

2025

Eight Mile Plains Hub Activity Program 4 Catalogue

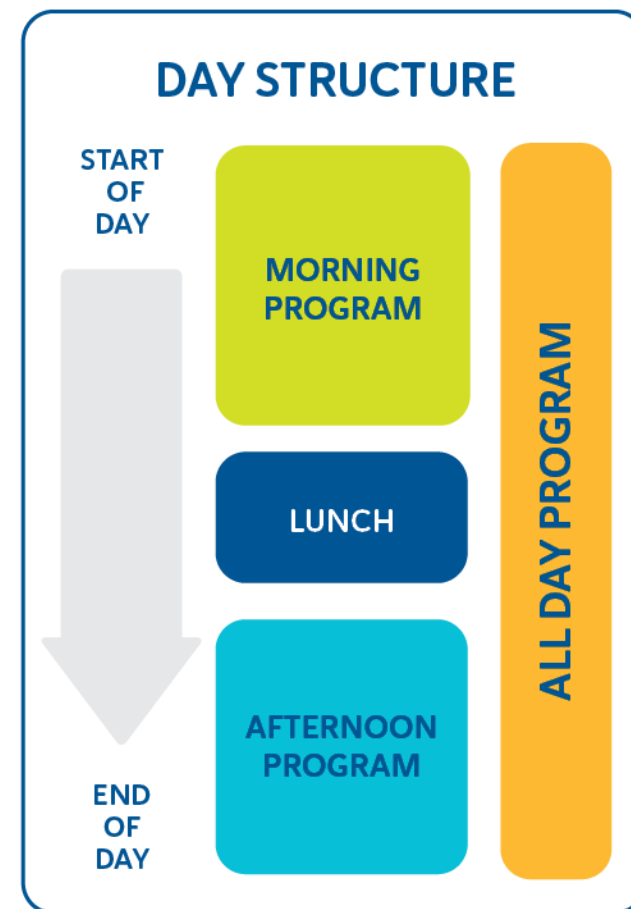
2025 Eight Mile Plains Hub Activity Program 4 Catalogue

Welcome to our Hub Activity Program! We are pleased to have you join us for activities at the EMP 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

- 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 Adrine Mugisha or return it to EMP Hub or Adrine.mugisha@multicap.org.au or Shirley.tupi@multicap.org.au by 29/08/2025
- 3** Program allocation is based on first-come, firstserved; so, make sure you get your selections in fast! If you need help to complete the form, please call us on 0447 367 375
- 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 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 3 core goals can be shown even though some activities may support you to achieve more than 3 goals. Those identified are the core goals that the activity supports.

If you are unsure of what goal an icon relates to then please refer to the below list which will allow you to identify the related goal and icon.

 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 8.30am-11.30am (choose one)

☐ 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.



Goals to achieve:



Cost: \$10

☐ ASDAN-SOUND, RHYTHM AND MUSIC

Do you have a passion for music and want to explore the world of rhythm? ASDAN 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.

Afternoon 12.30pm-2.30pm (choose one)

☐ FUN FITNESS IN THE HUB

Each week we will focus on different exercises in the hub.

- Walking onsite (Sensory Garden)
- Seated exercise
- Zumba.
- Ball coordination skills and Yoga



Goals to achieve:



Cost: No Cost

☐ SENSORY ACTIVITIES

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

All Day 8.30am-2.30pm (choose one)

☐ COCA TEXTILES

Upcycled Denim Bag Project

Artists will design and construct a unique bag using reclaimed denim from old jeans. Tasks include design, pattern making and sewing. Each artist will have a one-of-a-kind upcycled bag that combines functionality with personal flair and eco-conscious design.



Goals to achieve:



Cost: \$5

☐ TRAVEL TRAINING & 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.

Bring Go card

** Shared Kilometres charge**

**Bring or buy lunch*



Goals to achieve:



Cost:

\$4.60 for new customers or \$3.50 for customers who have completed Asdan Programs before.

☐ 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.



Goals to achieve:



Cost: \$2.50



Goals to achieve:



Cost: \$2.50

☐ ASDAN- SELF ADVOCACY.

This program is designed for our customers to discuss topics of interests, current life practices or concerns.

This program is ideal for customers to discuss and express their thoughts. At the end of the program customers have the option to register membership to the HAVEN network. HAVEN members will then attend meetings weekly in person to discuss community or policy issues that are of interests and importance to them



Goals to achieve:



Cost: \$2.50



Goals to achieve:



Cost: Go Card Required

☐ PARKS FITNESS CLUB

Chill out by taking a walk or joining in some group park fitness fun, playing ball games, or join a group workout.

****Bring your own lunch****

****Shared kilometres charges****



Goals to achieve:



Cost: No Cost

Evening program: 230pm-430pm.

