

# Castle Hill Learning and Lifestyle Hub



## Operating Hours

Monday to Friday 9am – 3pm

Term Dates – Monday 13<sup>th</sup> October – Friday 19<sup>th</sup> December

## Contact Us For More Information

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Team Leader

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# About Castle Hill Learning and Lifestyle Hub

## What We Offer

- Learning and Lifestyle Programs
- Skill development
- Social Support
- Community Access



## Learning and Lifestyle Program

New skills, new friends and loads of fun.

It all awaits you at an Endeavour Foundation Learning and Lifestyle Hub in Castle Hill.

Our much-loved hub is regularly buzzing with an ever-changing calendar of engaging learning programs and entertaining activities – both on site and out in the community.

Better yet, these programs and activities are tailored to your individual interests and support you to reach your unique goals.

# Monday



Time	Program
9am – 9:30am	Morning Meditation
09:30am – 11am	Fitness & Healthy Choices
11:30am – 1pm	Music Therapy with Lara - Cost \$5.00
1:30pm – 3pm	Literacy & Comprehension 'Animals of the world'

**Morning Tea 11:00am & Lunch 1:00pm**

# Tuesday



Time	Program
9am – 9:30am	Morning Meditation
09:30am – 11am	Money & Shopping Shopping/Gardening
11:30am – 1pm	Cooking 'Around the world' – Cost - \$5.00
1:30pm – 3pm	Geography 'Around the world'

**Morning Tea 11:00am & Lunch 1:00pm**

## Wednesday



Time	Program
9am – 9:30am	Morning Meditation
09:30am – 11am	Drama
11:30am – 1pm	Latte Lovers – Cost - \$6.00
1:30pm – 3pm	Science Experiments

**Morning Tea 11:00am & Lunch 1:00pm**

## Thursday



Time	Program
9am – 9:30am	Morning Meditation
09:30am – 11am	Fitness & Healthy Choices
11:30am – 1pm	Bowling – Cost - \$7.00
1:30pm – 3pm	Independent Living Skills

**Morning Tea 11:00am & Lunch 1:00pm**



# Friday Week 1 - 4

Calendar Term 4

<b>17<sup>th</sup> October</b>	<b>Movies – Reading Cinema</b>
<b>Cost</b>	\$18.00 (extra for candy bar)
<b>What to bring</b>	Morning tea, lunch, drink companion card

<b>24<sup>th</sup> October</b>	<b>Sydney Zoo</b>
<b>Cost</b>	\$40.00
<b>What to bring</b>	Morning tea, lunch, hat, drink, concession card

<b>31<sup>st</sup> October</b>	<b>Halloween Spooktacular</b>
<b>Cost</b>	Free
<b>What to bring</b>	Morning tea, lunch, drink <b>Halloween Dressup!</b>

<b>7<sup>th</sup> November</b>	<b>Pub Lunch – Australian Brewery</b>
<b>Cost</b>	\$25.00
<b>What to bring</b>	Morning tea, drink



# Friday Week 5 - 8

Calendar Term 4

<b>14<sup>th</sup> November</b>	<b>Ferry to Cockatoo Island</b>
<b>Cost</b>	\$10 Café + Opal card \$10
<b>What to bring</b>	Morning tea, lunch, hat concession card, opal card

<b>21<sup>st</sup> November</b>	<b>Picnic Auburn Botanical Gardens</b>
<b>Cost</b>	\$5.00 towards picnic lunch
<b>What to bring</b>	Morning tea, drink, hat

<b>28<sup>th</sup> November</b>	<b>Zone Bowling Rooty Hill</b>
<b>Cost</b>	\$7.00
<b>What to bring</b>	Morning tea, lunch, companion card

<b>5<sup>th</sup> December</b>	<b>Chinese Restaurant Lunch</b>
<b>Cost</b>	\$20.00
<b>What to bring</b>	Morning tea, drink





## Friday Week 8 - 10

Calendar Term 4

<b>12<sup>th</sup> December</b>	<b>Vineyard Xmas Display &amp; Café/Ice Cream</b>
<b>Cost</b>	\$10
<b>What to bring</b>	Morning tea, lunch, drink

<b>19<sup>th</sup> December</b>	<b>Endeavour Xmas Party</b>
<b>Cost</b>	Free
<b>What to bring</b>	N/a

Please note some activities may change due to weather – we will try and change to a suitable activity of the group's choice

