

Mornings at Kearneys Spring L&L

July - December 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Morning Welcome (9am – 9.30am)

Option 1

Disability
Dance
\$8.50



Fit Lab
\$5.00



Great Adventure
\$6.00
9am – 3pm



C.O.F Float Building



Cooking
\$7.00



Photography



9.30 am – 12.00pm
Choose option 1 or 2

Option 2

Cooking
\$7.00



EFI
Relationships
\$5.00



Art Class
\$3.00



Morning with the
stars or
Dream Cafe



Transport
Training
Thrive Learning
\$3.00



Afternoons at Kearneys Spring L&L

July - December 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch (12pm – 1pm)

Option 1

Computer Program



Bowling
\$10.00



Great Adventure
9am – 3pm



Computer Program



Car buddy Program



1pm – 3.00pm
Choose Option 1 or 2

Option 2

Music Class



Sign Language Class
\$5.00



Music Class



Art Class
\$3.00



Friday Afternoon Games



C.O.F Float Building



More about our activities

Cooking



Cooking class

- Mondays & Friday 9.30am – 12pm
- In the centre
- \$7.00
- Join us on Mondays and Fridays for our cooking classes! Learn the basics of cooking, including dietary requirements, finding recipes, and creating delicious meals.

Sign
Language



Sign Language

- Tuesday 1pm – 2.30pm Sign Language
- In Centre
- \$5.00

We are incredibly fortunate to have Jo join us to teach the basics of sign language to the people we support. As a hearing-impaired individual, Jo brings a unique perspective and passion to her teaching, helping our community find their own voice where spoken language may be a challenge. Her sessions are not only educational but also empowering, offering a valuable skill and a deeper sense of connection.

Outing



Wednesday outing

- 9am – 3pm
- In the community

Join us every Wednesday for our Great Adventure! Each week, we pick a new spot in the region to explore for the day. With limitless possibilities, this activity offers a fantastic chance to be out in the community, enjoy the freedom, and discover exciting new places. Don't miss out on the fun and adventure!

Friday Afternoon activities

Friday afternoons are the perfect time to relax and have some fun as the week winds down. Join us for a variety of free games like Bingo, Ping Pong, and sand bag toss, among many others. Plus, once a month, we host a themed disco where you can dress up and dance the night away. Come and enjoy the festivities!

Music and Art

Don't miss out on our Art and Music classes, run by the talented staff at L&L. Whether you're creating beautiful music or an amazing piece of artwork, you'll have something wonderful to take home and share. Join us for these inspiring sessions on Monday from 1 PM to 3 PM, Wednesday from 9:30 AM to 12 PM, and Thursday from 1 PM to 3 PM. Come and unleash your creativity!

Friday
Funday



Disability
Dance



Disability Dance

- 9.30am- 11.30am Monday
- In Centre
- \$8.50

Join us every Monday as Dom Tulleken from D Dance Academy visits our center to teach dance to the people we support. Dom takes great pleasure in helping our community open up and learn the fundamentals of dance, bringing everything together in fun and engaging sessions. Don't miss out on this wonderful opportunity to learn and express yourself through dance!

Computer
Program



Computer Program

- 1pm-3pm Monday - Thursday
- In Centre
- Free

Our computer program, run by the staff at L&L, offers a diverse range of activities. In addition to improving typing skills, participants can use VR headsets to learn practical skills such as using an ATM, driving, and much more. Join us for an exciting and innovative learning experience!

Music
and Art



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 moneyskills
- 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