

Endeavour Foundation - Gladstone Learning & Lifestyle

Program: January 2<sup>nd</sup> – April 8th 2024 - Phone 4971 7707

|   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|--|---|--|--|---|
| 8.30-9.30   | Morning tea Outing<br>Week 1- \$10<br>Buy drink Week 2 - \$2   |   | Café Open - Wednesdays<br>8.30am -10am - \$2 donation  | Purchase drink - Community   |   |
| Session 1<br>9.30-12.00pm   | <br><b>Woodwork \$2</b><br><br><b>Gym</b><br>Bring a change of clothes   | <br><b>Café Baking/Shopping \$3</b><br>Delicious treats to take home and enjoy at the Café<br><br><b>Gladstone PAWS Collections /Recycling</b><br>-Collect from donation bins<br>-Dispense any donations<br>-Take cans to recycling station, sort cans  | <br><b>Café - Barista Training Let's make coffee! \$2</b><br>8.30am-10.00am<br><br><b>Café Clean up</b><br><br><b>Craft (10am-12pm) \$2.00</b>   | <br><b>Lunch Cooking \$5</b><br>Wk 1- Quiche<br>Wk 2 – Sheppard's Pie<br>Wk 3 – Beef Casserole<br>Wk 4 – Chic & Corn Soup<br>Wk 5 – Curry<br>Wk 6- Dev Sausages<br>Wk 7 – Beef Strog<br>Wk 8 – Pumpkin Soup<br>Wk 9- Spag Meatballs<br>Wk 10- Bolognaise<br>Wk 11- Chick & Mustard<br>Wk 12- Fried Rice<br><br><b>Gym</b><br>Bring a change of clothes | <br><b>Technology (Thrive) or Customer Meeting</b><br><br><b>Shopping</b>   |
| <b>Morning Melodies - TBA</b><br><b>St Patrick's Day- 15<sup>th</sup> March</b><br><b>Easter Celebrations – 28<sup>th</sup> March</b> |  |   |  |  | <b>WEEK 1</b><br><br><b>BBQ \$6.00</b><br><b>BBQ</b><br>-What will we have today?<br><b>WEEK 2</b><br><br><b>Pub Lunch \$30</b><br>-Where will we go? |
| 12pm-12.45  | Lunch  | Lunch   | Lunch  | Lunch  |   |
| Session 2<br>12.45-2.45pm   | <br><b>Photography - Ipad Technology</b><br>-Computers<br>-3D Printing<br>-VR<br>-Robotics<br><b>Week 2 -Buy a drink - in Centre/ community \$2</b><br><br><b>Gardening</b><br>-Watering<br>-Weeding<br>-Mulching<br>-Planting | <br><b>Financial Literacy Thrive</b><br><br><b>Music Appreciation</b><br>Wk 1 – NKOTB<br>Wk 2 – Sia<br>Wk 3 – Veronica's<br>Wk 4 – Rita Ora<br>Wk 5 – Seekers<br>Wk 6 – Frente<br>Wk 7 – Vance Joy<br>Wk 8 – Jessie J<br>Wk 9 – Blink 182<br>Wk 10 – Beach Boys<br>Wk 11 – TLC<br>Wk 12 – Spice Girls<br><br><b>Evening Cooking session \$10</b><br>3.30pm-6.30pm | <br><b>Dancing/ Yoga/ Fitness Games</b><br>-Indoor bowling<br>-Tennis<br>-Badminton<br>-Go to the park for basketball or soccer<br><br><b>Bowling \$15</b><br>-Central lane<br><br><b>Gardening</b><br>- Watering<br>- Weeding<br>- Mulching<br>- Planting | <br><b>Woodwork \$2</b><br>Safety first<br><br><b>Centre Activities</b><br>-Craft<br>-Games<br>-Sports<br>-Gardening<br><br><b>Evening Cooking session \$10</b><br>3.30pm-6.30pm   | <br><b>Gardening</b><br><b>Prepare Garden for weekend.</b><br><br><b>Leisure Activities</b><br>- Craft<br>- Games<br>- Sports                         |
| 2.45-3pm  | Tidy up / Prepare for Pick up  | Tidy up / Prepare for Pick up   | Tidy up / Prepare for Pick up  | Tidy up / Prepare for Pick up  | Tidy up / Prepare for Pick up   |

Please refer to the icons legend on the following page



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, Community 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.



Information, Communication and 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.



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.



Getting out - or staying in - having fun, making connections and simply doing what makes you happy is what Leisure, Adventure and Recreation is all about. Leisure, Adventure and 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.



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 undertake interviews, explore ideas appropriate dress and language and behavior when in the workplace.



Passion Projects is all about doing what you're passionate about! It could be skill development, or launching your own online business, or simply exploring a creative outlet. If it makes you smile; if you lose track of time doing it, then this is what passion projects is all about.



The importance of nature – whether it's the bush or ocean, growing flowers or vegies or even collecting eggs from hens in the backyard, means that people are able to touch, taste, smell, hear and see those things which make up the world. It might mean conducting experiments to see how things work, or taking time out to literally smell the roses.



This support allows the person to identify specific types of supports required, and, if available, provide those supports on an individual basis. This might mean extra focus on Foundation Skills, or Community Engagement, or an area that isn't captured in a person's Pathway profile.