# Ipswich Learning & Lifestyle Hub Imagine What's Possible

Program: July-September 2025					
0.00.0.00	Monday	Tuesday	Wednesday	Thursday	Friday
8:00–9:00am Customers arriving at the centre and getting settled. Daily meeting, COVID Safety, WHS Practices, preparation for activities, bulletin, updates and information and time to share.					
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	Community Explorers	A cuppa with friends \$5	Mens Group (Escape Rooms, Game Arcades, budeting)	Bingo @ Leichardt	Art and craft
	decreat/on	ostion & hobbi	of the hoof	Me skille	Me skills
	Bremer River Seniors Club @ CSI Ipswich	Social Group- Leichardt Community Center	Get Active!	Our Kitchen Rules \$10	Train Travel \$5 and/or GoCard
	ogsion & hobb	Qecreation,	Qecreation O	QeCreation (C)	QECYESTION OF
	Paint by numbers	Cards and games	Bowling	Great South East	Walking and BBQ
			\$10 (with companion card)	\$15 or packed lunch	\$10 (swimming next
			\$18 without		term)
		Qecreation	on & hood	koundation,	agion & hooping
		Bowling	Sewing	Weekly Journals	
		\$10 (with companion card)	\$5		Scrapbooking
		\$18 without			
	Me skills	Me skille		S. T. S.	
9:00am-12:00pm	Personal Hygiene	Lunch Cooking \$10		Brothers Leagues Club lunch and dancing \$20	
Lunch Time 12:00 – 12:30pm	Support and assistance during and after mealtimes including meal and drink preparation.  Assistance and support with your medication and any personal care.				
2:30PM	of IV	Service of the servic	roundatton.	S Thengas of the	agion & hobbie
12:30 -2:30	Tunes with Trevor (\$10)	Pen pals \$5 one off payment	Relationships - Thrive	Pen pals \$5 one off payment	Movie or Music
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## **Ipswich Learning & Lifestyle Hub**

**Imagine What's Possible** 



#### **Numbers & Letters**



## Mindful Meditation & Wind down Music



**Cards and Games** 



**Ipswich Library** 



**Team Games** 

### **ACTIVITIES ARE DELIVERED VIA IN HOUSE AND COMMUNITY**

## **Learning & Life Skills Icons & Definitions**

Foundation Skills supports skill development in literacy and numeracy, with a focus on scaffolding learning from base line concepts to increasingly complex written, reading, viewing, listening and comprehension tasks. Foundation Skills also seeks to develop numeracy and mathematical skills in concepts including number, measurement, geometry, probability and statistics.

Life Skills focuses on day to day tasks, such as cooking and domestic skills, hygiene, organisational skills, budgeting, home maintenance, public transport and public safety and interactive tasks such as banking and social activities

Utilising local connections and support, Social Engagement supports people to attend and interact with local people, areas and events. It also means that those interactions can also occur at a local Endeavour site

Healthy Body / Healthy Mind focuses on being active, making healthy choices and being responsive to a person's mental and physical wellbeing. It supports people to take care of themselves and their family and friends, and directs people to make right choices when it comes to a person's health and lifestyle activities.

Technology utilises current materials, components, tools, equipment and techniques to design, make and record solutions. It draws on traditional and new types of technology, including computers, tablets, smart phones, virtual technologies, robotics, coding, digital photography, video and music to support people to describe, draw and model ideas and create content.

Recreation provides people with the opportunity to having fun, making connections and simply doing what makes you happy Recreation focuses on connecting with friends, doing fun things at home, at a centre or in the community, or simply taking time to relax and unwind.

Employment focuses on developing skills needed for work. Whether it's work experience, volunteer or paid employment, people will undertake both theory and practical applications in order to learn those skills required to know what type of work a person is interested in, search for work, apply for and undertake interviews, explore ideas appropriate dress and language and behaviour when in the workplace.

Passion & Hobbies is all about doing the things you love! It could be skill development, or launching your own online business, or simply exploring a creative outlet as a hobby. Whether it's the bush or ocean, growing flowers or vegies or even collecting eggs from hens in the backyard, It might mean conducting experiments to see how things work, or taking time out to literally smell the roses.

If it makes you smile; if you lose track of time doing it, then this is what passion projects & hobbies is all about

Special Events enables communities to come together. Whether competitively in events like 'Battle of the Bands', celebrating calendar events like Australia Day or hosting monthly BBQ's, special events provide an opportunity for people to show off their talents or participate in local community events (ie: Show Day)



















## Foundation Skills

Support and development in areas relating to:

- Reading, writing, comprehension
- Speaking, communicationNumbers, Addition, Subtraction
- Measurement, Size
- Signing eg. Pecs, Makaton, key word sign

#### Life Skills

Support for activities relating to:

- Home and domestic skill Cooking Shopping Personal care
- Budgeting, banking and other money skills
- Safety and public transport Maintenance (home, vehicles)

#### Social Engagement

Supporting people to attend and interact with:

- Library Bunnings Men's Shed Ladies Group
- Music eg Battle of the Bands Drumming Circle
- Volunteering

## **Healthy Body / Healthy Mind**

- Focusing on:
   Physical wellbeing Personal relationships
- A person's mental, emotional and social wellbeing
- Outdoor/indoor activities eg. Gym, Sailability, Martial Arts, Yoga, Sport

## Technology

Learning activities and support relating to:

- Computers Virtual Reality
- Robotics Coding
- Safety (on the web, using devices)
- Smart phones, Tablets and other devices 3D printing

## Recreation

Activities that support people to:

- Art and craft Art groups
- Bowling Photography and video - Music (listening to, playing music
- Fishing Bingo and other games

## **Employment**

Support to enhance a person's ability to search for and obtain meaningful employment via:

- Work placement / pracs
- Resume and letter writing
- Interview skills
- Grooming and dress sense

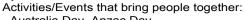
## Passion & Hobbies



Projects or activities that are specific to a person or groups of people:

- Furniture restoration
- Woodworking
- Activities that relate to the outdoors gardening, chooks, bushwalking
- Understanding how things work (gadgets & experiments)

## **Special Events**



- Australia Day, Anzac Day,
- Easter, Christmas
- Melbourne Cup, Show Day
- Site Open Day

