



2026
Eight Mile Plains Hub
Activity Program 2 Catalogue



2026 Eight Mile Plains Hub Activity Program 2 Catalogue

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

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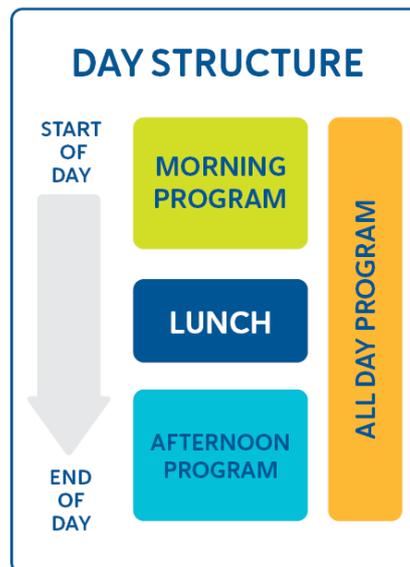
1 For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 Hena Mahfooz Mauger or return it to EMP Hub or Hena.rameez@multicap.org.au or Shirley. tupi@multicap.org.au by 02/03/2026

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 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 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 & wellbeing</p>	 <p>Improve emotional health & wellbeing</p>	 <p>Develop social skills & understanding</p>
 <p>Build independence</p>	 <p>Improve fine motor skills</p>	 <p>Explore creative pursuits</p>
 <p>Sensory Experience/ Exploration</p>	 <p>Adventure & 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 & understanding</p>
 <p>Develop numeracy and literacy skills</p>		



Monday Activities

Morning (Choose One)		Chosen activity	
	<p>Master Chef</p> <p>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.</p> <p>Goals to achieve:</p>	<p>Cost: \$10</p>	
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	
	<p>ASDAN-SOUND, RHYTHM ANND MUSIC</p> <p>Do you have a passion for music and want to explore the world of rhythm?</p> <ul style="list-style-type: none"> 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 skilled. <p>Goals to achieve:</p>	<p>Cost: \$4.60 for new customers \$3.50 for customers who have completed ASDAN Programs before</p>	
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	
	<p>Pamper Me Monday</p> <p>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.</p> <p>Goals to achieve:</p>	<p>Cost: \$2.50</p>	
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	

Afternoon (Choose One)



Chosen activity

	<p>Fun Fitness at 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>Cost: Free</p>	
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	
	<p>Sensory Activities</p> <p>This Includes 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>Cost: \$2.50</p>	
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</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>	<p>Cost: Free</p>	
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	

All Day (Choose One)

✓
Chosen activity



Park Fitness Fun

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

Shared kilometer charges for transport

Weather permitted Local Library - Indoor sports

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
Free



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.

Shared kilometer charges for transport

Go card required

Bring your lunch

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
Free



COCA- Eco Art

Explore creativity through nature! Participants use recycled and natural materials to create eco-inspired artworks such as pressed flower art and natural paints. Learn sustainable art practices that celebrate our connection to the Earth.

Goals to achieve:



Goal #1



Goal #2



Goal #3

Cost:
\$5

Tuesday activities

Morning (Choose One)			Chosen activity
	<p>Swimming at EMP hub</p> <p>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.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
 Goal #1	 Goal #2	 Goal #3	
	<p>Dancing Group</p> <p>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.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
 Goal #1	 Goal #2	 Goal #3	
	<p>Literacy Based Learning</p> <p>Basic Literacy Skills. This includes story reading, singing, educational puzzles, literacy books (writing practice), picture books, and educational games.</p> <p>Goals to achieve:</p>	<p>Cost: \$2.50</p>	
 Goal #1	 Goal #2	 Goal #3	

