

# Mackay Learning and Lifestyle hub

Program dates: 22 April – 11 July 2025

## What's on!

## Monday

### Well Being

9:00am – 9:30am

The Fitness and Healthy Choices program is all about helping you live your best, healthiest life. From fun physical activities to practical tips on nutrition and wellness, it's designed to support you in feeling great.



### Out & About in Mackay

9:30am – 11.00pm

Engaging in community activities, whether volunteering or attending local events, fosters a sense of belonging and building stronger social bonds. Have fun exploring your community with your friends.



### Fun & Chat

11.00am – 12:00pm

Have fun playing games and bond with friends while developing decision making, strategic thinking and problem solving skills. Players will develop a sense of accomplishment and progression.



### About Endeavour

At Endeavour Foundation we focus on ability and making things happen. Whether it's learning life skills, living independently, socializing and making new friends, getting job ready or exploring interests and trying new things. We work with you to make your possibilities a reality

### Lunch

12:00pm – 12:30pm

Take a break, relax and enjoy a delicious lunch while developing social connections.



### Craft

12:30pm – 3:00pm

Bunnings provide craft activities each second Monday. The other Monday we engage with participants in activities of their choosing.



### You Choose

12:30pm – 3:00pm

Choose from a range of activities provided at L&L. Here at Endeavour we want participants to thrive and feel empowered making their own decisions.



### Contact us for More Information

#### Fee Information

Some sessions attract a fee. Fees cover the cost of ingredients or venue fees charged.

#### Contact:

Tracey Bamberry

Site Manager – Community

[Tracey.Bamberry@endeavour.com.au](mailto:Tracey.Bamberry@endeavour.com.au)

[au](http://au)

0438 189 810

# Mackay Learning and Lifestyle hub

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## What's on!

## Tuesday

### Well Being 9.00am – 9.30am

The Fitness and Healthy Choices program at Endeavour Foundation is all about helping you live your best, healthiest life. From fun physical activities to practical tips on nutrition and wellness, it's designed to support you in feeling great.



### Out & About in Mackay 9:30am – 12.00pm

Engaging in community activities, whether volunteering or attending local events, fosters a sense of belonging and building stronger social bonds. Have fun exploring your community with your friends.



### Garden Club 9.30am – 12.00pm

Gardening has many health benefits, developing motor skills, minimizes stress, provides physical activity and provides a creative outlet for many. Let's create a fantastic garden together.



### About Endeavour

Endeavour Foundation was founded in 1951 by a group of parents of children with an intellectual disability.

The group's ambition was to establish training centres to teach the children.

### Lunch 12:00pm - 12:30pm

Take a break, relax and enjoy a delicious lunch while developing social connections.



### Bakery Bites 12.30pm – 3.00pm

Baking is a fun and engaging activity that stimulates all five senses, offering a therapeutic and creative outlet. It's also fun to create delicious treats with your friends.



### You Choose 12.30pm – 3.00pm

Choose from a range of activities provided at L&L. Here at Endeavour we want participants to thrive and feel empowered making their own decisions.



### About Endeavour

Together we'll co-design your personal learning journey to make sure that it fits your needs and gets you to where you want to be.

Let us open up a huge world of learning opportunities for you.

# Mackay Learning and Lifestyle hub

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## What's on!

## Wednesday

### Well Being

9.00am – 9.30am

The Fitness and Healthy Choices program is all about helping you live your best, healthiest life. From fun physical activities to practical tips on nutrition and wellness, it's designed to support you in feeling great.



### Restaurant Wednesday

9.30am – 12.00pm

Join with staff and friends to go grocery shopping for ingredients and then prepare some delicious meals. Help choose the dishes you would like to try.



### Fun & Chat

11.00am – 12:00pm

Have fun playing games and bond with friends while developing decision making, strategic thinking and problem solving skills. Players will develop a sense of accomplishment and progression.



### About Endeavour

We have smart assistive technologies available to help you to clearly communicate your choices and preferences.

We can also support you in learning how to use technology, including our ground breaking Virtual Learning Environment, to help you reach your goals.

### Lunch

12:00pm – 12:30pm

Take a break, relax and enjoy a delicious lunch while developing social connections.



