MULTICAP
all ways.always

2027
EMP HUB
Activity Program 1
Catalogue



2027 EMP HUB Activity Program 4 Catalogue

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

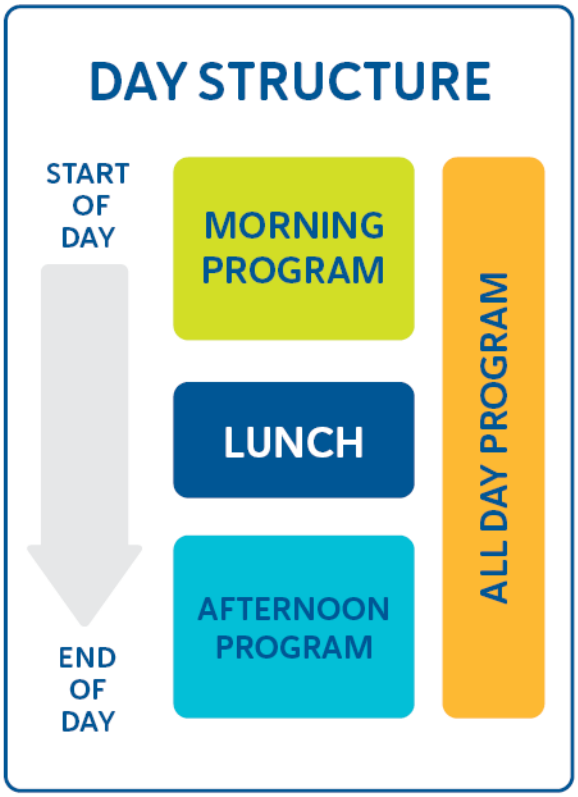
1. For each day you attend the Hub, choose one activity for the morning and one activity for the afternoon, or a full day activity where available. As you are committing to that specific activity for 12 weeks (ie. Sailing every Monday, cooking every Tuesday morning and games every Tuesday afternoon), 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 Hena Mahfooz Mauger or return it to EMP Hub or Hena.rameez@multicap.org.au or adrine.mugisha@multicap.org.au by 16/11/2026.

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 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.

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

<table>
<tr><th>Morning</th><th>Cost</th><th>Tick one</th></tr>
<tr><td></td><td>
<h2>Master Chef</h2>

Customers work closely with staff to develop fine motor skills through hands-on meal preparation activities.
Customers work closely with staff to build gross motor skills involved in cooking and kitchen tasks.
Participants prepare and create meals based on their personal choices and preferences.
Each week focuses on learning new cooking and kitchen skills.
Skills are gradually built upon and reinforced as the week progresses.
Activities are designed to support independence, confidence and skill development in meal preparation.

Goals to achieve:
<table>
<tr><td>Goal 1</td><td>Goal 2</td><td>Goal 3</td></tr>
</table>
</td><td>$10</td><td>☐</td></tr>
<tr><td></td><td>
<h2>ASDAN - Sound, Rhythm and Music</h2>

Explore your passion for music and discover the world of sound and rhythm.
Learn the fundamentals of music theory in an accessible and engaging way.
Develop rhythm and timing skills through practical activities.
Experiment with sound production techniques.
Use recording software to create and capture music.
Build practical skills to produce your own unique sound.
Gain strong Foundation in both theoretical and hands-on music skills.
Work towards becoming a confident and skilled music creator.

Goals to achieve:
<table>
<tr><td>Goal 1</td><td>Goal 2</td><td>Goal 3</td></tr>
</table>
</td><td>$4.60 for new customers or $3.50 for customers who have completed ASDAN Programs before.</td><td>☐</td></tr>
</table>



Pamper Me Monday

- A calm and relaxing way to start the week.
- Hand and arm massage to promote relaxation.
- Foot Spa uses Epsom salt for comfort and wellbeing.
- Nail painting as pampering activity.
- Head and shoulder massage to ease tension.
- General relaxation time in a peaceful environment.
- Use scented candles to create a soothing atmosphere.
- Slippers provided for comfort.
- Weighted blankets are available to support relaxation and calmness.