Afternoon 12.00PM-2.30PM (choose one)

☐ **SINGING, DANCING AND KARAOKE.**

Get Jamming. Our Staff sure know how to entertain. Enjoy a good session of singing and dancing. We call this our Wacky Wednesday jive.



Goals to achieve:



Cost: No Cost

Tuesday Activities

Morning 8.30am-11.30am (choose one)

☐ SWIMMING AT EMP HUB

Enjoy your swim in one of our Swimming pools first thing in the morning. This activity will enable our customers to relax, distress and improve their general wellbeing.



Goals to achieve:



Cost: **No Cost**

☐ DANCING GROUP

Dance is expressive movement with purpose and form. Through dance our customers will use their body as the instrument and movement as the medium for personal, social, emotional, spiritual and physical communication



Goals to achieve:



Cost: **No Cost**

Afternoon 12.00pm-2.30pm (choose one)

☐ SENSORY ACTIVITIES

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



Goals to achieve:



Cost: **\$2.50**

☐ WORLD AROUND US DOCUMENTARIES

An opportunity to explore and learn about the world that exists around us and observe life through documentaries.

- Culture
- Sporting
- Foods
- Music



Goals to achieve:



Cost: **No Cost**

All Day 8.30am-2.30pm (choose one)

☐ COCA CERAMICS

Exploring the art of mosaic, artists develop projects for exhibition at BEMAC (December showcase). Size and scale of wearable sculptural pieces will be created by our artists in a group-learning setting.



Goals to achieve:



Cost: **\$5**

☐ EXPLORE OUR BRISBANE CITY

Time to explore Brisbane City. Activities would include:

- Mt Coo-tha
- Visit RSPCA
- Botanical Gardens
- Koala Parklands
- Underwood Park
- Lone Pine Koala Sanctuary (Once off), etc.

Bring or buy lunch

** Shared kilometres charge**



Goals to achieve:



Cost: **No Cost**

□ LITERACY BASED LEARNING

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



Goals to achieve:



Cost: **\$2.50**

□ JEWELLERY MAKING

This activity improves hand -eye coordination through Threading, Clasp and bead placement.



Goals to achieve:



Cost **\$2.50**

□ BOWLING AND LUNCH CLUB

Lace up your bowling shoes and hit the lanes for a game of ten-pin bowling at Strike Zone Mount Gravatt and go to the nearest Club for Lunch right after.

**** Shared kilometres charge****

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



Goals to achieve:



Cost:

\$7-\$8

Depending on the location.

Lunch in the Club is \$15-\$25 depending on your choices.

Wednesday Activities

Morning 8.30AM-11.30AM (choose one)

☐ SENSORY ACTIVITIES

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.



Goals to achieve:



Cost: **\$2.50**

☐ ANIMAL LESSONS AND EXPERIEMENTS.

AL &E offers unique, activities to teach customers about animal behaviour, animal anatomy and adoptions.

- Animal Habitats
- Body structures and Adoptions
- What animals need
- Animal Camouflage
- Growing chickens
- Build a bird feeder

Afternoon 12.00PM-2.30PM (choose one)

☐ SINGING, DANCING AND KARAOKE.

Get Jamming. Our Staff sure know how to entertain. Enjoy a good session of singing and dancing. We call this our Wacky Wednesday jive.



Goals to achieve:



Cost: **No Cost**

☐ SENSORY ACTIVITIES

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.

All Day 8.30AM-2.30PM (choose one)

☐ SWIMMING AND NATURE WALKS

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.

****Shared Kilometres charge****

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



Goals to achieve:



Cost: **\$5-\$7 Depending on the location**

☐ URBAN DISCOVERY /BUSHWALKING.

Explore a variety of parks and bushland in the area such some examples are Koalas Park Bushlands, Warril Parklands and Toohey Forest Park. Discover a variety of Native wildlife and plant species.

****Shared kilometres charge***

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



Goals to achieve:



Cost: \$2.50

☐ BEACH WALK

Join EMP HUB Group for a Beach Walk in the morning. Walking on the beach can be beneficial for your mind and mental health as it can relieve stress and promote relaxation.

****Shared kilometres of charge****



Goals to achieve:



Cost: No Cost



Goals to achieve:



Cost: \$2.50

☐ COCA-CREATIVE MOVEMENT

Our talented performers are perfecting their songs/dances for *InSTAR*!

Artists are putting the final touches into their costumes, sets and props as we get ready for this biggest stage production Multicap has ever seen.

InSTAR is at BEMAC Theatre on SAT 20th DEC.



Goals to achieve:



Cost: \$5



Goals to achieve:



Cost: No Cost

☐ WALK AT THE PARK AND LUNCH CLUB.

Explore a variety of parks by having a long walk or do some fitness exercises and then Head to the Club later for Lunch.

****Shared kilometres charge***

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



Goals to achieve:



Cost: \$15-20 depending on the location and our choices.

