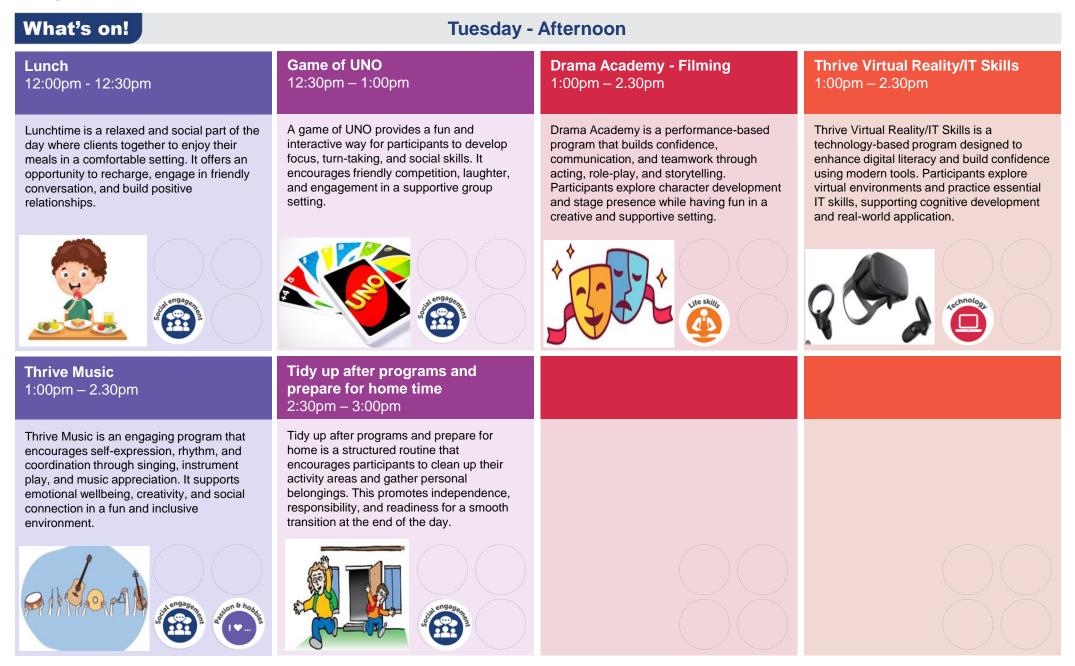


Program dates: 1st April 2025 – 30th June 2025

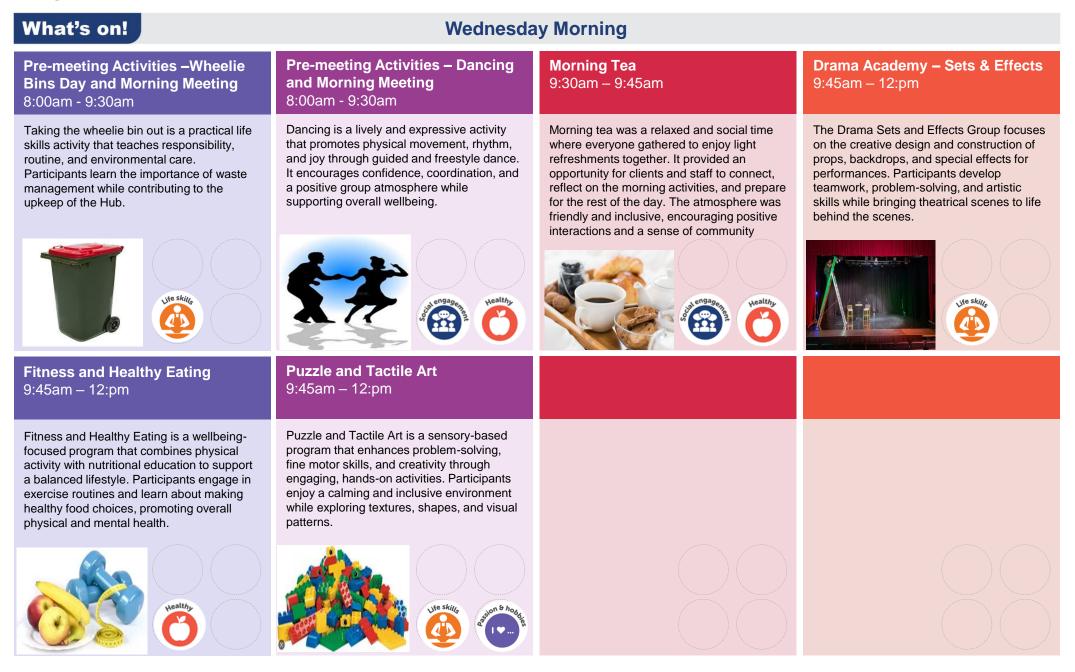


What's on! **Tuesday – Morning** Pre-meeting Activities - Floor **Pre-meeting Activities – Music Pre-meeting Activities Perimeter Morning Tea Quiz and Morning Meeting Stretches and Morning Meeting Checks and Morning Meeting** 9:30am - 9:45am 8:00am - 9:30am 8:00am - 9:30am 8:00am - 9:30am Music Quiz is an engaging and interactive Perimeter Checks involve walking around Morning tea was a relaxed and social time Floor Stretches is a calming activity designed to improve flexibility, posture, and activity that challenges participants' the Centre's boundaries to ensure safety, where everyone gathered to enjoy light muscle relaxation through guided knowledge of songs, artists, and music cleanliness, and security of the premises. refreshments together. It provided an history. It promotes memory recall, listening opportunity for clients and staff to connect, movements on the floor. It supports physical This activity promotes awareness, skills, and friendly competition in a fun and reflect on the morning activities, and prepare responsibility, and teamwork among wellbeing and helps participants feel more social environment. for the rest of the day. The atmosphere was grounded and focused. participants and staff. friendly and inclusive, encouraging positive interactions and a sense of community Art and Craft Group Thrive Literacy/Numeracy & **Sensory Garden Environmental Money Handling** 9:45am - 12:pm Group 9:45am - 12:pm 9:45am - 12:pm The Sensory Garden and Environmental Thrive Literacy/Numeracy & Money The Art and Craft Group encourages Handling is an educational program that creativity and self-expression through a Group engages participants in caring for a calming garden space designed to stimulate strengthens everyday reading, writing, variety of hands-on projects such as the senses through touch, smell, and sight. counting, and financial skills. Participants painting, drawing, and crafting. Participants engage in practical activities that promote build fine motor skills, explore different It fosters mindfulness, environmental independence, confidence, and real-life materials, and enjoy a supportive awareness, and a deeper connection to application of essential knowledge. nature through hands-on activities. environment for artistic exploration.











