Alexandra Hills Learning & Lifestyle Hub

Imagine What's Possible.

Endeavour Foundation

Program: September - December 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am – 9:00am			**Daily morning routine and Stretching exercises**		
Session 1 9:00am – 10:00am	**Shopping** **Barrista making and experience** **Admim Tasks**	**Zumba $10**	**Fitness & Yoga $15**	**Swimming $7**	**Cleaning** Garden Manintance
	Science Experiments Reading – sensory room	Reading – sensory room **Individual Technology choices**	**Lego Building** **Baking Shopping**	**Chair Yoga & Stretches**	**Café Work Experience (sessions 1&2)**
10:00am – 10:30am			**Morning Tea**		
Session 2 10:30am – 12:00pm	**Music Trivia**	**Auslan with Chloe**	**Baking Group $5**	**Shopping for Cooking Program**	**Indoor and out door games on the Green**

	Monthly Sport Games on the Green	**Arts and Crafts Sculputer, Wood Work and Individual work**	**VR, iPad, X Box, Smart TV, and computers including driving emulate**	**Sailing $10**	**Ten Pin Bowling $7.00** **Mini Golf $10**
	Ten Pin Bowling $7.00	**Arts & Crafts, Sculputer, Wood Work and Individual work**	**Ten Pin Bowling $7.00**	**Cooking a Meal (Session 1 & 2) $10**	**Art, Craft, Sculptures and Wood Work**
12:00pm - 1:00pm	**Lunch**				
Session 3 1:00 pm – 2:30 pm	**Wii Dance Karaoke** Parachute with friends	**Nichola's Bingo**	**Literacy & Numeracy class** Parachute with friends	**VR, iPad, X Box, Smart TV, and computers including driving emulate** **Indoor games & Out door games on the Green**	**Creative Writing**
	Strong and Sure Movement	**VR, iPad, X Box, Smart TV, and computers including driving emulate** Board Games	**Monthly theme Art, Craft, Sculptures and Wood Work**	**Indoor games & Out door games on the Green**	**Meditation + Mindfulness**

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.

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.

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.

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.

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.

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 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 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 music
- 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