Goals to achieve:

Goal 1	Goal 2	Goal 3

$2.50

☐

Afternoon				Cost	Tick one
	**Fun Fitness Hub** • A fun and engaging fitness program for customers. • Focus on different exercises each week. • Walking onsite, including using sensory garden. • Seated exercise activities to suit all abilities. • Yoga sessions to improve flexibility and relaxation. • Zumba for energetic movement and enjoyment. **Goals to achieves:**			No cost	☐
	Goal 1	Goal 2	Goal 3		
	**Sensory Activities** • Engaging sensory based activities for customers. • Includes water play, slime, sand and playdough. • Opportunities to explore many other fun sensory materials. • Encourages hands-on discovery and exploration. • Promotes engagement of seven senses. • Supports sensory development in a safe and enjoyable environment. • Activities designed to suit a range of abilities and preferences. **Goals to achieve:**			$2.50	☐
	Goal 1	Goal 2	Goal 3		
	**Music and Melodies** • Opportunity to listen to calming and relaxing music • Guided meditation to support mindfulness and relaxation • Hands-on use of percussion instruments • Encourages alignment of sound, rhythm, and gentle movement • Creates a soothing, blissful, and immersive sensory experience. **Goals to achieve:**			No cost	☐
	Goal 1	Goal 2	Goal 3		

All Day		Cost	Tick one
	**Park Fitness Fun** • Enjoy a relaxing walk in the park • Participate in fun park fitness activities • Play casual ball games with others • Join a group workout session • Opportunity to socialize and stay active outdoors • *Shared kilometre charges apply for transport* • *Weather-permitted activities* • *Alternative indoor activities available at the local library (indoor sports)* **Goals to achieve:** Goal 1 / Goal 2 / Goal 3	Shared kilometer charges for transport.	☐
	**Travel Training and City Cats** • Learn how to read public transport timetables. • Training on using a Go Card. • Learn how to add money/top up a Go Card. • Travel by train or bus to the city. • Enjoy a City Cat ferry ride around Brisbane. • Includes light sightseeing opportunities. • Supports building confidence using public transport. • Shared kilometre charges apply for transport. • Go Card required. • Please bring your own lunch. **Goals to achieve:** Goal 1 / Goal 2 / Goal 3	Shared kilometer charges for transport.	☐



COCA-Eco Art

- Explore sustainable creativity through eco-art projects.
- Use recycled and natural materials to create artwork.
- Create decorative glass jars using pressed flowers.
- Learn techniques in composition, layering, and preservation.
- Continue individual eco-art projects made from recycled materials.
- Encourage creativity, environmental awareness, and hands-on artistic exploration.

Goals to achieve:

Goal 1	Goal 2	Goal 3

$5

☐

Tuesday Activities

Morning		Cost	Tick one
	**Swimming at EMP Hub.** • Enjoy an early-morning swim at the EMP Hub swimming pool. • Opportunity to relax and unwind through gentle water activity. • Supports stress relief and relaxation. • Promotes overall physical health and general wellbeing. • Refreshing and calming start to the day. **Goals to achieve:** Goal 1 | Goal 2 | Goal 3	No cost	☐
	**Dancing Group** • Explore expressive movement through dance. • Use the body as an instrument and movement as the medium. • Encourage personal expression and creativity. • Support social connection and communication. • Enhance emotional wellbeing and self-confidence. • Promote spiritual awareness and physical health through movement. **Goals to achieve:** Goal 1 | Goal 2 | Goal 3	No cost	☐
	**Literacy Based Learning** • Develop basic literacy skills in a supportive environment. • Story reading to build listening and comprehension skills. • Singing to support language development and engagement. • Use of educational puzzles to enhance problem-solving skills. • Literacy books for writing and handwriting practice. • Picture books to support visual learning and vocabulary. • Educational games to encourage learning through play. **Goals to achieve:** Goal 1 | Goal 2 | Goal 3	$2.50	☐

Afternoon				Cost	Tick one
	**Jamming Session** • Provides an opportunity for customers to share their talents and experiences openly. • Encourages self-expression and confidence building. • Supports creative exploration and learning through music. • Fosters social connection and group engagement. • Relaxed and inclusive jamming environment. • *Please bring your own musical instrument.* **Goals to achieve:**			No cost	☐
	Goal 1	**Goal 2**	**Goal 3**		
	**All around Australia** • Opportunity to explore and learn about Australian culture. • Discover Australian sports and sporting traditions. • Learn about native Australian animals. • Explore Australian foods and cuisine. • Experience Australian music and sounds. • Learning delivered through engaging documentaries. **Goals to achieve:**			No cost	☐
	Goal 1	**Goal 2**	**Goal 3**		
	**Jewellery Making** • Learn basic jewellery-making skills. • Improve hand–eye coordination through hands-on activities. • Practice threading beads with precision • Develop fine motor skills through clasping techniques. • Explore creative bead placement and design. **Goals to achieve:**			$2.50	☐
	Goal 1	**Goal 2**	**Goal 2**		

