

# Cairns Learning and Lifestyle hub

Program dates: 1 April 2025 – 30 June 2025

## What's on!

## Monday

### Baking

9:00am – 10:15am

Join us for a morning of baking. Learn how to make some yummy and healthy snacks.



### Sustainable Living Home garden

9:00am - 10:15am

Join in our gardening program and learn some basic gardening skills, sun safety. Watch your plants flourish, grow produce to use in cooking activities, hydroponics and sensory garden.



### Morning Tea

10:15am – 10:45am

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



### Café Skills

10:45am – 12:00am

Learning café skills is not just about brewing coffee, its about the social experience. Come join us in learning to making coffee, sharpen you customer service skills and work as part of a team. Let's brew up some fun together.



### Multi-Media

10:45am – 12:00pm

Join our multimedia program to unleash your creativity and develop new skills in video production, photo editing, 3D printing and more. Build confidence and have fun while learning.



### Lunch

1:00pm - 0:00pm

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



### Fitness

1:00pm – 2:30pm

The fitness program is about helping you live your best healthiest life, from fun physical activities to practical tips on nutrition and wellness. It is designed to support you in feeling great.



### Bowling

1:00pm – 2:30pm

Join us for a fun and social bowling activity of Tenpin bowling! It's a great way to stay active, meet new people, and enjoy some friendly competition. Whether you're a beginner or experienced player, everyone is welcome to come together and have fun.



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## What's on!

## Tuesday

### Walking Group

9:00am – 10:15am

Join in for a little light exercise while taking in the beautiful walking tracks around the local area while enjoying your friend's company.



### Sustainable Living Home garden

9:00am - 10:15am

Join in our gardening program and learn some basic gardening skills, sun safety. Watch your plants flourish, grow produce to use in cooking activities, hydroponics and sensory garden.



### Morning Tea

10:15am – 10:45am

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



### Recycling and Sustainability

10:15am – 10:45am

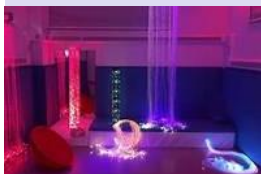
Join our recycling and sustainability program to make a difference in looking after our planet. Learn about sustainable living practices while reducing waste, saving water and more. All while having fun with your friends.



### Relaxation and Meditation

10:45am – 12:00pm

Relaxation and Meditation gives you a peaceful space to relax, unwind, and focus on yourself. The activities include guided sessions with breathing, body awareness and visualisation.



### Lunch

12:00pm – 1:00pm

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



### Sports/ Rec - Basketball Week 1 or Photography

1:00pm - 2:30pm

**Basketball** is a fun sport to enjoy with friends while keeping fit.

**Photography** – Develop your creativity with taking portrait and landscape pictures around your Community.



### Sail-ability Week 2

1:00pm - 2:30pm

Join the group to head out on the water for the afternoon. Either enjoy a bit of sailing or out on the pontoon boat. Then enjoy a cold beverage in the Yacht club with friends.



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## What's on!

## Wednesday

### Shopping (Money handling and Budgeting)

9:00am - 10:15am

We head out to the local shopping centre and purchase the ingredients for our cooking program. Learning valuable life skills like following a shopping list and money handling.



### Rugby Clinic (Brothers League Club)

9:30am - 10:15am

Come join a group at the local Rugby club for some skills and drills. Meet new people and get some exercise while having loads of fun.



### Morning Tea

10:15am – 10:45am

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



### Cooking Program

10:45am – 12:00pm

Come join in the cooking program where you will learn food safety, hygiene, knife skills and more. Each month is a new countries cuisine. After all the hard work we sit down and enjoy what we have cooked with our friends.



### What's your Culture

10:45pm – 12:00pm

Our What's your culture runs along side the cooking program. We will look at a different country each month and learn a little about that countries culture through fun activities and videos.



### Lunch

12:00pm – 1:00pm

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



### Music and Dance

1:00pm – 2:30pm

Get your groove on. Enjoy a variety of music. Step on the dance floor and have some fun while dancing the afternoon away.



### Arts & Craft

1:00pm – 2:30pm

Get creative and explore your artistic side with our arts and crafts activity! Where you enjoy painting, drawing, or making unique crafts, this session is a great way to relax, express yourself and have fun





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## What's on!

## Thursday

### Public Transport 9:15am – 12:00pm

Take a trip with public transport and gain skills in reading a timetable, money handling and socialising with friends and community members.



### Morning Tea (While out in Community) 10:15am - 10:45am

Take a break, relax and enjoy a delicious morning tea while developing social connections while out in the community.



### Public Transport 10:45am - 12:00pm

Continue the trip on public transport and gain skills in reading a timetable, money handling and socialising with friends.



### Lunch 12:00pm – 1:00pm

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



### Painting 1:00pm - 2:30pm

Get creative and explore the different types of painting techniques. This is a great way to relax, express yourself and have fun.



### Woodwork 1:00pm – 2:30pm

Come join in and enjoy the art of woodwork. Nothing better than created items using your own hands. Learning new skills with a variety of hand tools.



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## What's on!

## Friday

### Grocery Shopping

9:00am - 10:15am

We head out to the local shopping centre and purchase the ingredients for our BBQ. We learn the following life skills in following a shopping list and money handling.



### Home and Garden

9:00am - 10:15am

Join in our gardening program and learn some basic gardening skills, sun safety. Watch your plants flourish, grow produce to use in cooking activities, hydroponics and sensory garden.



### Morning Tea

10:15am - 10:45am

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



### Meal Prep for BBQ

10:45am – 11:00am

Join in and prepare the food for our BBQ out in the community. Where you will learn food safety, hygiene, knife skill and more.



### BBQ (Out in the Community)

11:30pm - 1:30pm

Join us as we head out into the community and cook a BBQ at one of the many beautiful spots around Cairns.



### Free Choice

1:00pm - 2:30pm

This is a time to choose from many different activities. Relax and wind down from the week. It might be finishing off a project or listening to music, a colouring activity or just sitting chatting to friends.



# Cairns Learning and Lifestyle hub

## Operating Hours

**Monday – Friday**

8.30am – 3pm

## Contact Us for More Information

Phone: 1800 112 112

Email: [hello@endeavour.com.au](mailto: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