What's on! Wednesday - Afternoon			
Lunch 12:00pm - 12:30pm	Game of UNO 12:30pm – 1:00pm	Drama Academy - Practicals 1:00pm – 2.30pm	Art and Craft Group 1:00pm – 2.30pm
Lunchtime is a relaxed and social part of the day where clients together to enjoy their meals in a comfortable setting. It offers an opportunity to recharge, engage in friendly conversation, and build positive relationships.	A game of UNO provides a fun and interactive way for participants to develop focus, turn-taking, and social skills. It encourages friendly competition, laughter, and engagement in a supportive group setting.	Drama Practicals is a hands-on program where participants rehearse scenes, practice acting techniques, and explore stage movement to build confidence and performance skills. It encourages creative expression, teamwork, and effective communication in a supportive theatrical setting.	The Art and Craft Group encourages creativity and self-expression through a variety of hands-on projects such as painting, drawing, and crafting. Participants build fine motor skills, explore different materials, and enjoy a supportive environment for artistic exploration.
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Swimming 1:00pm – 2.30pm	Tidy up after programs and prepare for home time 2:30pm - 3:00pm		
Swimming is a recreational and therapeutic activity that promotes physical fitness, coordination, and relaxation. Participants build water confidence, improve mobility, and enjoy a fun, social experience in a safe environment.	Tidy up after programs and prepare for home is a structured routine that encourages participants to clean up their activity areas and gather personal belongings. This promotes independence, responsibility, and readiness for a smooth transition at the end of the day.		