All Day		Cost	Tick one
	**Explore Brisbane City** • Opportunity to explore and experience Brisbane City. • Visit a variety of local attractions, including: • Mt Coo-tha • RSPCA • Botanical Gardens • Koala Parklands • Underwood Park • Enjoy sightseeing and community-based outings. • Supports social participation and local exploration. • *Shared kilometre charges apply for transport.* • *Go Card required.* • *Please bring your own lunch.* **Goals to achieve:** **Goal 1** | **Goal 2** | **Goal 3**	Shared kilometer charges for transport.	☐
	**Bowling and Lunch Club** • Enjoy a fun game of ten-pin bowling at Strike Zone Mount Gravatt. • Wear bowling shoes and hit the lanes in a friendly group setting. • Socialize and build skills through a shared recreational activity. • Visit a nearby club for lunch after bowling. • Opportunity to relax, connect, and enjoy a social outing. • *Shared kilometre charges apply for transport.* • *Please bring your own lunch.* • *Out-of-pocket expenses for bowling and lunch will be invoiced.* **Goals to achieve:** **Goal 1** | **Goal 2** | **Goal 3**	Shared kilometer charges for transport plus $10-$15 for Lunch Club.	☐



COCA-Ceramics

- Focus on ceramics as a creative and expressive art form.
- Create sculptural statues inspired by memories, personal experiences, or meaningful moments.
- Contribute artworks to the exhibition series “A Book by Any Other Name”.
- Explore shaping, form, and surface texture using clay.
- Use clay as a medium for storytelling and personal expression.
- Develop hand-building techniques and fine motor skills.
- Encourage individual design, imagination, and personal connection to each artwork.

Goals to achieve:

Goal 1	Goal 2	Goal 3

$8

☐

Wednesday Activities

Morning		Cost	Tick one
	**Sensory activities.** • Engaging sensory based activities for customers. • Includes water play, slime, sand and playdough. • Opportunities to explore many other fun sensory materials. • Encourages hands-on discovery and exploration. • Promotes engagement of seven senses. • Supports sensory development in a safe and enjoyable environment. • Activities designed to suit a range of abilities and preferences. **Goals to achieve:** **Goal 1** | **Goal 2** | **Goal 3**	$2.50	☐
	**All about animals.** • Learn about different types of animals. • Understand basic animal behaviour. • Explore animal anatomy and body structures. • Learn what animals eat and what they need to survive. • Discover how animals adapt to their environments. • Build knowledge through engaging and educational activities. **Goals to achieve:** **Goal 1** | **Goal 2** | **Goal 3**	No cost	☐



Beach walk

- Join the EMP HUB group for a refreshing morning beach walk.
- Enjoy walking along the shoreline in a relaxed group setting.
- Supports mental health by reducing stress and promoting relaxation.
- Encourages gentle physical activity and mindfulness in nature.
- Opportunity to socialize and connect with others.
- *Shared kilometre charges apply for transport.*
- *Weather-permitted activity*
- *Indoor sports will be offered as an alternative if weather is unsuitable*

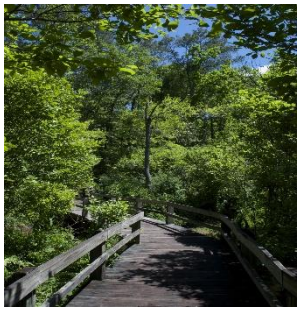
Goals to achieve:

