



2024 Eight Mile
Plains Hub
Activity Program 3

2024 Eight Mile Plains Hub Activity Program 3 Catalogue

Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the Eight Mile Plains Hub, and we hope you enjoy what we have in store.

Our 12-week Hub programs are designed to offer you structure and consistency, with a focus on outcomes. When making your activity selections, you will be signing up and committing to a complete 12-week program for each day you attend the Hub.

This allows you to fully develop your skills, more opportunity to see progress and reach your goals, and have a sense of completion at the end of the 12-week program. It also helps you develop stronger connections with other customers and gain more substantial outcomes than one-off activities.

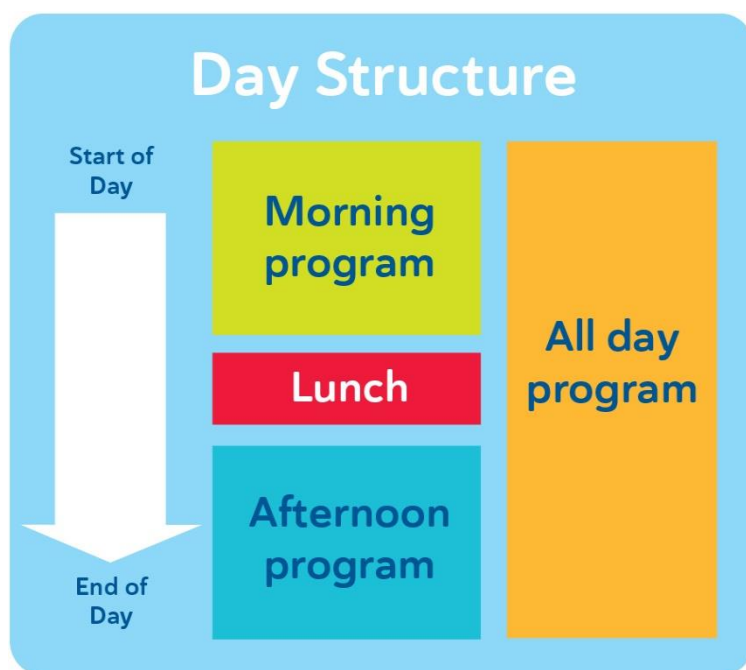
At the end of each program, you have a chance to demonstrate your new skills with two showcase weeks in July and December. The showcase weeks give you the opportunity to do a one-off activity that displays your new skills or goal achievements.

How it works

- 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 (i.e. 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.

- Tick the program you wish to be registered into as outlined below and either phone through your choices to Hena Mahfooz Mauger or return it to Eight Mile Plains Hub or Hena.rameez@multicap.org.au by 24 May 2024.
- 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 0447 367 375.
- A confirmation letter will be sent to you with the activities you are participating in.
- 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 Hena Mahfooz Mauger on 0447 367 375.
















Hub Activity Program goal reference guide

To support you in being able to identify activities in the program catalogue that will support you to achieve your individual goals, we have added an icon/s to each activity so you can easily identify what core goals the activity is designed to support you to achieve.

A maximum of three (3) core goals can be shown even though some activities may support you to achieve more than three (3) goals. Those identified are the core goals that the activity supports.

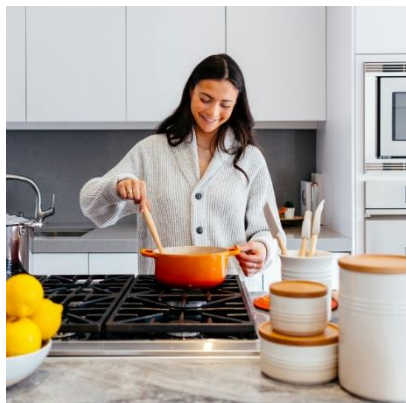
If you are unsure of what goal an icon relates to, please refer to the below list:

Icon	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 – Choose one (1)

✓
chosen activity



Eight Mile Plains Master Chef

Our customers work closely with staff to build up their fine and gross motor skills to prepare and create meals of their choice. Each week we will focus on learning new skills and building on these skills as the week progresses.

