

What's on at Townsville (L&L 2)

July – September 2024

Monday

Tuesday

Wednesday

Thursday

Friday


Morning Welcome (8.30am – 9am)


9am – 12pm

Fitness in the Park
Healthy


Grocery Shopping
Life skills


Thrive
Foundations



Morning Walk
Recreation



Thrive
Foundations



Fitness in the Park
Healthy

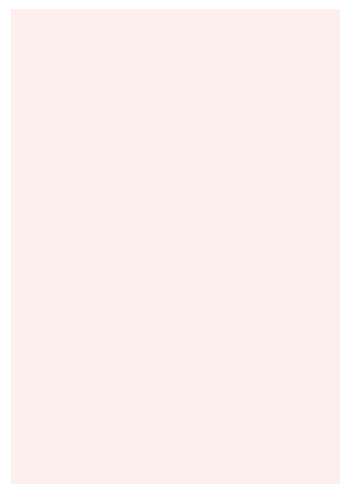

Grocery Shopping
Life skills


Thrive
Foundations


Basketball
Healthy



Thrive
Foundations



3D Puzzles
Passion & hobbies






Lunch (12pm – 1pm)


1pm to 3pm


Cooking
Foundations



Fishing
Passion & hobbies



Gardening
Life skills



VR
Technology



Art Studio
Passion & hobbies



Sewing
Passion & hobbies



Cooking
Foundations


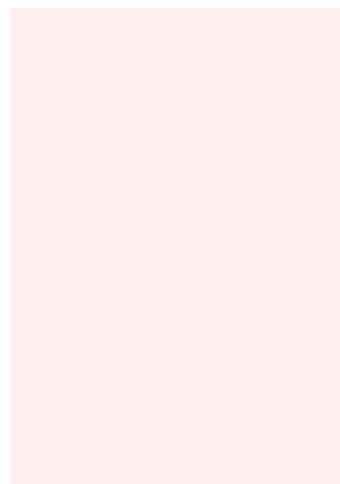
Art Studio
Passion & hobbies


Gardening
Life skills


Ten Pin Bowling
Recreation


Gardening
Life skills


VR
Technology




Mornings at Townsville (L&L 1)

July - September 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Morning Tea (10am – 10.30am)

8.30am – 12pm

Morning Walk
Recreation

Morning Walk
Recreation

Games on the Deck
Recreation

In Motion (Dance)
Recreation

Morning Walk
Recreation

All Abilities Workout
Recreation

Morning Walk
Recreation

Friday Social on the Deck
Social engagement

Grocery Shopping
Life skills

Cooking
Foundations

RSL
Social engagement

Grocery Shopping
Life skills

Cooking
Foundations

Thrive: Living Indep.
Foundations

Landcare Volunteer Group
Passion & hobbies

Local Attraction Visit
Social engagement

Disco
Social engagement

Local Attraction Visit
Social engagement

Number Mapping
Foundations

Word Mapping
Foundations

Grocery Shopping
Life skills

Cooking - BBQ
Foundations

Afternoons at Townsville (L&L 1)

July - December 2024

Monday

Tuesday


Wednesday

Thursday

Friday


Lunch (12pm – 1pm)