Goal 1	Goal 2	Goal 3

Shared kilometer charges for transport

☐

Afternoon				Cost	Tick one
	**Puzzles** • Engage in fun and interactive puzzle activities. • Improve fine motor and hand–eye coordination skills. • Develop problem-solving and critical thinking abilities. • Enhance focus, concentration, and attention span • Encourage patience, persistence, and cognitive development. **Goals to achieve:**			No cost	☐
	Goal 1	Goal 2	Goal 3		
	**Singing, Dancing and Karaoke** • Enjoy singing, dancing, and karaoke in a fun group setting. • Get jamming with energetic and entertaining staff. • Encourage self-expression, confidence, and creativity. • Move, dance, and enjoy music together. • Social and inclusive activity for all abilities. • Celebrate our lively “Wacky Wednesday Jive” with music and laughter. **Goals to achieve:**			No cost	☐
	Goal 1	Goal 2	Goal 3		
	**Walk after Lunch** • Join the EMP Hub team for a relaxed walk after lunch • Walk around the local blocks in a supported group • Improve mobility and walking confidence • Support balance and coordination • Increase cardiovascular health through gentle exercise • Encourage healthy routines and social connection. **Goals to achieve:**				☐
	Goal 1	Goal 2	Goal 3		

All Day		Cost	Tick one
	**Walk in Nature** • Enjoy leisurely nature walks in a local park setting. • Perfect for all fitness and mobility levels. • Support physical wellbeing through gentle movement. • Promote relaxation, mindfulness, and stress reduction. • Encourage balance, mobility, and overall wellness • Opportunity for social connection in a calm environment. • *Shared kilometre charges apply for transport.* **Goals to achieve:** **Goal 1** **Goal 2** **Goal 3**	Shared kilometer charges for transport.	☐
	**Community Café Visit and Park** • Develop social interaction and communication skills with peers and community members. • Increase participation in community and recreational activities. • Practise making choices and expressing preferences. • Improve money handling and purchasing skills when buying food and drinks. • Enhance independence in ordering meals and interacting with café staff. • Develop appropriate social behaviours in public settings. • Encourage community inclusion and reduce social isolation. • Build and maintain positive relationships with others. • Improve physical wellbeing through walking and outdoor activities in the park. • Practise following safety guidelines in public spaces. • Support overall independence and quality of life through meaningful community engagement. **Goals to achieve:** **Goal 1** **Goal 2** **Goal 3**	Shared kilometer charges for transport plus $5-$15 for Café.	☐



COCA-Creative Movement

- Develop creative movement pieces inspired by memories and emotions.
- Work collaboratively to create choreography throughout the term.
- Explore self-expression through movement and storytelling.
- Participate in Pilates- and yoga-inspired warm-ups.
- Enjoy singing and movement integration.
- Learn and perform popular dance styles based on participant music preferences.
- Build movement confidence, coordination, and body awareness.
- Encourage creativity, teamwork, and social connection in a supportive environment.

Goals to achieve:

Goal 1	Goal 2	Goal 3

$5

☐

Thursday activities

Morning				Cost	Tick one
	**All About Gardening** • Learn the basics of gardening and plant care. • Maintain built-up garden beds for fruits and vegetables. • Participate in planting, watering, and ongoing garden maintenance. • Learn how to grow and care for fruits and vegetables. • Design and paint personal plant pots. • Choose plants to grow in individual pots. • Gain practical knowledge on looking after gardens. • Explore a variety of gardening techniques and skills. • Customers take home their own potted plants. **Goals to achieve:**			$2	☐
	Goal 1	Goal 2	Goal 3		
	**Picnic at EMP Hub Gardening** • Start the morning with a gentle walk around the EMP Hub garden. • Enjoy a relaxing picnic in the garden afterward. • Spend time outdoors in a calm and pleasant environment. • Encourage wellbeing, relaxation, and happiness. • Support social connection and enjoyment of nature. **Goals to achieve:**			No cost	☐
	Goal 1	Goal 2	Goal 3		
	**Line Dancing** • Join a fun and supportive group to learn beginner line-dancing steps • Easy-to-follow routines suitable for all experience levels • Improve body balance and coordination • Support physical fitness and overall health • Build confidence through movement and rhythm • Enjoy a social, upbeat, and engaging dance experience **Goals to achieve:**			No cost	☐
	Goal 1	Goal 2	Goal 3		

<table>
<tr><th>Afternoon</th><th></th><th>Cost</th><th>Tick one</th></tr>
<tr>
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<td>
<h2>ASDAN - Baking</h2>
Baking Activity Goals for Customers

Improve fine motor skills through mixing, pouring, and decorating.
Enhance concentration and attention to detail.
Encourage independence and confidence in the kitchen.
Develop social and communication skills by working with others.
Promote teamwork and cooperation during group activities.
Increase knowledge of food preparation and kitchen safety.
Encourage healthy decision-making and food awareness.
Provide opportunities for sensory engagement through touch, smell, and taste.
Foster creativity through decorating and presentation.
Enjoy a meaningful and rewarding recreational activity.