What's on! Thursday - Morning			
Pre-meeting Activities – History Quiz and Morning Meeting 8:00am - 9:30am	Morning Tea 9:30am – 9:45am	Week 1: Recycling 9:45am – 12:pm	Week 2: Fitness & Movement 9:45am – 12:pm
History Quiz is an engaging educational activity that challenges participants' knowledge of historical events, figures, and timelines. It encourages critical thinking, memory recall, and group interaction in a fun and stimulating setting.	Morning tea was a relaxed and social time where everyone gathered to enjoy light refreshments together. It provided an opportunity for clients and staff to connect, reflect on the morning activities, and prepare for the rest of the day. The atmosphere was friendly and inclusive, encouraging positive interactions and a sense of community	Recycling is an environmentally-focused activity that teaches participants how to sort and dispose of waste materials responsibly. It promotes sustainability, awareness of environmental impact, and encourages lifelong eco-friendly habits.	Fitness and Movement is an active program designed to improve strength, flexibility, and coordination through a variety of physical exercises. It supports overall health and wellbeing while encouraging participants to stay active and engaged in a fun group setting.
HISTORY	Healthy		
Week 1: Scraping Booking Club 9:45am – 12:pm	Week 2: Curiosity Lab 9:45am – 12:pm	Week 2: Imagination Station 9:45am – 12:pm	Week 2: Thrive Music 9:45am – 12:pm
Scrapbooking is a creative program where participants design personalised memory books using photos, stickers, and decorative materials. It encourages storytelling, fine motor skills, and self-expression while preserving meaningful moments.	Science Experiment is an interactive program that sparks curiosity and critical thinking through hands-on exploration of scientific concepts. Participants engage in fun, safe experiments that promote observation, inquiry, and a deeper understanding of how things work.	Creative Writing is a program that encourages imagination, storytelling, and self-expression through written words. Participants explore different writing styles and techniques, building confidence and communication skills in a supportive environment.	Thrive Music is an engaging program that encourages self-expression, rhythm, and coordination through singing, instrument play, and music appreciation. It supports emotional wellbeing, creativity, and social connection in a fun and inclusive environment.
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Event Planning is a collaborative program where participants learn to organise and coordinate events by

Lawnton Learning and Lifestyle hub



What's on! Thursday - Afternoon				
Once a Quarter – Event Planning 9:45am – 2:30pm	Lunch 12:00pm - 12:30pm	Game of UNO 12:30pm – 1:00pm	Maintenance Group 1:00pm – 2.30pm	
Event Planning is a collaborative program where participants learn to organise and coordinate events by developing skills in scheduling, budgeting, and teamwork. It fosters creativity, responsibility, and practical experience in bringing ideas to life for the Centre's community.	Lunchtime is a relaxed and social part of the day where clients together to enjoy their meals in a comfortable setting. It offers an opportunity to recharge, engage in friendly conversation, and build positive relationships.	A game of UNO provides a fun and interactive way for participants to develop focus, turn-taking, and social skills. It encourages friendly competition, laughter, and engagement in a supportive group setting.	The Maintenance Group focuses on developing practical skills through hands-on tasks such as tidying, organising, and light repairs around the Centre. This program encourages responsibility, teamwork, and a sense of pride in contributing to a well- maintained environment.	
Thrive Virtual Reality/IT Skills 1:00pm – 2.30pm	Art and Craft Group 1:00pm – 2.30pm	Tidy up after programs and prepare for home time 2:30pm - 3:00pm		
Thrive Virtual Reality/IT Skills is a technology-based program designed to enhance digital literacy and build confidence using modern tools. Participants explore virtual environments and practice essential IT skills, supporting cognitive development and real-world application.	The Art and Craft Group encourages creativity and self-expression through a variety of hands-on projects such as painting, drawing, and crafting. Participants build fine motor skills, explore different materials, and enjoy a supportive environment for artistic exploration.	Tidy up after programs and prepare for home is a structured routine that encourages participants to clean up their activity areas and gather personal belongings. This promotes independence, responsibility, and readiness for a smooth transition at the end of the day.		

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What's on! Friday - Morning **Pre-meeting Activities – Books Morning Tea World Wonders Club Library Group** 9:30am - 9:45am 9:45am - 12:pm 9:45am - 12:pm and Morning Meeting 8:00am - 9:30am Morning tea was a relaxed and social time World Wonders is an educational program Library Group is a quiet and reflective Books and Interesting Topics is a where everyone gathered to enjoy light that explores famous landmarks, natural program where participants explore books, discussion-based program that encourages marvels, and cultural treasures from around curiosity and knowledge sharing through refreshments together. It provided an magazines, and other reading materials to opportunity for clients and staff to connect, the globe. It promotes global awareness, support literacy and personal interests. It reading and exploring a variety of subjects. reflect on the morning activities, and prepare encourages a love for reading, independent Participants build comprehension, curiosity, and appreciation for history, for the rest of the day. The atmosphere was geography, and diverse cultures. learning, and calm social engagement in a communication skills, and engage in friendly and inclusive, encouraging positive peaceful environment. thoughtful conversations in a relaxed and interactions and a sense of community inclusive setting. ife skil Life skin



