






























# Alexandra Hills Learning & Lifestyle Hub

Imagine What's Possible

<b>Program: 29 Jan to 28 March 2024</b>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>8:30am – 9:00am</b>	<b>Daily morning routine and Stretching exercises</b>				
<b>Session 1 9:00am – 10:00am</b>	 Shopping	 Zumba <b>\$10</b>	 Local Library	 Local Library	 Gardening <b>(Sessions 1 &amp; 2)</b>
<b>10:00am</b>	 Café Work Experience <b>(sessions 1&amp;2)</b>	 Vehicle Maintenance	 Boxing Group <b>\$15</b>	 Yoga & Thai Chi	 Café Work Experience <b>(sessions 1&amp;2)</b>
<b>10:00am – 10:30am</b>	<b>Morning Tea</b>				
<b>Session 2 10:30am – 12:00pm</b>	 Music Trivia	 Auslan with Chloe	 Baking Group <b>\$5</b>	 Swimming <b>\$7</b>	 Ten Pin Bowling <b>\$7.00</b>
<b>12:00pm – 1:00pm</b>	 Ten Pin Bowling <b>\$7.00</b>	 Arts & Crafts Individual work	 Ten Pin Bowling <b>\$7.00</b>	 <b>Bunnings projects (monthly)</b>	 Arts & Crafts
<b>12:00pm – 1:00pm</b>	<b>Lunch</b>				
<b>Session 3 1:00 pm – 2:30 pm</b>	 Wii Dance Karaoke Ineractice Whiteboard	 Nichola's Bingo   Computer Group	 Literacy & Numeracy class   Sewing circle	 Smart board   Indoor games	 Thrive Modules   Cleaning Groups

# Learning & Life Skills Icons & 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.



## 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** 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



## 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)

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



## 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** 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.



## 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** 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.



## 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** 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.



## Recreation

Activities that support people to:

- Art and craft - Art groups
- Bowling - Photography and video
- Music (listening to, playing music)
- Fishing - Bingo and other games

**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 behaviour when in the workplace.



## 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** 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.



## 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** 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)



## Special Events

Activities/Events that bring people together:

- Australia Day, Anzac Day,
- Easter, Christmas
- Melbourne Cup, Show Day
- Site Open Day