Goals to achieve:
<table>
<tr><td>Goal 1</td><td>Goal 2</td><td>Goal 3</td></tr>
</table>
</td>
<td>$7.10 for new customers or$6 for customers who have completed ASDAN Program before.</td>
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<td>
<h2>Jamming Session</h2>

Provides an opportunity for customers to share their talents and experiences openly.
Encourages self-expression and confidence building.
Supports creative exploration and learning through music.
Fosters social connection and group engagement.
Relaxed and inclusive jamming environment.
Please bring your own musical instrument.

Goals to achieve:
<table>
<tr><td>Goal 1</td><td>Goal 2</td><td>Goal 3</td></tr>
</table>
</td>
<td>No cost</td>
<td>☐</td>
</tr>
</table>



Fun Fitness in the hub

- A fun and engaging fitness program for customers.
- Focus on different exercises each week.
- Walking onsite, including using sensory garden.
- Seated exercise activities to suit all abilities.
- Yoga sessions to improve flexibility and relaxation.
- Zumba for energetic movement and enjoyment

Goals to achieve:

Goal 1	Goal 2	Goal 3

No cost

☐

All Day				Cost	Tick one
	**Sailing and Lunch at the Park** • Enjoy a relaxing day by the ocean. • Experience calm and refreshing sailing activities. • Take in the soothing sea breeze and ocean views. • Improve relaxation and wellbeing through outdoor engagement. • Enjoy lunch by the seaside or at the park. • Social and enjoyable group outing. • Shared kilometre charges apply for transport. • Please bring your own lunch. • *Sailing takes place during school terms and is replaced by park picnics during school holidays.* • *Out-of-pocket expenses for sailing and lunch will be invoiced.* **Goals to achieve:**			$10 and shared kilometers charges for transport.	☐
		Goal 1	**Goal 2**	**Goal 3**	
	**Park Fitness Club** • Enjoy a relaxing walk in the park. • Participate in fun park fitness activities. • Play casual ball games with others. • Join a group workout session. • Opportunity to socialize and stay active outdoors. • *Shared kilometre charges apply for transport.* • *Weather-permitted activities.* *Alternative indoor activities available at the local library (indoor sports).* **Goals to achieve:**			Shared kilometer charges for transport.	☐
		Goal 1	**Goal 2**	**Goal 3**	



COCA Painting

- Contribute to a meaningful creative experience as part of the upcoming exhibition series “A Book By Any Other Name”.
- Focus on developing a range of painting techniques.
- Explore colour mixing, colour theory, and creative use of colour.
- Learn about composition and visual balance in artworks.

- Use painting as a form of creative storytelling and self-expression.
- Encouraged to work at an individual pace.
- Build confidence in expressing ideas visually through art.

Goals to achieve:

Goal 1	Goal 2	Goal 3

Shared kilometer charges for transport.

☐

Friday Activities

<table>
<tr><th>Morning</th><th>Cost</th><th>Tick one</th></tr>
<tr><td></td><td>
<h2>ASDAN-Craft Making</h2>

Participate in Craft Making program.
Explore art as a purposeful and creative skill.
Develop creativity through hands-on craft activities.
Create a variety of art and craft items, including:

Card making
Jewellery making
Painted rocks
Christmas decorations
Canvas painting.

Build fine motor skills and creative confidence
Encourage personal expression and imagination through art.

Goals to achieve:
<table>
<tr><td>Goal 1</td><td>Goal 2</td><td>Goal 3</td></tr>
</table>
</td><td>$4.60 for new customers or $3.50 for customers who have completed ASDAN programs before.</td><td>☐</td></tr>
<tr><td></td><td>
<h2>Library Club</h2>

Visit the local library in a relaxed and supportive group.
Learn something new or explore personal interests.
Read books, newspapers, and magazines.
Relax in a quiet and welcoming environment.
Use library computers to play video games or explore digital content.
Opportunity to meet friends and socialize.
Encourage independence, learning, and leisure skills.
Library card required.