\$5

Goals to achieve:



Goal #1



Goal #2



Goal #3



ASDAN – Sound, Rhythm, AND Music

Do you have a passion for music and want to explore the world of rhythm? ASDANS Sound, Rhythm, and Music course is perfect for you! This course is designed to help you develop a deeper understanding of music theory, rhythm, and sound production. You'll have the opportunity to explore music through various sound production techniques and recording software. By the end of the course, you'll have a solid foundation in music theory and the practical skills to produce your own unique sound. Join us today and start your journey towards becoming a skilled musician.

\$4.60 for new customers
OR
\$3.50 for customers who have completed ASDAN programs

Goals to achieve:



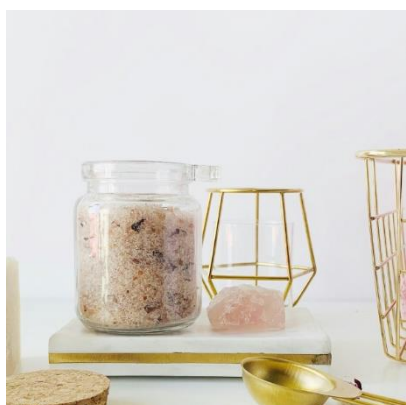
Goal #1



Goal #2



Goal #3



Pamper me Monday

A relaxing way to start the week. Pampering includes hand and arm massage, foot spa in Epson salt, nail painting, head, and shoulder massage. General relaxation time, with scented candles, slippers, and weighted blankets.

\$2.50

Goals to achieve:



Goal #1



Goal #2






Goal #3

AND

Afternoon – Choose one (1)

✓
chosen activity

	<p>Fun fitness in the Hub</p> <p>Each week we will focus on different exercises in the hub.</p> <ul style="list-style-type: none"> • Walking onsite (sensory garden) • Seated exercise • Yoga • Zumba • Ball coordination skills <p>Goals to achieve:</p>	<p>No cost</p>	
	<p>Sensory activities</p> <p>We will open our minds to all things sensory. This will include the use of water play, slime, sand, playdough, and many more fun activities. This program will encourage and promote the use of discovery for all customers to engage their seven senses.</p> <p>Goals to achieve:</p>	<p>\$2.50</p>	
	<p>Artist in the making</p> <p>Art has a purpose and a future of creativity. Some art pieces our customers would create are:</p> <ul style="list-style-type: none"> • Card making • Jewellery making • Painted rocks • Christmas decorations • Canvas painting <p>Goals to achieve:</p>	<p>\$3.50</p>	

OR – choose one all day activity below

All Day – Choose one (1)



chosen activity



COCA (Centre of Creative Arts) – textiles

Textiles as an art form is the practice of design, hand and machine sewing, weaving and fabric embellishment using an array of materials. In Term 3, artists will focus on the design and creation of fashion and costume elements for everyday wear and performance purposes. This module includes a tour to QUT Fashion studios.

\$4.50

Goals to achieve:



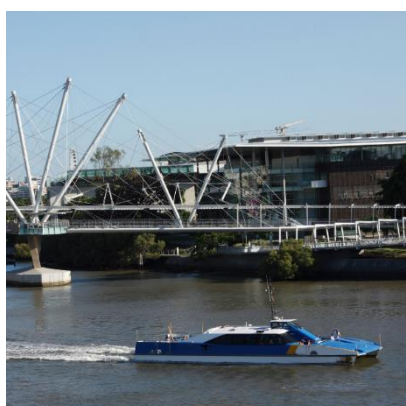
Goal #1



Goal #2



Goal #3



Travel training and City Cat

Members will learn how to read a timetable. We will learn how to use a Go Card and how to put money onto the go card. You will enjoy the pleasure of a train ride or bus to the city followed by a city cat ride around Brisbane and a bit of sightseeing.