What's on! Friday - Afternoon				
Lunch 12:00pm - 12:30pm	Game of UNO 12:30pm – 1:00pm	Puzzles and Board Games 1:00pm – 2.30pm	Thrive Virtual Reality/IT Skills 1:00pm – 2.30pm	
Lunchtime is a relaxed and social part of the day where clients together to enjoy their meals in a comfortable setting. It offers an opportunity to recharge, engage in friendly conversation, and build positive relationships.	A game of UNO provides a fun and interactive way for participants to develop focus, turn-taking, and social skills. It encourages friendly competition, laughter, and engagement in a supportive group setting.	Puzzles and Board Games Group is a fun and interactive program that promotes strategic thinking, problem-solving, and social engagement. Participants enjoy a variety of games that encourage turn-taking, teamwork, and cognitive stimulation in a supportive setting.	Thrive Virtual Reality/IT Skills is a technology-based program designed to enhance digital literacy and build confidence using modern tools. Participants explore virtual environments and practice essential IT skills, supporting cognitive development and real-world application.	
Tidy up after programs and prepare for home time 2:30pm - 3:00pm				
Tidy up after programs and prepare for home is a structured routine that encourages participants to clean up their activity areas and gather personal belongings. This promotes independence, responsibility, and readiness for a smooth transition at the end of the day.				

Site Name Learning and Lifestyle hub

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What's on! **Saturday Master Chef Cooking** Ladies Day **Gents Day Sports Event Explores** 9:00am - 2:30pm 9:00am - 2:30pm 9:00am - 2:30pm 9:00am - 2:30pm Ladies Day is a program designed to Gents Day is a program that promotes Sports Event Explores is an active program Master Chef Cooking is an engaging program where participants develop their celebrate and empower women through connection, confidence, and wellbeing where participants attend and explore culinary skills by preparing a variety of activities focused on self-care, creativity, among male participants through a range of various local sporting events to experience and social connection. Participants enjoy a social and hands-on activities. It offers a meals and recipes. It fosters independence, community engagement and team spirit. It encourages physical activity, social supportive space to build confidence, share supportive environment for building creativity, and knowledge of nutrition and experiences, and engage in relaxing, interaction, and a deeper appreciation for kitchen safety in a fun, hands-on friendships, sharing interests, and engaging uplifting group experiences. in meaningful experiences tailored to men's different sports and their cultural environment. significance. interests. Ś **Design a Garden Prepare for Home Time** 2:30pm - 3:00pm 9:00am - 2:30pm Tidy up after programs and prepare for Design a Garden is a hands-on program home is a structured routine that where participants plan and create garden layouts, choosing plants and features to encourages participants to clean up their build their ideal outdoor space. It activity areas and gather personal belongings. This promotes independence, encourages creativity, environmental responsibility, and readiness for a smooth awareness, and teamwork while learning transition at the end of the day. about horticulture and sustainable practices.

Program dates: 1st April 2025 – 30th June 2025



What's on! **Sunday Dungeons and Dragons** Auslan Language Lawnton L&L Nursey & Café Management 9:00am - 2:30pm 9:00am - 2:30pm **Horticulture** 9:00am - 2:30pm 9:00am - 2:30pm Auslan Language is an inclusive program Description of activity description of Description of activity description of Dungeons and Dragons is a role-playing game program that fosters imagination. that introduces participants to Australian activity description of activity activity description of activity storytelling, and strategic thinking through Sign Language, promoting communication, description of activity description of description of activity description of understanding, and accessibility. Through collaborative adventures in a fantasy world. activity description of activity activity description of activity interactive lessons and practice, participants Participants build social skills, problembuild vocabulary, confidence, and respect description of activity description of description of activity description of solving abilities, and teamwork as they for the Deaf and hard of hearing community. navigate challenges and create their own activity description of activity. activity description of activity. unique characters. **Prepare for Home Time** 2:30pm - 3:00pm Tidy up after programs and prepare for home is a structured routine that encourages participants to clean up their activity areas and gather personal belongings. This promotes independence, responsibility, and readiness for a smooth transition at the end of the day.

Operating Hours

Monday – Friday 8:00am – 3:00pm

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.



Health

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).



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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
- Codina •
- 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
- Bowlina
- Photography and video ٠
- Music (listening to, playing)
- Fishina •
- 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 ٠
- Interview skills •
- Grooming and dress sense ٠

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 ٠
- Site Open Day