

Lawnton Learning and Lifestyle hub

Program dates: 1st April 2025 – 30th June 2025

What's on!

Monday - Morning

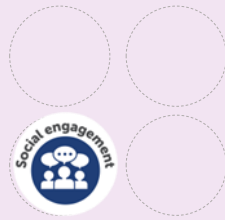
Pre-meeting Activities – Standing Stretches and Morning Meeting 8:00am - 9:30am

Standing Stretches is a light movement activity designed to promote flexibility, circulation, and readiness for the day ahead. It encourages physical wellbeing and helps participants feel more focused and energised.



Pre-meeting Activities - Karaoke and Morning Meeting 8:00am - 9:30am

Karaoke is a fun and engaging activity that encourages self-expression, confidence, and social interaction through singing. It creates a lively and inclusive atmosphere where participants can enjoy music and connect with others.



Pre-meeting Activities – Driveway Cleanup and Morning Meeting 8:00am - 9:30am

Driveway cleanup is a group activity that promotes responsibility, teamwork, and pride in maintaining a clean and safe environment. Participants work together to tidy outdoor areas, reinforcing shared ownership of the Hub's space.



Morning Tea 9:30am – 9:45am

Morning tea was a relaxed and social time where everyone gathered to enjoy light refreshments together. It provided an opportunity for clients and staff to connect, reflect on the morning activities, and prepare for the rest of the day. The atmosphere was friendly and inclusive, encouraging positive interactions and a sense of community..



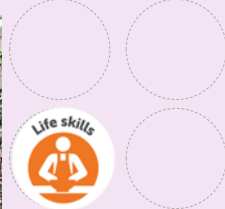
Thrive Cooking 9:45am – 12:pm

The Thrive Cooking program focuses on building essential life skills through hands-on cooking experiences that promote independence, nutrition awareness, and teamwork. Participants engage in meal preparation while learning about food safety, healthy choices, and collaborative kitchen practices.



Mini Orchard Gardening Group 9:45am – 12:00pm

The Mini Orchard Gardening Group focuses on nurturing fruit trees and learning about sustainable gardening practices. Participants engage in planting, watering, and maintaining the orchard, fostering a sense of responsibility, patience, and connection to nature.



Thrive Virtual Reality/IT Skills 9:45am – 12:00pm

Thrive Virtual Reality/IT Skills is a technology-based program designed to enhance digital literacy and build confidence using modern tools. Participants explore virtual environments and practice essential IT skills, supporting cognitive development and real-world application.



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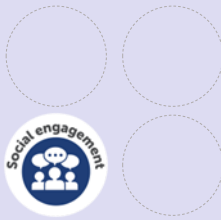
What's on!

Monday - Afternoon

Lunch

12:00pm - 12:30pm

Lunchtime is a relaxed and social part of the day where clients together to enjoy their meals in a comfortable setting. It offers an opportunity to recharge, engage in friendly conversation, and build positive relationships.



Game of UNO

12:30pm – 1:00pm

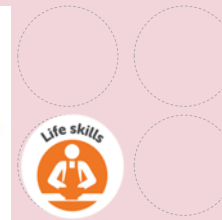
A game of UNO provides a fun and interactive way for participants to develop focus, turn-taking, and social skills. It encourages friendly competition, laughter, and engagement in a supportive group setting.



Maintenance Group

1:00pm – 2.30pm

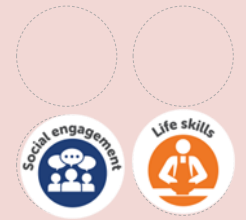
The Maintenance Group focuses on developing practical skills through hands-on tasks such as tidying, organising, and light repairs around the Centre. This program encourages responsibility, teamwork, and a sense of pride in contributing to a well-maintained environment.



Movie and Book Club

1:00pm – 2.30pm

Movie and Book Club is a creative and reflective program where participants watch films or read stories, followed by group discussions to share thoughts and interpretations. It supports literacy, communication, and social connection through engaging media experiences.



Thrive Literacy/Numeracy & Money Handling

1:00pm – 2.30pm

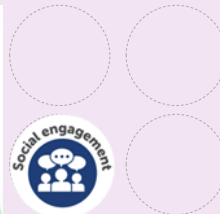
Thrive Literacy/Numeracy & Money Handling is an educational program that strengthens everyday reading, writing, counting, and financial skills. Participants engage in practical activities that promote independence, confidence, and real-life application of essential knowledge.