Afternoon (Choose One)		 Chosen activity				
	<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>Cost: \$2.50</p>				
<table border="1"> <tr> <td data-bbox="335 705 518 784">  Goal #1 </td> <td data-bbox="526 705 694 784">  Goal #2 </td> <td data-bbox="702 705 869 784">  Goal #3 </td> </tr> </table>		 Goal #1	 Goal #2	 Goal #3		
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	<p>World Around Documentaries</p> <p>An opportunity to explore and learn about the world that exists around us and observes life through documentaries.</p> <ul style="list-style-type: none"> • Culture • Sporting • Foods • Music <p>Goals to achieve:</p>	<p>Cost: Free</p>				
<table border="1"> <tr> <td data-bbox="335 1030 518 1108">  Goal #1 </td> <td data-bbox="526 1030 694 1108">  Goal #2 </td> <td data-bbox="702 1030 869 1108">  Goal #3 </td> </tr> </table>		 Goal #1	 Goal #2	 Goal #3		
 Goal #1	 Goal #2	 Goal #3				
	<p>Jewelry Making</p> <p>This activity improves hand-eye coordination through Threading, Claspings and bead placement.</p> <p>Goals to achieve:</p>	<p>Cost: \$2.50</p>				
<table border="1"> <tr> <td data-bbox="335 1243 518 1310">  Goal #1 </td> <td data-bbox="526 1243 694 1310">  Goal #2 </td> <td data-bbox="702 1243 869 1310">  Goal #3 </td> </tr> </table>		 Goal #1	 Goal #2	 Goal #3		
 Goal #1	 Goal #2	 Goal #3				

All Day (Choose One)			✓ Chosen activity
	<p>COCA- Ceramics</p> <p>Experience the beauty of Japanese pottery traditions. Artists will design and build ceramic pieces with focus on ancient Japanese statues and miniature vases.</p> <p>Goals to achieve:</p>	<p>Cost: \$5</p>	
 Goal #1	 Goal #2	 Goal #3	
	<p>Explore 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 <p>*Shared kilometer charges for transport*</p> <p>*Go card required*</p> <p>*Bring your lunch*</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
 Goal #1	 Goal #2	 Goal #3	
	<p>Bowling and lunch club</p> <p>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.</p> <p>*Shared kilometer charges for transport*</p> <p>*Bring your lunch*</p> <p>*Out of Pocket expense will be invoiced for bowling and lunch*</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	

Wednesday activities

Morning (Choose One)			✓ Chosen activity
	<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>Cost: \$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 Adaptions • What animals need • Animal Camouflage <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>Cost: Free</p>	
	<p>Beach Walk</p> <p>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.</p> <p><i>*Shared kilometer charges for transport*</i> Weather permitted indoor Sports</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>Cost: Free</p>	

Afternoon (Choose One)			✓ Chosen activity
	<p>Singing, dancing and Karaoke</p> <p>Get Jamming. Our Staff sure know how to entertain. Enjoy a good singing session and dancing. We call this our Wacky Wednesday jive.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
 Goal #1	 Goal #2	 Goal #3	
	<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>Cost: \$2.5</p>	
 Goal #1	 Goal #2	 Goal #3	
	<p>Upcycling Furniture</p> <p>Turn old into bold! Our <i>Upcycling Furniture</i> program invites participants to breathe new life into tired, outdated, or discarded furniture by transforming it into unique, stylish, and functional pieces. Whether you're a DIY enthusiast, an eco-conscious creator, or just curious about sustainable living, this hands-on program teaches practical skills in restoration, painting, refinishing, and creative redesign.</p> <p>Goals to achieve:</p>	<p>Cost: \$5</p>	
 Goal #1	 Goal #2	 Goal #3	