Evening program: 230pm-430pm

☐ 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:



Cost: **\$2.50**

Thursday Activities

Morning 8.30am-11.30am (choose one)

☐ HUB GARDENING

Maintaining, planting and maintaining our fruits and veggies in the built-up garden beds. Pots are purchased, and customers design and paint their pots 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



Goals to achieve:



Cost: **\$2.50**

☐ PICNIC AT EMP HUB GARDEN

Each week, we will start our morning by Walking around EMP Hub garden and then have a picnic afterward. This activity has many benefits such as contributing to wellbeing and happiness.

****Bring your own Lunch****

Afternoon 12.00pm-2.30pm (choose one)

☐ FUN FITNESS IN THE HUB

Each week we will focus on different exercises in the hub.

- Walking onsite (Sensory Garden)
- Seated exercise
- Yoga
- Zumba.
- Ball coordination skills



Goals to achieve:



Cost: **No Cost**

☐ 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.

All Day 8.30am-2.30pm (choose one)

☐ SAILABILITY AND LUNCH AT THE PARK

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 seaside.

****BYO Lunch required****

****Shared kilometres charges****

****Sailing takes place during the state school terms only****



Goals to achieve:



Cost: **\$10**

☐ PARKS FITNESS CLUB.

Chill out by taking a walk or joining in some group park fitness fun, playing ball games, or join a group workout.

****Bring your own lunch****

****Shared kilometres charges****



Goals to achieve:



Cost: : No Cost

□ TENPIN BOWLING

This Activity will improve hand-eye coordination and motor skills.

It does encourage gentle physical activity that can be adapted for various abilities.



Goals to achieve:



Cost: \$10



Goals to achieve:



Cost: \$2.50

□ ASDAN-BAKING

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!



Goals to achieve:



Cost: \$7.10 for New customers OR \$6 for existing customers



Goals to achieve:



Cost: : No cost

□ COCA-PAINTING

COCA Painting artists prepare for the end of year exhibition, held at BEMAC gallery in December. Artists will complete solo works and contribute to the curatorial planning of the exhibition including layout, writing didactic statements and artist profiles.



Goals to achieve:



Cost: \$5

Friday Activities

Morning 8.30am-11.30am (choose one)

☐ ASDAN- CRAFT MAKING HALF DAY

Art has a purpose and a future of creativity. Some art pieces our customers would create are:

- Card making
- Jewellery making
- Painted Rocks
- Christmas decorations
- Canvas Painting, etc



Goals to achieve:



Cost: **\$4.60** for new customers OR **\$3.50** for existing customers

☐ 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

Afternoon 12.00pm-2.30pm (choose one)

☐ MOVIE APPRECIATION

Each Week, we will choose a new movie as a group and discuss the movie afterwards.



Goals to achieve:



Cost: **No Cost**

☐ SENSORY ACTIVITIES

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

All Day 8.30am-2.30pm (choose one)

☐ OUTDOOR COOKING PROGRAM

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



Goals to achieve:



Cost: **\$10**

☐ 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.

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

****Provide go card****

****Shared kilometres charge****



Goals to achieve:



Cost: \$2.50

LIBRARY CLUB

A fantastic opportunity for our customers to learn something new, pursue a hobby, meet friends, or relax with your book, newspapers, play video games on computer or Read Magazines.

****Library card required****



Goals to achieve:



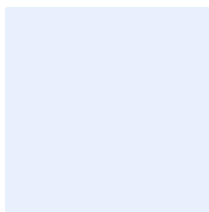
Cost: No Cost



Goals to achieve:



Cost: \$2.50



Goals to achieve:



Cost:



Goals to achieve:



Cost: Go Card Required

COCA-THEATRE.

Excitement and madness sweep the nation as we prepare for the Grand Finale of Australia's greatest talent show – **InSTAR!**

Artists are putting the final touches into their performances as we get ready for this biggest stage production Multicap has ever seen.

InSTAR is at BEMAC Theatre on SAT 20th DEC.



Goals to achieve:



Cost: \$5

Evening program: 230pm-430pm.

☐ **SENSORY ACTIVITIES**

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



Goals to achieve:



Cost: \$2.50



2025 EMP Hub Program Dates

Office Opens 6 January 2025 | Hub closed on public holidays.

	Program 1	Program 2	Showcase Week 1	Program 3	Program 4	Showcase Week 2
Start Date	06 th January	31 st of March	23 rd Of June	30 th Of June	22 nd of June	15 th Of December
End Date	28 th of March	20 th of March	27 th Of June.	19 th of September	12 th of December	19 th Of December
Hub Closed	New Year Holiday 01/01/2025 Australia Day 26/01/2025	Good Friday 18/04/2025 Easter Monday 21/04/2025 Anzac Day Holiday 25/04/2025 Labour Day 05/05/2025		EKKA Show Day 13/08/2025	King's Birthday 06/10/2025	Hub Closed on 22nd December 2025 till 5th of January 2026.

