

Bowen Hills Learning and Lifestyle hub

Program dates: 22nd April 2025 – 14th July 2025

What's on!

Monday - Morning






<div><div>Cooking</div><div>9.30am – 12.00pm</div><div>Enjoy a fun was to COOK, CREATE & CONNECT – Choose your meal as a group, head out to shops collect ingredients, learn cook, then enjoy your delicious lunch with friends for just \$7 a class!!</div><div><div><div>Activity fee</div><div>Social engagement</div><div>Healthy</div><div>Life skills</div></div></div></div>	<div><div>Morning Melodies</div><div>9.30am – 12.00pm</div><div>Description of activity description of activity description of activity description of activity description of activity.</div><div><div><div>Activity fee</div><div>Social engagement</div><div>Passion & hobbies</div><div>Life skills</div></div></div></div>	<div><div>Op shopping</div><div>9.30am – 12.00pm</div><div>Explore a variety or op shops/ thrift stores while practicing independence with money handling and bargain hunting. Bring cash \$10 max or just enjoy some fun window shopping.</div><div><div><div>Activity fee</div><div>Social engagement</div><div>Passion & hobbies</div><div>Life skills</div></div></div></div>	<div><div>Sail Ability Bayside – ALL DAY</div><div>9.30am -12.00pm</div><div>Sail ability bayside – feel the wind in your hair as you enjoy a 1:1 sail with trained sailors or hop on the big boat with friends for a relaxing ride. \$10 per session.</div><div><div><div>Activity fee</div><div>Social engagement</div><div>Passion & hobbies</div><div>Recreation</div></div></div></div>
<div><div>Men Shed</div><div>9.30am – 11.30am</div><div>Men's shed – a great group for men to connect, learn woodworking skills, and create items to support communities in need. \$40 annual membership includes a special end-of-year lunch event. Limited spots.</div><div><div><div>Activity fee</div><div>Social engagement</div><div>Passion & hobbies</div><div>Recreation</div></div></div></div>	<div><div>Art</div><div>9.30am – 12.00pm</div><div>Art – Tap into your creativity and express yourself through fun projects, from themed disco decoration to themed holiday art and more !</div><div><div><div>Passion & hobbies</div><div>Social engagement</div><div>Life skills</div><div>Healthy</div></div></div></div>	<div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div></div>

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Monday - Afternoon

<div><div>Maths/English</div><div>1.00pm – 2.25pm</div><div>Maths & English – A mix of learning basic numbers or tackling tricky sums, plus English activities like creating the monthly newsletter, watching ‘Behind the News’, and building listening and comprehension skills.</div><div><div><div>Social engagement</div><div>Foundations</div><div>Life skills</div><div>Technology</div></div></div></div>	<div><div>Reading Mindfulness</div><div>1.00pm – 2.25pm</div><div>Reading Mindfulness – unwind with a good book or group audiobook session in our calming sensory room while building your reading skills.</div><div><div><div>Foundations</div><div>Social engagement</div><div>Passion & hobbies</div><div>Life skills</div></div></div></div>	<div><div>Music</div><div>1.00pm – 2.25pm</div><div>Whether you're into rock ‘n’ roll, smooth R&B, chilled-out country, playing instruments, or singing karaoke, enjoy a fun and interactive music session!</div><div><div><div>Passion & hobbies</div><div>Social engagement</div><div>Technology</div><div>Life skills</div></div></div></div>	<div><div>Container for change</div><div>1.00pm – 2.25pm</div><div>Collecting cans at home? Bring them in on Monday and we'll help you turn your cans into cash !!</div><div><div><div>Life skills</div><div>Recreation</div><div>Social engagement</div><div>Technology</div></div></div></div>
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What's on!

Tuesday - Morning

Sweet Treats

9.30am – 12.00pm

Got a sweet tooth and a passion for baking? Join the Sweet Treats Group – where mouthwatering creations, fun-filled socials, and a dash of creativity come together! Plus, cap off the year with a tasty tour of local bakeries.



Bunnings Build-IT

9.30am – 12.00pm

A hands-on, fun-filled activity hosted by our local Bunnings Warehouse! Get creative, build something awesome, and best of all – you get to take your masterpiece home!



English/Newsletter

9.30am – 12.00pm

Sharpen your writing, reading and comprehension skills while being a part of a creative team! Help craft our monthly newsletter and share the exciting journey of our group with everyone.