1pm – 3pm

ART Project
Passion & hobbies


Recycling
Passion & hobbies


Library
Passion & hobbies



CRAFT Project
Passion & hobbies


Scrap-booking
Passion & hobbies


Local Attraction Visit
Social engagement



Number Mapping
Foundations


Word Mapping
Foundations



CRAFT Project
Passion & hobbies


VR
Technology



Laptop Lesson
Technology



Scrap-booking
Passion & hobbies


Local Attraction Visit
Social engagement


Ten Pin Bowling
Recreation


Op. Shopping
Social engagement


CRAFT Project
Passion & hobbies


ART Project
Passion & hobbies


Afternoons at Site Name

July - December 2024

Monday

Tuesday

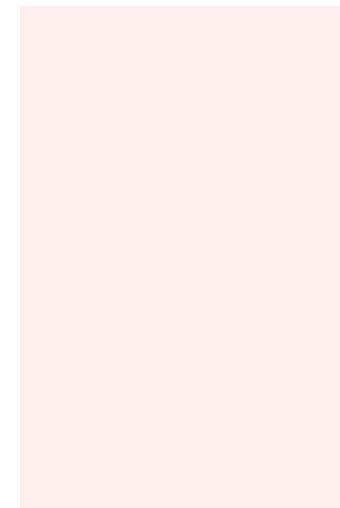
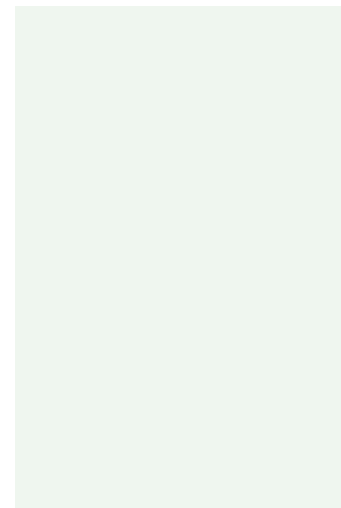
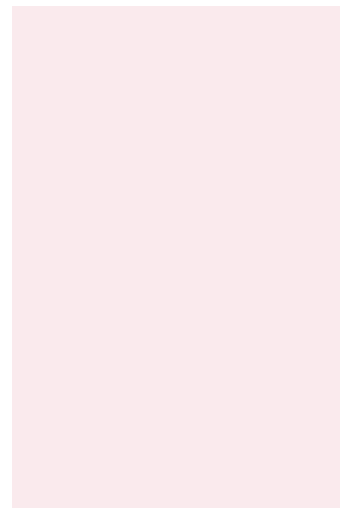
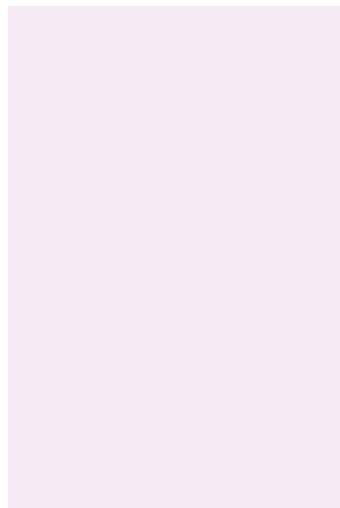
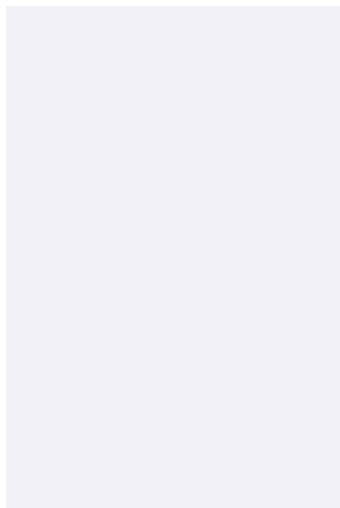
Wednesday

Thursday

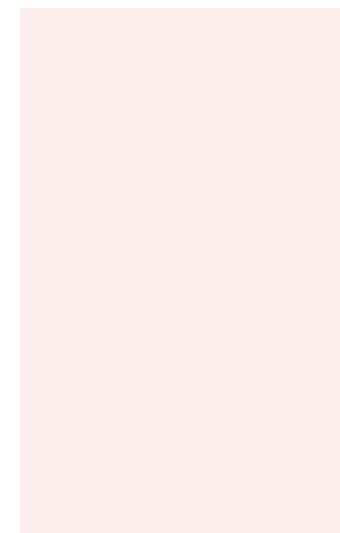
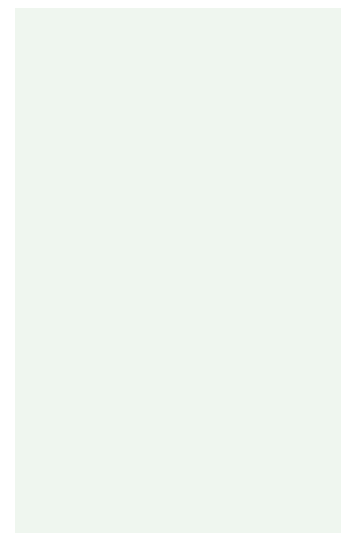
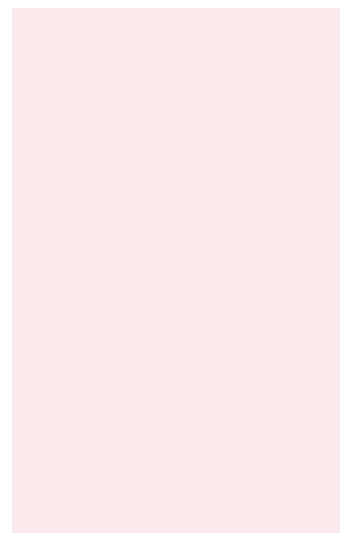
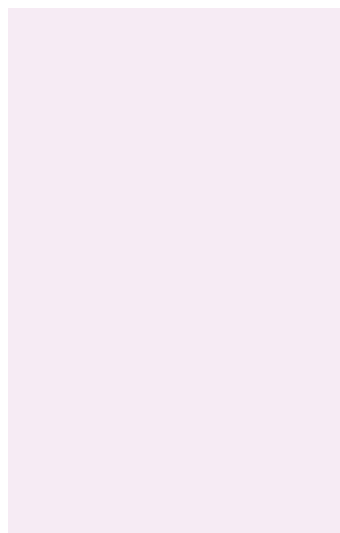
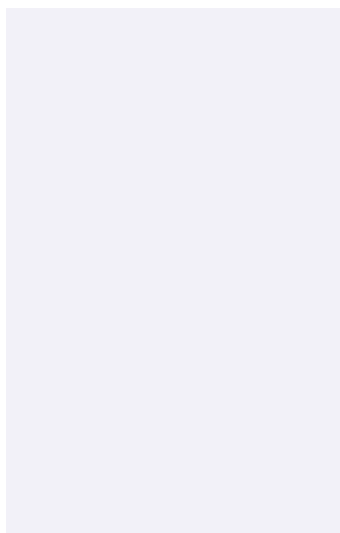
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Morning Welcome (8.30am – 9am)