****Please provide a GO CARD****

****BYO lunch required****

**** Shared kilometre charge****

Please provide Go Card

Goals to achieve:



Goal #1



Goal #2



Goal #3

Tuesday activities

Morning – Choose one (1)

✓
chosen activity



Big ball – let’s go bowling!
Lace up your bowling shoes and hit the lanes for a game of ten-pin bowling at Strike Zone Mount Gravatt.
** Shared kilometre charge**

Goals to achieve:

\$7.50



Goal #1



Goal #2



Goal #3



Music and melodies
An opportunity to listen to relaxing music, meditate, and use percussion instruments. Align and form a blissful experience of sound and movement.

Goals to achieve:

\$2.50



Goal #1



Goal #2



Goal #3



Literacy based learning
Basic Literacy Skills. The includes story reading, singing, educational puzzles, literacy books (writing practice), picture books, and educational games.

Goals to achieve:

\$2.50



Goal #1



Goal #2






Goal #3












AND

Afternoon – Choose one (1)

✓
chosen activity

	<p>ASDAN photography</p> <p>Gain a deep understanding on how to use a camera by capturing a wide range of different subjects which include people, places, things, and photograms. Then, we will create scrap books to showcase the amazing photos that have been taken.</p> <p>Goals to achieve:</p>	<p>\$2.10 for new customers <u>OR</u> \$1.00 for customers who have completed ASDAN programs</p>	
	<p>Water activities</p> <p>Build sensory skills with water activities.</p> <ul style="list-style-type: none"> • Mini fish and seashells water bath • Wet paintbrush activities • Ball and squeeze pom pom water bath • Bubble and water play • Water beads • Splash in the water bath, foot spa • Wash off foam activities • Many more fun wet activities <p>Goals to achieve:</p>	<p>No cost</p>	
	<p>World around us documentaries</p> <p>An opportunity to explore and learn about the world that exists around us and observe life through documentaries.</p> <ul style="list-style-type: none"> • Cultures • Sporting • Foods • Music <p>Goals to achieve:</p>	<p>No cost</p>	













OR – choose one all day activity below

All Day – Choose one (1)			 chosen activity
	<p>Brigalow and park lunch</p> <p>Enjoy Brigalow Country Escape every 1st and 3rd Tuesday of each month. Entertainment starts at 10.00 am and concludes at 1.00 pm. Every other Tuesday will be a BBQ lunch at the park.</p> <p style="text-align: center;">** Shared kilometre charge**</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>	\$8.00	
	<p>Explore our Brisbane city</p> <p>Time to explore Brisbane City. Activities would include:</p> <ul style="list-style-type: none"> • Mt Coo-tha • Visit RSPCA • Botanical Gardens • Koala Parklands • Underwood Park • Lone Pine Koala Sanctuary (one off) <p style="text-align: center;">**Bring or buy lunch**</p> <p style="text-align: center;">** Shared kilometre charge**</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>	\$TBA	
	<p>COCA – ceramics</p> <p>Artist’s design and create clay-based artworks for display and personal use. Fundamental techniques are learned as a group. For artists with advanced skills, Independent Practice is prioritised including the development and design, planning, and creation of sculptural pieces.</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>	\$5	

Wednesday activities

Morning – Choose one (1)













✓
chosen activity

	<p>Swimming/nature walks</p> <p>Experience the best of both worlds with our program offering swimming and nature walks. Dive into refreshing swims and enjoy leisurely strolls in the park. Perfect for all fitness levels, join us for a balanced approach to wellness and relaxation.</p> <p style="text-align: center;">** Shared kilometre charge**</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>\$5-\$6</p>	
	<p>Sensory activities</p> <p>We will open our minds to all things sensory. This will include the use of water play, Slime, Sand, Playdough, and many more fun activities. This Program will encourage and promote the use of discovery for all customers to engage their seven senses.</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>\$2.50</p>	
	<p>Animal lessons and experiments</p> <p>AL & E offers unique, activities to teach customers about animal behaviour, animal anatomy and adaptations.</p> <ul style="list-style-type: none"> • Animal habitats • Body structures and adaptations • What animals need • Animal camouflage • Growing chickens • Build a bird feeder <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>\$2.50</p>	