Bowl Master's

9.30am – 12.00pm

Are you competitive? Love a bit of friendly fun? Join us for a game of bowling at Strathpine Strike Bowl - \$6 per session ! It's a great way to challenge yourself, have a laugh, and build independence by paying for your own game.



BeautyLAB

9.30am – 12.00pm

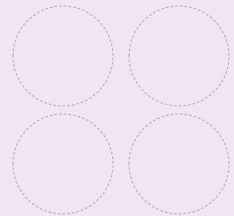
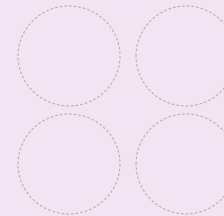
A space for everyone to discover the importance of self-care and learn practical ways to put those lessons, into actions. Refresh, relax, and feel your best – inside & out!



Discover Brisbane – ALL DAY

9.30am – 12.00pm

Get out and explore all the amazing sights and experiences Brisbane has to offer ! Got a place in mind? Let our team know, and we'll help plan the adventure and bring it to life!



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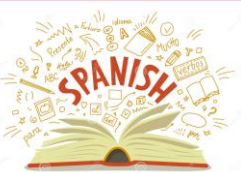
What's on!

Tuesday - Afternoon

Spanish

1.00pm – 2.25pm

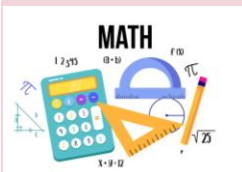
Hola! – Dive into the beauty of the Spanish language and enjoy learning alongside others in a fun and friendly group setting.



Maths

1.00pm – 2.25pm

Whether you're starting with the basics or diving into advanced maths, we've got you covered! From handling money to recognizing numbers, we'll help you learnt at your own pace – all in a fun supportive environment



Pets & Garden

1.00pm – 2.25pm

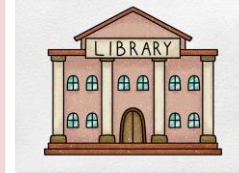
Meet our adorable centre guinea pigs & help care for them, along with our fish tank. You'll also learn how to look after plants & keep our garden thriving – fun & hands-on way to build responsibility & connect with nature



Library

1.00pm – 2.25pm

Got overdue library books & no time to return? Bring them in & we'll help you out! Plus, we visit New Farm Library once a month, where you can join on some awesome workshops & activities.



Around the World

1.00pm – 2.25pm

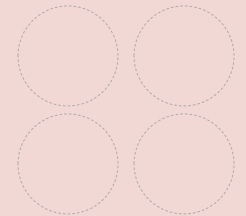
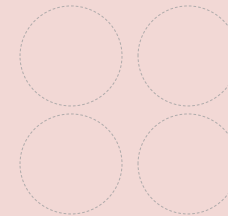
Love the idea of travelling? Fun program lets you explore different countries, culture, & cuisines! Plus we'll teach you how to browse the internet to discover must-see places & tasty foods from around the globe!



Discover Brisbane – ALL DAY

1.00pm – 2.25pm

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What's on!

Wednesday - Morning

Cooking 9.30am – 12.00pm

Enjoy a fun was to COOK, CREATE & CONNECT – Choose your meal as a group, head out to shops collect ingredients, learn cook, then enjoy your delicious lunch with friends for just \$7 a class!!



VReality3D 9.30am – 12.00pm

Step into the world of virtual reality! Whether you're learning to be a barista, experience life behind the wheel, or creating amazing projects with our two 3D printers, there's something exciting for everyone to explore.



Gone Fishing – ALL DAY 9.00am – 12.00pm

Spend a relaxing day exploring great fishing spots while learning simple, hand-on skills to reel in your catch. We catch and release. Perfect for beginners and fishing fans alike!



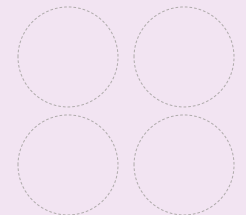
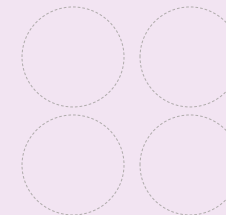
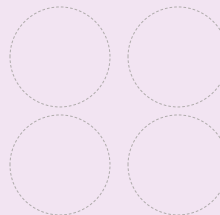
Memory Keepers 9.30am – 12.00pm

Unleash your creativity in a fun group setting as you design keepsakes and capture memories. Connect with others who share your passion and turn special moments into lasting treasures.