Tidy up after programs and prepare for home time

2:30pm – 3:00pm

Tidy up after programs and prepare for home is a structured routine that encourages participants to clean up their activity areas and gather personal belongings. This promotes independence, responsibility, and readiness for a smooth transition at the end of the day.



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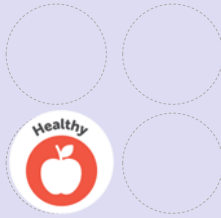
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What's on!

Tuesday – Morning

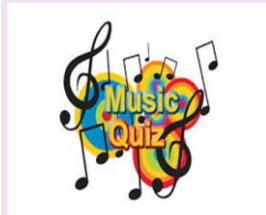
Pre-meeting Activities – Floor Stretches and Morning Meeting 8:00am - 9:30am

Floor Stretches is a calming activity designed to improve flexibility, posture, and muscle relaxation through guided movements on the floor. It supports physical wellbeing and helps participants feel more grounded and focused.



Pre-meeting Activities – Music Quiz and Morning Meeting 8:00am - 9:30am

Music Quiz is an engaging and interactive activity that challenges participants' knowledge of songs, artists, and music history. It promotes memory recall, listening skills, and friendly competition in a fun and social environment.



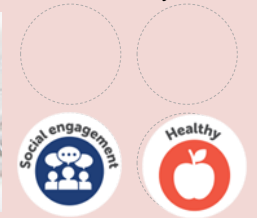
Pre-meeting Activities Perimeter Checks and Morning Meeting 8:00am - 9:30am

Perimeter Checks involve walking around the Centre's boundaries to ensure safety, cleanliness, and security of the premises. This activity promotes awareness, responsibility, and teamwork among participants and staff.



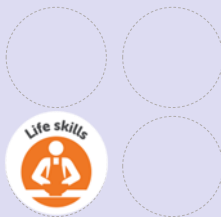
Morning Tea 9:30am – 9:45am

Morning tea was a relaxed and social time where everyone gathered to enjoy light refreshments together. It provided an opportunity for clients and staff to connect, reflect on the morning activities, and prepare for the rest of the day. The atmosphere was friendly and inclusive, encouraging positive interactions and a sense of community.



Sensory Garden Environmental Group 9:45am – 12:pm

The Sensory Garden and Environmental Group engages participants in caring for a calming garden space designed to stimulate the senses through touch, smell, and sight. It fosters mindfulness, environmental awareness, and a deeper connection to nature through hands-on activities.



Thrive Literacy/Numeracy & Money Handling 9:45am – 12:pm

Thrive Literacy/Numeracy & Money Handling is an educational program that strengthens everyday reading, writing, counting, and financial skills. Participants engage in practical activities that promote independence, confidence, and real-life application of essential knowledge.



Art and Craft Group 9:45am – 12:pm

The Art and Craft Group encourages creativity and self-expression through a variety of hands-on projects such as painting, drawing, and crafting. Participants build fine motor skills, explore different materials, and enjoy a supportive environment for artistic exploration.



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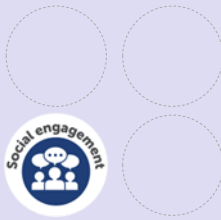
What's on!

Tuesday - Afternoon

Lunch

12:00pm - 12:30pm

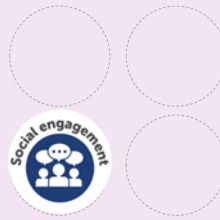
Lunchtime is a relaxed and social part of the day where clients together to enjoy their meals in a comfortable setting. It offers an opportunity to recharge, engage in friendly conversation, and build positive relationships.



Game of UNO

12:30pm – 1:00pm

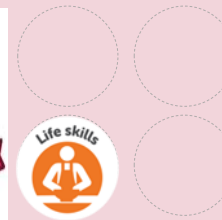
A game of UNO provides a fun and interactive way for participants to develop focus, turn-taking, and social skills. It encourages friendly competition, laughter, and engagement in a supportive group setting.



Drama Academy - Filming

1:00pm – 2.30pm

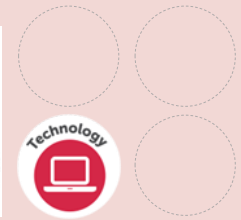
Drama Academy is a performance-based program that builds confidence, communication, and teamwork through acting, role-play, and storytelling. Participants explore character development and stage presence while having fun in a creative and supportive setting.