AND

Afternoon – Choose one (1)


 chosen
 activity









	<p>Singing, dancing and karaoke</p> <p>GET JAMMING. Our Staff sure know how to entertain. Enjoy a good session of singing and Dancing. We call this our Wacky Wednesday Jive.</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 style="text-align: center;">No cost</p>	
	<p>Lunch club</p> <p>Come and join us to explore a variety of restaurants offering various cuisines for lunchtime where the fun begins meeting new friends.</p> <p style="text-align: center;">** Shared kilometre charge**</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 style="text-align: center;">\$15-\$20 depending on the location</p>	
	<p>Artist in the making</p> <p>Art has a purpose and a future of creativity. Some art pieces our customers would create are:</p> <ul style="list-style-type: none"> • Card making • Jewellery making • Painted rocks • Christmas decorations • Canvas painting <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 style="text-align: center;">\$3.50</p>	

OR – choose one all day activity below

All Day – Choose one (1)



chosen activity

	<p>Urban discovery/bushwalking</p> <p>Explore a variety of parks and bushland in the area. Some examples are Koala Park Bushlands, Warril Parklands and Toohey Forest Park. Discover a variety of native wildlife and plant species.</p> <p style="text-align: center;">**BYO lunch required** ** Shared kilometre charge**</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>No cost</p>	
	<p>COCA – Creative Movement</p> <p>Creative Movement is a song/dance-based program designed to improve physical fitness, coordination and agility, enhanced listening, and vocal abilities. The focus is on creating choreography for “Mamma Mia: The Musical”, adapted by the COCA Program team, and supporting artists to create and teach others a self-devised choreography.</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>TBA</p>	

Thursday activities

Morning – Choose one (1)

✓
chosen activity

	<p>Hub gardening club</p> <p>Planting and maintaining our fruits and veggies in the built-up garden beds. Pots are purchased, and customers design and paint their pot with their choice of plant to grow. A program designed out how to look after our gardens. A variety of learnings on how to grow your gardens. Customers take home their potted plants.</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>\$2.50</p>	
	<p>Golfers Paradise Club/ten pin bowling</p> <p>Each week we alternative games from a virtual golfing facility to ten-pin bowls. A chance to experience and learn different techniques in both games.</p> <p style="text-align: center;">** Shared kilometre charge**</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>\$8-\$10</p>	
	<p>Literacy based learning</p> <p>Basic literacy skills. The includes story reading, singing, educational puzzles, literacy books (writing practice), picture books, and educational games.</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>\$2.50</p>	

AND

Afternoon – Choose one (1)


 chosen
 activity

	<p>Fun fitness in the Hub</p> <p>Each week we will focus on different exercises in the hub.</p> <ul style="list-style-type: none"> • Walking onsite (Sensory Garden) • Seated exercise • Yoga • Zumba • Ball coordination skills <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 style="text-align: center;">No cost</p>	
	<p>Music and melodies</p> <p>An opportunity to listen to relaxing music, meditate, and use percussion instruments. Align and form a blissful experience of sound and movement.</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 style="text-align: center;">\$2.50</p>	
	<p>ASDAN – baking</p> <p>The ASDAN baking course is designed to help you enhance your baking abilities. In this course, you'll learn how to use your senses to create the perfect textures, flavours, and aromas in your baked goods. Our team will guide you through the entire process and provide you with personalized instructions to help you improve your skills. Join the ASDAN baking course!</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 style="text-align: center;"> \$7.10 for new customers <u>OR</u> \$6.00 for customers who have completed ASDAN program </p>	













