Camera, Relax!</h2>
Enjoy a movie experience without leaving the Hub! Sit back, relax, and watch a great film with friends in a comfortable and welcoming environment. This activity promotes relaxation, social connection, and shared experiences while encouraging conversation and engagement with others. Movies can spark imagination, inspire discussion, and support emotional wellbeing through laughter, storytelling, and entertainment. Grab some popcorn and enjoy a fun and relaxing time at the Hub!
<h3>What to bring:</h3>
<ul>
<li>Packed Lunch</li>
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Goals to achieve:
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# Thursday activities

| Morning | | | | Cost | Tick one |
|---|---|---|---|---|---|
|  | **Op Shopping**<br>Discover hidden treasures, unique bargains, and exciting finds while building valuable life skills through op shopping. This activity encourages decision-making, budgeting, money handling, and independence while exploring the local community. It's a great opportunity to socialise with friends, practice communication skills, and experience the excitement of finding a special item at a great price. Every trip is a new adventure!<br>• Packed Lunch<br>• Water Bottle<br>• Money for shopping<br>**Goals to achieve:** | | | BYO Spending money<br><br>Kilometer charges apply | ☐ |
| | Goal 1 | Goal 2 | Goal 3 | | |
|  | **Cooking**<br>Develop valuable life skills while having fun in the kitchen! Our cooking program gives members the opportunity to learn how to prepare simple meals and snacks, follow recipes, and practice kitchen safety. Cooking promotes independence, confidence, teamwork, and decision-making, while also encouraging healthy eating habits. Members can enjoy creating something delicious, trying new foods, and sharing their achievements with others. It's a rewarding activity that combines learning, social connection, and creativity.<br>**Goals to achieve:** | | | $10 per week<br>(If buying ingredients OOP no charges apply)<br><br>Kilometer charges may apply | ☐ |
| | Goal 1 | Goal 2 | Goal 3 | | ☐ |

<table>
<tr><th>Afternoon</th><th></th><th>Cost</th><th>Tick one</th></tr>
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<h2>Community Explorer</h2>
Get out and about while discovering all that your local community has to offer. Community exploration helps members build confidence, independence, and social skills by navigating different environments, engaging with others, and participating in a variety of community-based activities.
<ul>
<li>Packed Lunch</li>
<li>Water Bottle</li>
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Goals to achieve:
<table>
<tr><td>Goal 1</td><td>Goal 2</td><td>Goal 3</td></tr>
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<td>Free<br><br>Kilometer charges apply</td>
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<h2>Gardening</h2>
Get your hands dirty and enjoy the many benefits of gardening! This activity provides an opportunity to connect with nature while learning how to plant, grow, and care for flowers, herbs, and vegetables. Gardening promotes physical activity, improves wellbeing, and can help reduce stress and anxiety. It also encourages responsibility, patience, and a sense of achievement as members watch their plants grow and thrive. Working together in the garden can build social connections, teamwork, and confidence, while providing a relaxing and rewarding experience outdoors.
What to bring:
<ul>
<li>Packed Lunch</li>
<li>Water Bottle</li>
</ul>
Goals to achieve:
<table>
<tr><td>Goal 1</td><td>Goal 2</td><td>Goal 3</td></tr>
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<td>$2.50 per week<br><br>Kilometer charges may apply</td>
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# Friday Activities

| Morning | | | | Cost | Tick one |
|---|---|---|---|---|---|
|  | **Café Surfing**<br>Explore a different café each week while building confidence and independence within the community. Members will develop valuable social and communication skills by ordering food and drinks, interacting with staff, managing money, making choices, and practicing community access. This activity also encourages social connection, decision-making, and trying new experiences in a supportive and enjoyable environment.<br>**What to Bring:**<br>• Money for Morning Tea<br>• Water Bottle<br>• Packed Lunch<br>**Goals to achieve:** | | | Cost of Morning Tea<br><br>Kilometer charges apply | ☐ |
| | Goal 1 | Goal 2 | Goal 3 | | |
|  | **Scrapbooking**<br>Get creative while preserving your favourite memories! Scrapbooking is a fun and relaxing activity that encourages creativity, self-expression, and storytelling. It helps develop fine motor skills, planning, and decision-making while providing an opportunity to reflect on positive experiences and achievements. Share memories with friends, celebrate special moments, and create a unique keepsake you can treasure for years to come<br>• Packed Lunch<br>• Water Bottle<br>**Goals to achieve:** | | | $2.50 per week | ☐ |
| | Goal 1 | Goal 2 | Goal 3 | | |

| Afternoon | | | | Cost | Tick one |
|---|---|---|---|---|---|
|  | **Cooking**<br>Develop valuable life skills while having fun in the kitchen! Our cooking program gives members the opportunity to learn how to prepare simple meals and snacks, follow recipes, and practice kitchen safety. Cooking promotes independence, confidence, teamwork, and decision-making, while also encouraging healthy eating habits. Members can enjoy creating something delicious, trying new foods, and sharing their achievements with others. It's a rewarding activity that combines learning, social connection, and creativity.<br>**What to bring:**<br>• Packed Lunch<br>• Water Bottle<br>**Goals to achieve:** | | | $10 per week<br>(If buying ingredients OOP no charges apply)<br><br>Kilometer charges may apply | ☐ |
| | Goal 1 | Goal 2 | Goal 3 | | |
|  | **Sensory Exploration & Wellbeing**<br>Engage your senses through hands-on activities designed to be fun, calming, and interactive. Sensory activities can support relaxation, focus, emotional regulation, and overall wellbeing while encouraging curiosity, creativity, and self-expression. Participants can explore different textures, sounds, colours, and materials in a safe and supportive environment, helping to build confidence, communication, and engagement while having fun!<br>**Goals to achieve:** | | | Free | ☐ |
| | Goal 1 | Goal 2 | Goal 3 | | |

# 2027 ROBINA Program Dates

**Office opens 4 January 2027 Hub closed on Public Holidays**

| Program 1 | | |
|---|---|---|
| | **Start Date** | **End Date** |
| **Activity Program** | Monday 4th January | Friday 27th March |

| Program 2 | | |
|---|---|---|
| | **Start Date** | **End Date** |
| **Activity Program** | Monday 29th March | Friday 18th June |

| Showcase week 1 | | |
|---|---|---|
| | **Start Date** | **End Date** |
| **Showcase Program** | Monday 21st June | Friday 25th June |

| Program 3 | | |
|---|---|---|
| | **Start Date** | **End Date** |
| **Activity Program** | Monday 28th June | Friday 17th September |

| Program 4 | | |
|---|---|---|
| | **Start Date** | **End Date** |
| **Activity Program** | Monday 20th September | Friday 10th December |

| Showcase week 2 | | |
|---|---|---|
| | **Start Date** | **End Date** |
| **Showcase Program** | Monday 13th December | Friday 17th December |
| **Hub Closed** | Saturday 18th December 2026 – Sunday 2nd January 2027 | |