Thrive Virtual Reality/IT Skills

1:00pm – 2.30pm

Thrive Virtual Reality/IT Skills is a technology-based program designed to enhance digital literacy and build confidence using modern tools. Participants explore virtual environments and practice essential IT skills, supporting cognitive development and real-world application.



Thrive Music

1:00pm – 2.30pm

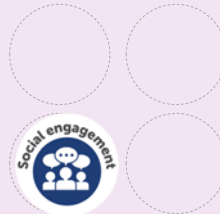
Thrive Music is an engaging program that encourages self-expression, rhythm, and coordination through singing, instrument play, and music appreciation. It supports emotional wellbeing, creativity, and social connection in a fun and inclusive environment.



Tidy up after programs and prepare for home time

2:30pm – 3:00pm

Tidy up after programs and prepare for home is a structured routine that encourages participants to clean up their activity areas and gather personal belongings. This promotes independence, responsibility, and readiness for a smooth transition at the end of the day.



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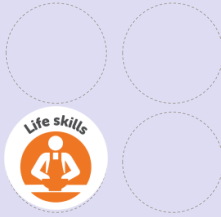
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What's on!

Wednesday Morning

Pre-meeting Activities –Wheelie Bins Day and Morning Meeting 8:00am - 9:30am

Taking the wheelie bin out is a practical life skills activity that teaches responsibility, routine, and environmental care. Participants learn the importance of waste management while contributing to the upkeep of the Hub.



Pre-meeting Activities – Dancing and Morning Meeting 8:00am - 9:30am

Dancing is a lively and expressive activity that promotes physical movement, rhythm, and joy through guided and freestyle dance. It encourages confidence, coordination, and a positive group atmosphere while supporting overall wellbeing.



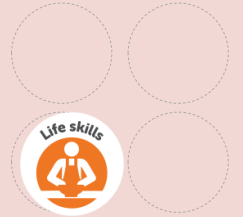
Morning Tea 9:30am – 9:45am

Morning tea was a relaxed and social time where everyone gathered to enjoy light refreshments together. It provided an opportunity for clients and staff to connect, reflect on the morning activities, and prepare for the rest of the day. The atmosphere was friendly and inclusive, encouraging positive interactions and a sense of community.



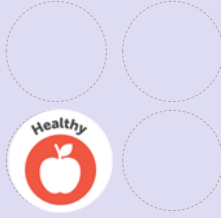
Drama Academy – Sets & Effects 9:45am – 12:pm

The Drama Sets and Effects Group focuses on the creative design and construction of props, backdrops, and special effects for performances. Participants develop teamwork, problem-solving, and artistic skills while bringing theatrical scenes to life behind the scenes.



Fitness and Healthy Eating 9:45am – 12:pm

Fitness and Healthy Eating is a wellbeing-focused program that combines physical activity with nutritional education to support a balanced lifestyle. Participants engage in exercise routines and learn about making healthy food choices, promoting overall physical and mental health.



Puzzle and Tactile Art 9:45am – 12:pm

Puzzle and Tactile Art is a sensory-based program that enhances problem-solving, fine motor skills, and creativity through engaging, hands-on activities. Participants enjoy a calming and inclusive environment while exploring textures, shapes, and visual patterns.



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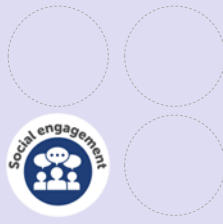
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What's on!

Wednesday - Afternoon

Lunch 12:00pm - 12:30pm

Lunchtime is a relaxed and social part of the day where clients together to enjoy their meals in a comfortable setting. It offers an opportunity to recharge, engage in friendly conversation, and build positive relationships.



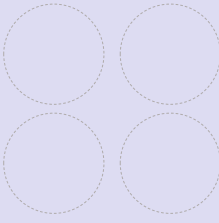
Game of UNO 12:30pm – 1:00pm

A game of UNO provides a fun and interactive way for participants to develop focus, turn-taking, and social skills. It encourages friendly competition, laughter, and engagement in a supportive group setting.



Drama Academy - Practicals 1:00pm – 2.30pm

Drama Practicals is a hands-on program where participants rehearse scenes, practice acting techniques, and explore stage movement to build confidence and performance skills. It encourages creative expression, teamwork, and effective communication in a supportive theatrical setting.