9am – 10.30am



10.30am – 12pm



Afternoons at Site Name

July - December 2024

Monday

Tuesday

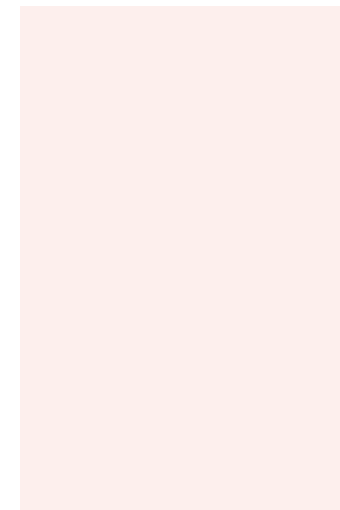
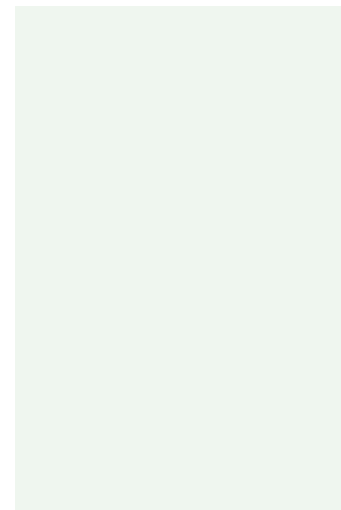
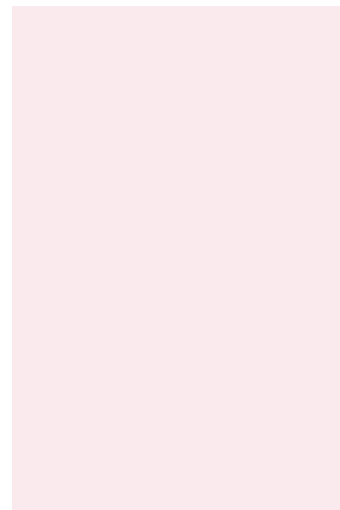
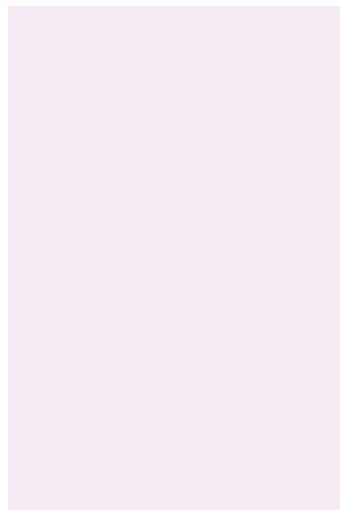
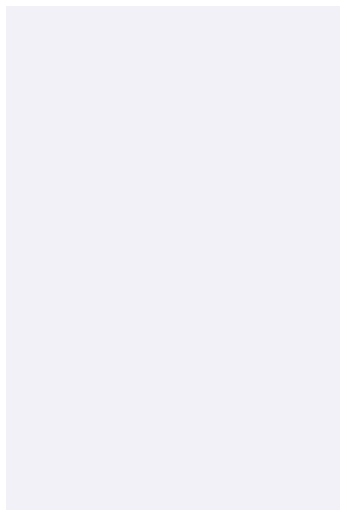
Wednesday