Morning Melodies – ALL DAY 9.30am – 12.00pm

Join us, fun filled morning at Wynnum, playing musical bingo – just \$10 to play, with the chance to win cash prize ! Prefer to sit out? No problem! Relax and enjoy great music & socialize with friends in lively atmosphere.



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Wednesday - Afternoon

Morning Melodies – ALL DAY 1.00pm – 2.25pm

Join us, fun filled morning at Wynnum, playing musical bingo – just \$10 to play, with the chance to win cash prize ! Prefer to sit out? No problem! Relax and enjoy great music & socialize with friends in lively atmosphere.



Gone Fishing – ALL DAY 1.00pm – 2.25pm

Spend a relaxing day exploring great fishing spots while learning simple, hand-on skills to reel in your catch. We catch and release. Perfect for beginners and fishing fans alike!



Bingo 1.00pm – 2.25pm

Enjoy a variety of exciting bingo styles, from classic bingo to themed games, musical bingo, and word-based challenge. There's something fun for everyone – come join the fun and try them all!



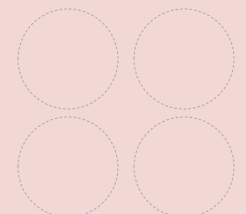
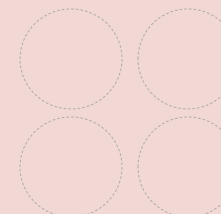
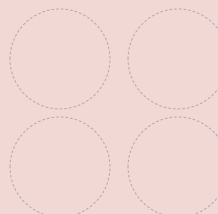
Active in Park 1.00pm – 2.25pm

Get moving and have fun outdoors! From using park exercise equipment to shooting hoops or kicking a ball around, there's plenty of ways to stay active and enjoy the fresh air with friends.



Sewing/Knitting 1.00pm – 2.25pm

Whether you're a beginner or an expert – fun way to learn basic sewing & knitting while getting creative and making something unique – all in a supportive, enjoyable environment.






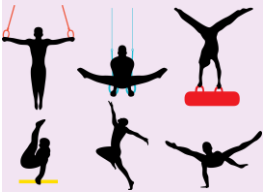
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What's on!

Thursday - Morning

<div><div>Sweet Treats</div><div>9.30am – 12.00pm</div><div><p>Got a sweet tooth and a passion for baking? Join the Sweet Treats Group – where mouthwatering creations, fun-filled socials, and a dash of creativity come together! Plus, cap off the year with a tasty tour of local bakeries</p></div><div><div><div>Activity fee</div><div>Healthy</div><div>Passion & hobbies</div><div>Life skills</div></div></div></div>	<div><div>Golf</div><div>9.30am – 12.00pm</div><div><p>No experience needed! Enjoy a fun and relaxing morning on the green or driving range, learning from skilled players, practicing your swing, & improving your game. It's a great way to boost both your mind & body! \$10 session</p></div><div><div><div>Activity fee</div><div>Recreation</div><div>Passion & hobbies</div><div>Life skills</div></div></div></div>	<div><div>Men Shed</div><div>9.30am – 12.00pm</div><div><p>Men's shed – a great group for men to connect, learn woodworking skills, and create items to support communities in need. \$40 annual membership includes a special end-of-year lunch event. Limited spots.</p></div><div><div><div>Activity fee</div><div>Social engagement</div><div>Passion & hobbies</div><div>Recreation</div></div></div></div>	<div><div>Lego Masters</div><div>9.30am – 12.00pm</div><div><p>Love LEGO? Whether you're working on your own project or want to build freestyle, bring your creativity to life & share your creation with others! You can even build cars and use iPads to control your LEGO masterpiece – fun, hands-on & full of imagination!</p></div><div><div><div>Passion & hobbies</div><div>Social engagement</div><div>Technology</div><div>Life skills</div></div></div></div>
<div><div>Gymnastics</div><div>9.30am – 12.00pm</div><div><p>You don't need to be an expert to join! This fun & engaging program is a great way to keep your body active while learning new skills from skilled trainers in a supportive environment. \$15 per session</p></div><div><div><div>Recreation</div><div>Activity fee</div><div>Passion & hobbies</div><div>Social engagement</div></div></div></div>			