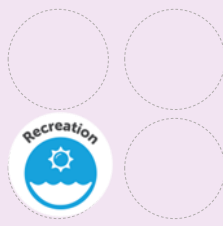
Art and Craft Group 1:00pm – 2.30pm

The Art and Craft Group encourages creativity and self-expression through a variety of hands-on projects such as painting, drawing, and crafting. Participants build fine motor skills, explore different materials, and enjoy a supportive environment for artistic exploration.



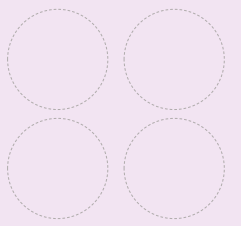
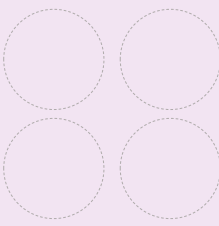
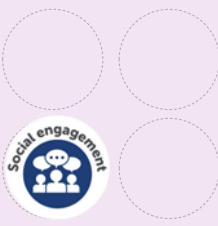
Swimming 1:00pm – 2.30pm

Swimming is a recreational and therapeutic activity that promotes physical fitness, coordination, and relaxation. Participants build water confidence, improve mobility, and enjoy a fun, social experience in a safe environment.



Tidy up after programs and prepare for home time 2:30pm - 3:00pm

Tidy up after programs and prepare for home is a structured routine that encourages participants to clean up their activity areas and gather personal belongings. This promotes independence, responsibility, and readiness for a smooth transition at the end of the day.



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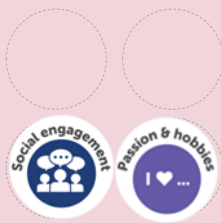
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What's on!

Thursday - Morning

Pre-meeting Activities – History Quiz and Morning Meeting 8:00am - 9:30am

History Quiz is an engaging educational activity that challenges participants' knowledge of historical events, figures, and timelines. It encourages critical thinking, memory recall, and group interaction in a fun and stimulating setting.



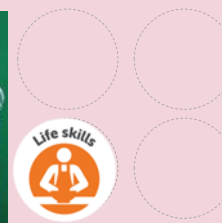
Morning Tea 9:30am – 9:45am

Morning tea was a relaxed and social time where everyone gathered to enjoy light refreshments together. It provided an opportunity for clients and staff to connect, reflect on the morning activities, and prepare for the rest of the day. The atmosphere was friendly and inclusive, encouraging positive interactions and a sense of community.



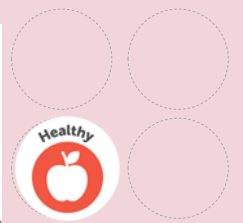
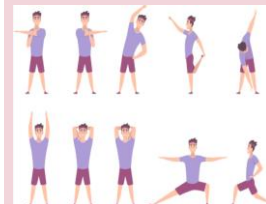
Week 1: Recycling 9:45am – 12:pm

Recycling is an environmentally-focused activity that teaches participants how to sort and dispose of waste materials responsibly. It promotes sustainability, awareness of environmental impact, and encourages lifelong eco-friendly habits.



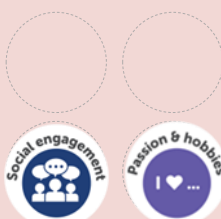
Week 2: Fitness & Movement 9:45am – 12:pm

Fitness and Movement is an active program designed to improve strength, flexibility, and coordination through a variety of physical exercises. It supports overall health and wellbeing while encouraging participants to stay active and engaged in a fun group setting.



Week 1: Scraping Booking Club 9:45am – 12:pm

Scrapbooking is a creative program where participants design personalised memory books using photos, stickers, and decorative materials. It encourages storytelling, fine motor skills, and self-expression while preserving meaningful moments.



Week 2: Curiosity Lab 9:45am – 12:pm

Science Experiment is an interactive program that sparks curiosity and critical thinking through hands-on exploration of scientific concepts. Participants engage in fun, safe experiments that promote observation, inquiry, and a deeper understanding of how things work.



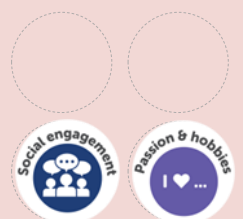
Week 2: Imagination Station 9:45am – 12:pm

Creative Writing is a program that encourages imagination, storytelling, and self-expression through written words. Participants explore different writing styles and techniques, building confidence and communication skills in a supportive environment.