Thursday

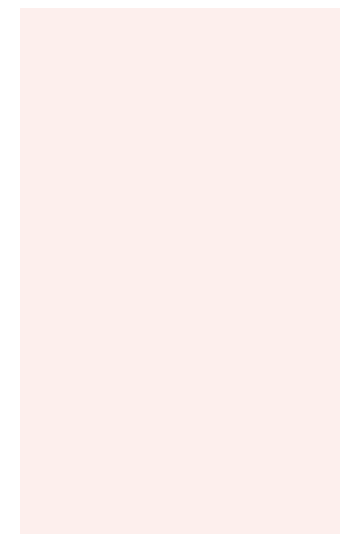
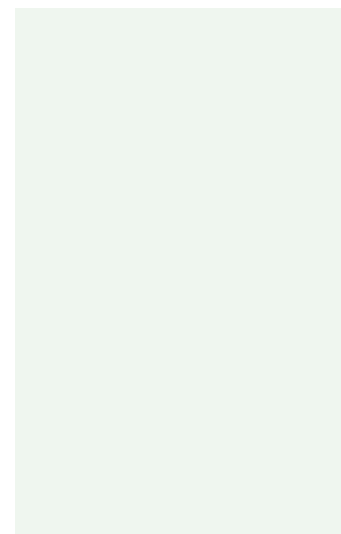
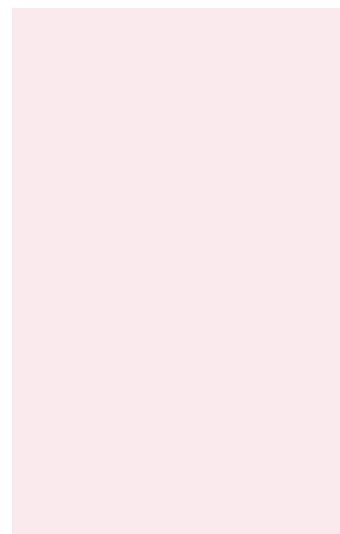
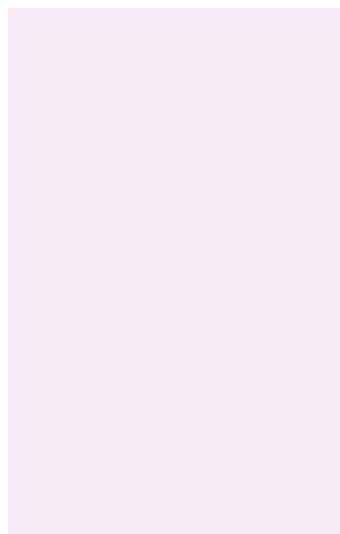
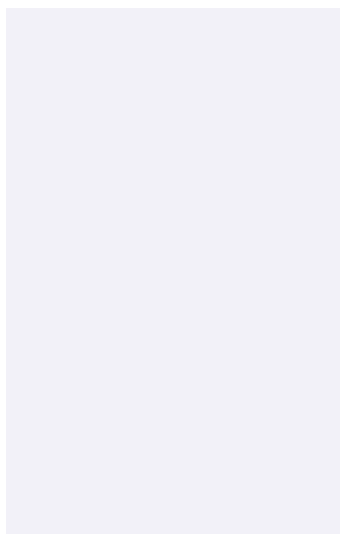
Friday

Lunch (12pm – 1pm)

1pm – 2.30pm



2.30pm – 4.30pm



More about our activities

Cooking



Cooking with Pam

- Mondays 10am – 12pm
- In the centre
- \$6.00

On Wednesdays we whip up a feast! From baking to frying we cover it all. Using recipes that we find in the computer skills class we learn all about how to create yummy, healthy meals. The best part is that afterwards we eat what we cook for lunch that day.

Activity 1



Activity name

- Time activity runs (optional)
- Location
- Cost

Brief description

Outing



Wednesday outing

- 10am – 12pm
- In the community

On Wednesdays we love to get out and about. Here's where we'll be heading off to in these warmer months.

First and third Wednesday of the month: Bunnings

Nothing like a bit of DIY! Our local Bunnings runs workshops which are great for developing life skills.

Second and fourth Wednesday of the month: Swimming \$4.50

The weather is warming up so what better way to get some exercise and have some fun. On these days we jump in the car and head down to Redcliffe Swimming Pool to work on our techniques and play games. Need to bring swimmers, towel, hat and sunscreen.

Activity 4



Activity name

- Time activity runs (optional)
- Location
- Cost

Brief description

Activity 1



Activity name

- Time activity runs (optional)
- Location
- Cost

Brief description

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 in order to learn those skills required to know what type of work a person is interested in, search for work, apply for and under- take 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, communication
- Numbers, 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)
- 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