### Garden Club

12.30pm – 3.00pm

Gardening has many health benefits, developing motor skills, minimizes stress, provides physical activity and provides a creative outlet for many. Let's create a fantastic garden together.



### Craft

12.30pm – 3.00pm

Crafting offers numerous mental health benefits, including stress reduction, improved mood, increased self-esteem and enhanced cognitive function, making it a valuable tool for promoting well-being.



### Our Staff

Here at Endeavour we have fantastic staff. They are caring, professional and lots of fun to work with.

We offer extensive training and professional development for our staff.

Our staff go above and beyond to help you reach your goals.

# Mackay Learning and Lifestyle hub

Program dates: 22 April – 11 July 2025

## What's on!

## Thursday

### Well Being 9.00am – 9.30am

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### Out & About in Mackay 9.30am – 12.00pm

Engaging in community activities, whether volunteering or attending local events, fosters a sense of belonging and building stronger social bonds. Have fun exploring your community with your friends.



### Garden Club 9.30am – 12.00pm

Gardening has many health benefits, developing motor skills, minimizes stress, provides physical activity and provides a creative outlet for many. Let's create a fantastic garden together.



### Partnerships & Development

We at Endeavour are keen to work with Participants/ Parents/Guardians/Educators and Health Professionals to develop programs to cater for a wide range of needs.



### Lunch 12:00pm – 12:30pm

Take a break, relax and enjoy a delicious lunch while developing social connections.



### Bakery Bites 12.30pm – 3.00pm

Baking is a fun and engaging activity that stimulates all five senses, offering a therapeutic and creative outlet. It's also fun to create delicious treats with your friends.



### Fun & Chat 12.30pm – 3.00pm

Have fun playing games and bond with friends while developing decision making, strategic thinking and problem solving skills. Players will develop a sense of accomplishment and progression.



### Your NDIS Plan

Your NDIS plan – Your journey  
Let us be part of your team to help you achieve your goals

# Mackay Learning and Lifestyle hub

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## What's on!

## Friday

### Well Being

9:00am – 9.30am

The Fitness and Healthy Choices program at Endeavour Foundation is all about helping you live your best, healthiest life. From fun physical activities to practical tips on nutrition and wellness, it's designed to support you in feeling great.



### Out & About in Mackay

9.30am – 12.00pm

Engaging in community activities, whether volunteering or attending local events, fosters a sense of belonging and building stronger social bonds. Have fun exploring your community with your friends.



### Fun & Chat

9.30am – 12.00pm

Have fun playing games and bond with friends while developing decision making, strategic thinking and problem solving skills. Players will develop a sense of accomplishment and progression.



### BBQ Lunch

12:00pm – 1:30pm

Take a break, relax and enjoy a delicious lunch while developing social connections.



### Music & Dance Studio

1.30pm – 3.00pm

Meet up with friends and have an afternoon of dancing or just enjoying the music. Maybe even a little bit of karaoke.

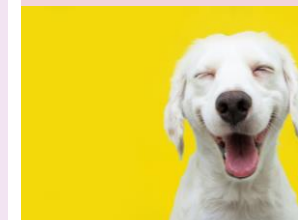


### You Choose

1.30pm – 3.00pm

Choose from a range of activities provided at L&L. Here at Endeavour we want participants to thrive and feel empowered making their own decisions.

Happy Friday everyone !!!



Endeavour Foundation

Learning and Lifestyle hub

418 Shakespeare Street

Mackay Qld 4740

For further information please contact

Tracey Bamberry

Site Manager – Community  
[Tracey.Bamberry@endeavour.com.au](mailto:Tracey.Bamberry@endeavour.com.au)

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# Learning and Life Skills Icons and Definitions



**Foundations 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.



**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.



**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.



**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 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 (i.e. Show Day).



**Activity Fees** will be required to participate in some sessions. Fees cover the cost of ingredients or venue fees charged by some venues.

## Foundation Skills

Support and development in areas relating to:

- Reading, writing, comprehension
- Speaking, communication
- Numbers, Addition, Subtraction
- Measurement, Size
- Signing, e.g. 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 e.g. 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 e.g. 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)
- 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

Activities/Events that bring people together:

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