All Day (Choose One)			✓ Chosen activity			
	<p>Walk in nature</p> <p>Enjoy leisurely strolls in the park. Perfect for all fitness levels, join us for a balanced approach to wellness and relaxation.</p> <p><i>*Shared kilometer charges for transport*</i></p> <p>Goals to achieve:</p>	<p>Cost: Free</p>				
<table border="1" style="width: 100%;"> <tr> <td style="text-align: center;"> Goal #1</td> <td style="text-align: center;"> Goal #2</td> <td style="text-align: center;"> Goal #3</td> </tr> </table>		 Goal #1	 Goal #2	 Goal #3		
 Goal #1	 Goal #2	 Goal #3				
	<p>Shopping center/ Movie and lunch</p> <p>Enjoy looking around the shops. Experience to watch movie on the big cinema screen and have nice lunch at food courts in shopping centres around.</p> <p><i>*Shared kilometer charges for transport*</i></p> <p><i>*Out of Pocket expenses will be invoiced for cinema tickets and lunch*</i></p> <p>Goals to achieve:</p>	<p>Cost: Free</p>				
<table border="1" style="width: 100%;"> <tr> <td style="text-align: center;"> Goal #1</td> <td style="text-align: center;"> Goal #2</td> <td style="text-align: center;"> Goal #3</td> </tr> </table>		 Goal #1	 Goal #2	 Goal #3		
 Goal #1	 Goal #2	 Goal #3				
	<p>COCA-Creative movement</p> <p>The sessions begin with combination of accessible yoga/pilates, learn a fresh choreography inspired by traditional Japanese fan dance and we finish off with fun freestyle dance and singing to pop music. Public performance as part of COCA Showcase in June.</p> <p>Goals to achieve:</p>	<p>Cost: \$5</p>				
<table border="1" style="width: 100%;"> <tr> <td style="text-align: center;"> Goal #1</td> <td style="text-align: center;"> Goal #2</td> <td style="text-align: center;"> Goal #3</td> </tr> </table>		 Goal #1	 Goal #2	 Goal #3		
 Goal #1	 Goal #2	 Goal #3				

Thursday activities

Morning (Choose One)			✓ Chosen activity
	<p>Hub Gardening</p> <p>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 gardens. A variety of learnings on how to grow your gardens. Customers take home their potted plants.</p> <p>Goals to achieve:</p>	<p>Cost: \$2</p>	
 Goal #1	 Goal #2	 Goal #3	
	<p>Picnic at EMP Hub gardening</p> <p>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.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
 Goal #1	 Goal #2	 Goal #3	
	<p>Line Dancing</p> <p>Join our fun filled team to learn beginner's steps of line dancing. It helps maintain good health, body balance and confidence.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
 Goal #1	 Goal #2	 Goal #3	

Afternoon (Choose One)



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>Cost: Free</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>	<p>Cost: Free</p>
	<p>ASDAN- Baking</p> <p>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.</p> <p>Goals to achieve:</p>	<p>Cost: \$6 \$7.10-new customers</p>



Goal #1



Goal #2



Goal #3



Goal #1



Goal #2



Goal #3



Goal #1



Goal #2



Goal #3

All Day (Choose One)			✓ Chosen activity
	<p>Sailing 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 seaside.</p> <p>*Shared kilometer charges for transport*</p> <p>*Bring your own lunch*</p> <p>*Sailing happens in school terms and is replaced by picnics at the park during school holidays*</p> <p>*Out of Pocket expense will be invoiced for sailing and lunch*</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
 Goal #1	 Goal #2	 Goal #3	
	<p>Park Fitness Club</p> <p>Chill out by taking a walk or joining in some group park fitness fun, playing ball games, or join a group workout.</p> <p>*Shared kilometer charges for transport*</p> <p>*Bring your own lunch*</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
 Goal #1	 Goal #2	 Goal #3	
	<p>COCA- Painting Japanese brushwork and personal art exploration</p> <p>Learn expressive painting techniques inspired by traditional Japanese art. Artists explore form, movement, and balance using watercolour and ink, and will spend time in nature sketching and painting. Includes a visit to Brisbane Botanic Gardens.</p> <p>Goals to achieve:</p>	<p>Cost: \$5</p>	
 Goal #1	 Goal #2	 Goal #3	