Week 2: Thrive Music 9:45am – 12:pm

Thrive Music is an engaging program that encourages self-expression, rhythm, and coordination through singing, instrument play, and music appreciation. It supports emotional wellbeing, creativity, and social connection in a fun and inclusive environment.




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What's on!

Friday - Morning

<div><div>Pre-meeting Activities – Books and Morning Meeting</div><div>8:00am - 9:30am</div><div><p>Books and Interesting Topics is a discussion-based program that encourages curiosity and knowledge sharing through reading and exploring a variety of subjects. Participants build comprehension, communication skills, and engage in thoughtful conversations in a relaxed and inclusive setting.</p><div><div><div>Life skills</div><div>Foundations</div><div>Passion & hobbies</div></div></div></div></div>	<div><div>Morning Tea</div><div>9:30am – 9:45am</div><div><p>Morning tea was a relaxed and social time where everyone gathered to enjoy light refreshments together. It provided an opportunity for clients and staff to connect, reflect on the morning activities, and prepare for the rest of the day. The atmosphere was friendly and inclusive, encouraging positive interactions and a sense of community</p><div><div><div>Social engagement</div><div>Healthy</div></div></div></div></div>	<div><div>World Wonders Club</div><div>9:45am – 12:pm</div><div><p>World Wonders is an educational program that explores famous landmarks, natural marvels, and cultural treasures from around the globe. It promotes global awareness, curiosity, and appreciation for history, geography, and diverse cultures.</p><div><div><div>Social engagement</div><div>Healthy</div></div></div></div></div>	<div><div>Library Group</div><div>9:45am – 12:pm</div><div><p>Library Group is a quiet and reflective program where participants explore books, magazines, and other reading materials to support literacy and personal interests. It encourages a love for reading, independent learning, and calm social engagement in a peaceful environment.</p><div><div><div>Life skills</div><div>Social engagement</div><div>Passion & hobbies</div></div></div></div></div>
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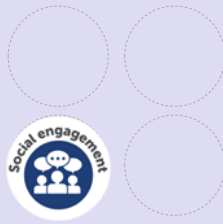
Program dates: 1st April 2025 – 30th June 2025

What's on!

Friday - Afternoon

Lunch 12:00pm - 12:30pm

Lunchtime is a relaxed and social part of the day where clients together to enjoy their meals in a comfortable setting. It offers an opportunity to recharge, engage in friendly conversation, and build positive relationships.



Game of UNO 12:30pm – 1:00pm

A game of UNO provides a fun and interactive way for participants to develop focus, turn-taking, and social skills. It encourages friendly competition, laughter, and engagement in a supportive group setting.



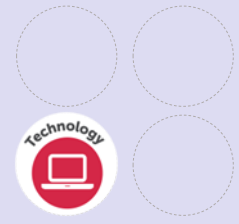
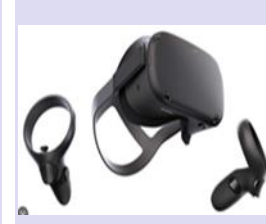
Puzzles and Board Games 1:00pm – 2.30pm

Puzzles and Board Games Group is a fun and interactive program that promotes strategic thinking, problem-solving, and social engagement. Participants enjoy a variety of games that encourage turn-taking, teamwork, and cognitive stimulation in a supportive setting.



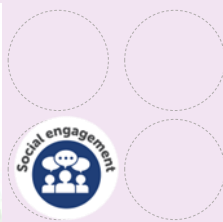
Thrive Virtual Reality/IT Skills 1:00pm – 2.30pm

Thrive Virtual Reality/IT Skills is a technology-based program designed to enhance digital literacy and build confidence using modern tools. Participants explore virtual environments and practice essential IT skills, supporting cognitive development and real-world application.



Tidy up after programs and prepare for home time 2:30pm - 3:00pm

Tidy up after programs and prepare for home is a structured routine that encourages participants to clean up their activity areas and gather personal belongings. This promotes independence, responsibility, and readiness for a smooth transition at the end of the day.



Lawnton Learning and Lifestyle hub

Operating Hours

Monday – Friday

8:00am – 3:00pm

Contact Us for More Information

Phone: 1800 112 112

Email: hello@endeavour.com.au



Learning and Life Skills Icons and 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.



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