OR – choose one all day activity below

All Day – Choose one (1)		 chosen activity	
	<p>Sailability and lunch at the park</p> <p>Enjoy your day by the ocean and let the activity of sailing refine your day with a calm breeze and eye-soothing sea waves. Then enjoy lunch by the seaside.</p> <p>**BYO lunch required**</p> <p>**Shared kilometre charge**</p> <p>**Sailing takes place during the state school terms only**</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>	\$7.00	
	<p>Parks fitness club</p> <p>Chill out by taking a walk or joining in on some group park fitness fun, playing ball games, or join a group workout.</p> <p>**BYO lunch required**</p> <p>** Shared kilometre charge for driving**</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>	\$5	
	<p>COCA – painting</p> <p>Artist’s develop skills across painting mediums including watercolour, acrylic and printmaking. The key focus centres around the design, preparation and painting of sets and props for “Mamma Mia: The Musical”, adapted by the COCA Program team.</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>	\$5	

Friday activities

Morning – Choose one (1)









✓
chosen activity

	<p>Artist in the making</p> <p>Art has a purpose and a future of creativity. Some art pieces our customers would create are:</p> <ul style="list-style-type: none"> • Card making • Jewellery making • Painted rocks • Christmas decorations • Canvas painting <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>\$3.50</p>	
	<p>Community discovery</p> <p>Discover parks, cafes, and shopping centres in the area. An opportunity to learn more about our lifestyles or experience something new, engaging in social activity.</p> <p style="text-align: center;">** Shared kilometre charge **</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>Café expense if visited.</p>	
	<p>Music and melodies</p> <p>An opportunity to listen to relaxing music, meditate, and use percussion instruments. Align and form a blissful experience of sound and movement.</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>\$2.50</p>	

AND

Afternoon – Choose one (1)

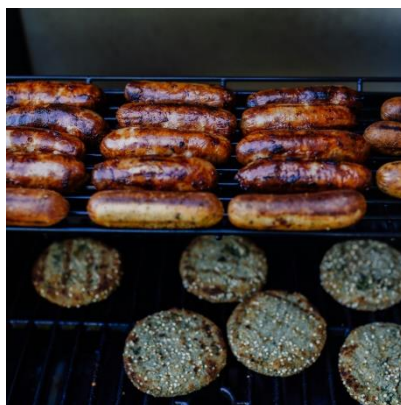
✓
chosen activity

	<p>Movie appreciation</p> <p>Each week, we will choose a new movie as a group and discuss the movie afterwards.</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>No cost</p>	
	<p>Sensory activities</p> <p>We will open our minds to all things sensory. This will include the use of water play, slime, sand, playdough, and many more fun activities. This program will encourage and promote the use of discovery for all customers to engage their seven senses.</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>\$2.50</p>	

OR – choose one all day activity below

All Day – Choose one (1)

✓
chosen activity



Feasty Friday

Come to make your Friday a fun day in our beautiful kitchen and outdoor BBQ area. Relax to music while preparing food for your Friday Lunch. Have a fun time with your peers.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$5



Travel training and City Cat

Members will learn how to read a timetable. We will learn how to use a Go Card and how to put money into the go card. You will enjoy the pleasure of a train ride or bus to the city followed by a city cat ride around Brisbane and a bit of sightseeing.

****Bring or buy lunch****

Goals to achieve:



Goal #1



Goal #2



Goal #3

Go Card is required



COCA – theatre

Theatre is one of the oldest art forms on the planet and each culture has a version of it. COCA Theatre takes the ensemble group through the process of creating engaging stories for an audience using our bodies, voices, technology, props, sets and costumes. Together we are building towards “Mamma Mia: The Musical”. Speech and articulation are key to this program.

Goals to achieve:



Goal #1



Goal #2



Goal #3

\$TBA

2024 Eight Mile Plains Hub Program Dates

Hub closed on public holidays.

Program 3		
	Start Date	End Date
Activity Program	Monday 24 June	Friday 13 September
Hub Closed	EKKA Show Day, Wednesday 14 August	

Program 4		
	Start Date	End Date
Activity Program	Monday 16 September	Friday 13 December
Hub Closed	King’s Birthday, Monday 7 October	

Showcase week 2		
	Start Date	End Date
Showcase Program	Monday 16 December	Friday 20 December
Hub Closed	Monday 23 December 2024 – Monday 6 January 2024	