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Thursday - Afternoon

<div><div>Board Games</div><div>1.00pm – 2.25pm</div><div><p>If you love board games, this is the perfect program for you ! Play a variety of games, enjoy some friendly competition, and build great friendship while having a blast !</p></div></div>	<div><div>Weird Science</div><div>1.00pm – 2.25pm</div><div><p>Fun & engaging program where you'll dive into the world of science through hands-on experiments & exciting discoveries. Explore different types of science & spark your curiosity through creative, messy and mind-blowing activities!</p></div></div>	<div><div>Computer skills</div><div>1.00pm – 2.25pm</div><div><p>Learn the basics of using a computer, from typing and web browsing to creating resume & more. Whether your beginner or just looking to improve, this helps you build confidence & explore interest online.</p></div></div>	<div><div>Centre Maintenance</div><div>1.00pm – 2.25pm</div><div><p>Great way to build essential life skills! Learn how to operate dishwasher, washing machine, dryers & practice basic cleaning task. Gain confidence & independence in everyday responsibilities.</p></div></div>
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Friday - Morning

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9.30am – 12.00pm

Enjoy a fun was to COOK, CREATE & CONNECT – Choose your meal as a group, head out to shops collect ingredients, learn cook, then enjoy your delicious lunch with friends for just \$7 a class!!



Native Nursery – ALL DAY

9.30am – 12.00pm

Love gardening? Fantastic volunteer opportunity to learn basic gardening skills while working with variety of native plants. Plus, you'll meet the nursery's friendly dog, who's always around to supervise with a wag!



Bowl Masters

9.30am – 12.00pm

Are you competitive? Love a bit of friendly fun? Join us for a game of bowling at Strathpine Strike Bowl - \$6 per session ! It's a great way to challenge yourself, have a laugh, and build independence by paying for your own game.



Arts & Craft

9.30am – 12.00pm

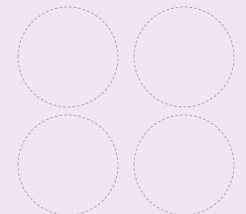
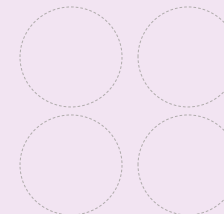
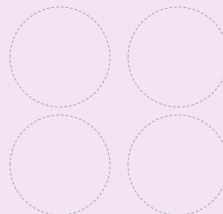
Great program to express your creative side! Whether you're collaborating on a group project or working on your own masterpiece, it's a fun and social way to let your imagination shine through !



Discover Brisbane – ALL DAY

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<div><div><div>Pets & Garden</div><div>1.00pm – 2.25pm</div></div><div><p>Meet our adorable centre guinea pigs & help care for them, along with our fish tank. You'll also learn how to look after plants & keep our garden thriving – fun & hands-on way to build responsibility & connect with nature</p></div><div><div><div><div>Passion & hobbies</div><div>I ♥ ...</div></div><div><div>Social engagement</div><div>People icon</div></div><div><div>Life skills</div><div>Person icon</div></div><div><div>Foundations</div><div>Document icon</div></div></div></div></div>	<div><div><div>Sensory Studio</div><div>1.00pm – 2.25pm</div></div><div><p>Step into our amazing sensory room filled with fun & engaging sensory toys! We'll also get hands-on with creative sensory play activities like slime, cloud Play-Doh & so much more – perfect for calming, exploring & having fun</p></div><div><div><div><div>Passion & hobbies</div><div>I ♥ ...</div></div><div><div>Social engagement</div><div>People icon</div></div><div><div>Technology</div><div>Laptop icon</div></div><div><div>Recreation</div><div>Game controller icon</div></div></div></div></div>	<div><div><div>Fim/Photography</div><div>1.00pm – 2.25pm</div></div><div><p>New to using camera, phone or iPad? This program will teach you the basics of photography & how to capture amazing memories. Plus, some of your best shots might even be features in our newsletter!</p></div><div><div><div><div>Life skills</div><div>Person icon</div></div><div><div>Foundations</div><div>Document icon</div></div><div><div>Passion & hobbies</div><div>I ♥ ...</div></div><div><div>Social engagement</div><div>People icon</div></div></div></div></div>	<div><div><div>Discover Brisbane – ALL DAY</div><div>1.00pm – 2.25pm</div></div><div><p>Get out and explore all the amazing sights and experiences Brisbane has to offer ! Got a place in mind? Let our team know, and we'll help plan the adventure and bring it to life!</p></div><div><div><div><div>Technology</div><div>Laptop icon</div></div><div><div>Social engagement</div><div>People icon</div></div><div><div>Passion & hobbies</div><div>I ♥ ...</div></div><div><div>Recreation</div><div>Game controller icon</div></div></div></div></div>
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Bowen Hills Learning and Lifestyle hub

Operating Hours

Monday – Saturday

8.00am – 3pm

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