Friday activities

Morning (Choose One)			Chosen activity
	<p>ASDAN Craft making</p> <p>Art has a purpose and a future of creativity. Some art activities our customers would participate in are card making, jewellery making, painted rocks, Christmas decorations, Canvas Painting, etc.</p> <p>Goals to achieve:</p>	<p>Cost: \$4.60 for new customers</p> <p>\$3.50 for customers who have completed ASDAN Programs before</p>	
	<p> Goal #1</p> <p> Goal #2</p> <p> Goal #3</p>		
	<p>Music and Melodies</p> <p>An opportunity to listen to relaxing music, meditate, and use percussion instruments to align and form a blissful experience.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
	<p> Goal #1</p> <p> Goal #2</p> <p> Goal #3</p>		
	<p>Library Club</p> <p>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.</p> <p>**Library card required**</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
	<p> Goal #1</p> <p> Goal #2</p> <p> Goal #3</p>		

Afternoon (Choose One)			Chosen activity
	<p>Movies Appreciation</p> <p>Each week the group chooses a film from our selection of fun and family flicks while sharing their own reviews with friends.</p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
	<p> Goal #1</p> <p> Goal #2</p> <p> Goal #3</p>		
	<p>Sensory Activities</p> <p>We will open our minds to all things sensory, including water play, Slime, Sand, Playdough, and more. This Program will encourage and promote the use of discovery for all customers to engage in their seven senses.</p> <p>Goals to achieve:</p>	<p>Cost: \$2.50</p>	
	<p> Goal #1</p> <p> Goal #2</p> <p> Goal #3</p>		

All Day (Choose One)			✓ Chosen activity
	<p>Outdoor Cooking</p> <p>Come to make your Friday a fun day in beautiful outdoor BBQ area. Relax to music while preparing food for your Friday Lunch. Have a fun time with your peers.</p> <p>Goals to achieve:</p>	<p>Cost: \$10</p>	
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	
	<p>Travel Training and City cat</p> <p>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.</p> <p><i>*Shared kilometer charges for transport*</i> <i>*Go Card required*</i></p> <p>Goals to achieve:</p>	<p>Cost: Free</p>	
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	
	<p>COCA Theatre</p> <p>Theatre builds critical communication skills through voice and movement. The focus this quarter is on expanding imagination through physical training (NSP/Butoh) and developing short scripts for performance at the COCA Showcase in June</p> <p>Goals to achieve:</p>	<p>Cost: \$5</p>	
 <p>Goal #1</p>	 <p>Goal #2</p>	 <p>Goal #3</p>	

2026 Eight Mile Plains Program Dates

Office Opens 2nd January 2026 Hub closed on public holidays

Program 1

	Start Date	End Date
Activity Program	Monday 5 th January 2026	Friday 27 th March 2026
Hub Closed	Monday 26 th January 2026 – Australia Day	

Program 2

	Start Date	End Date
Activity Program	Monday 30 th March 2026	Friday 19 th June 2026
Hub Closed	Friday 3 rd April 2026 – Good Friday Monday 6 th April 2026 – Easter Monday Friday 25 th April – Anzac Day Monday 2 nd May 2026 – Labour Day	

Showcase week 1

	Start Date	End Date
Showcase Program	Monday 22 nd June 2026	Friday 26 th June 2026

Program 3

	Start Date	End Date
Activity Program	Monday 29 th June 2026	Friday 18 th September 2026
Hub Closed	12 th August 2026 Ekka Show Day (Brisbane Region)	

Program 4

	Start Date	End Date
Activity Program	Monday 21 st September	Friday 11 th December
Hub Closed	Monday 5 th October 2026 – Kings Birthday	

Showcase week 2

	Start Date	End Date
Showcase Program	Monday 14 th December	Friday 18 th December
Hub Closed	Monday 21 st December 2026 – Sunday 3 rd January 2027	