Goals to achieve:
<table>
<tr><td>Goal 1</td><td>Goal 2</td><td>Goal 3</td></tr>
</table>
</td><td>Shared kilometer charges for transport.</td><td>☐</td></tr>
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Line Dancing

- Join our fun filled team to learn beginner's steps of line dancing. It helps maintain good health, body balance and confidence. Join a fun and supportive group to learn beginner line-dancing steps.

- Easy-to-follow routines suitable for all experience levels.
- Improve body balance and coordination.
- Support physical fitness and overall health.
- Build confidence through movement and rhythm.
- Enjoy a social, upbeat, and engaging dance experience.

Goals to achieve:

<table>
<tr>
<td>
Goal 1</td>
<td>
Goal 2</td>
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Goal 3</td>
</tr>
</table>

</td>
<td>No cost</td>
<td>☐</td>
</tr>
</table>

Afternoon				Cost	Tick one
	**Movie Appreciation** • Watch and enjoy fun, family-friendly films chosen by the group each week. • Take part in group discussions about the movie. • Share personal reviews, opinions, and favourite moments with friends. • Build communication, listening, and social skills. • Encourage critical thinking and appreciation of film. • Enjoy a relaxed and social movie-watching experience. **Goals to achieve:**			No cost	☐
	Goal 1	Goal 2	Goal 3		
	**Puzzles** • Puzzles activity will help customers to improve their motor skills, problem solving and concentration. Engage in fun and interactive puzzle activities. • Improve fine motor and hand–eye coordination skills. • Develop problem-solving and critical thinking abilities. • Enhance focus, concentration, and attention span • Encourage patience, persistence, and cognitive development. **Goals to achieve:**			No cost	☐
	Goal 1	Goal 2	Goal 3		

All Day		Cost	Tick one
	**Outdoor Cooking** • Enjoy a fun and relaxed Friday outdoor cooking experience • Prepare and cook food in a beautiful outdoor BBQ area • Relax and listen to music while preparing Friday lunch • Learn basic cooking and food preparation skills • Socialise and have fun with peers in an outdoor setting • Promote teamwork, independence, and enjoyment of shared meals **Goals to achieve:** Goal 1 | Goal 2 | Goal 3	$10	☐
	**Travel Training and City cat** • Learn how to read public transport timetables. • Training on using a Go Card. • Learn how to add money/top up a Go Card. • Travel by train or bus to the city. • Enjoy a City Cat ferry ride around Brisbane. • Includes light sightseeing opportunities. • Supports building confidence using public transport. • *Shared kilometre charges apply for transport.* • *Go Card required.* • *Please bring your own lunch.* **Goals to achieve:** Goal 1 | Goal 2 | Goal 3	Shared kilometer charges for transport.	☐
	**COCA-Theatre** **COCA-Theatre Activity Goals (NDIS)** • Improve social interaction and engagement with peers and the community. • Build confidence and self-esteem through participation in theatre activities. • Develop communication skills, including speaking, listening, and expressing ideas. • Enhance creativity and imagination through acting, storytelling, and role-play. • Improve emotional expression and self-awareness in a supportive environment.	$5	☐

	• Develop teamwork and cooperation skills by working with others towards a shared performance. • Increase independence by learning and following activity routines. • Enhance concentration, memory, and attention through rehearsals and performances. • Build community participation and inclusion through involvement in local theatre programs. • Develop problem-solving and decision-making skills during creative activities. • Encourage self-advocacy and confidence in expressing personal preferences and choices. • Promote enjoyment, wellbeing, and meaningful participation in recreational activities. • Strengthen gross motor skills through movement, dance, and stage activities. • Foster a sense of achievement through performance and skill development. **Goals to achieve:**		
	 **Goal 1**	 **Goal 2**	 **Goal 3**



Park Fitness Fun

- Enjoy a relaxing walk in the park
- Participate in fun park fitness activities
- Play casual ball games with others
- Join a group workout session
- Opportunity to socialize and stay active outdoors
- Shared kilometre charges apply for transport
- Weather-permitted activities
- *Alternative indoor activities available at the local library (indoor sports)*

Goals to achieve:

Goal 1	Goal 2	Goal 3

Shared kilometer charges for transport.

☐

2027 EMP HUB 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	