

Maryborough Learning and Lifestyle hub

Program dates: July 2025

What's on!

Monday

Walking Group 9:30am – 11:30am

Explore Maryborough on foot while learning road safety and enjoying local sights with peers.



Fraser Coast 8 Ball (week 2) 9:30am – 11:30am

Come play pool in a fun, inclusive space open to the whole community. \$5/week + drink costs.



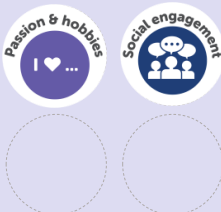
Men's Shed (week 1) 9:30am – 11:30am

Build projects with support from staff. \$40 insurance, \$2 per session, \$5 per completed project.



Arts & Crafts 12:30pm - 3:00pm

Get creative with guided arts and crafts sessions designed to inspire and engage.



Thrive Modules 12:30pm - 3:00pm

Shop for ingredients in preparation for the next day's cooking activity.



Men's Shed (week 1) 12:30pm - 3:00pm

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Cooking – Making Dinner 12:30pm - 3:00pm

Prepare meals to take home. Weekly cost: \$5–\$10 depending on ingredients and portions. Clients will be supported to shop for ingredients and then assisted to prepare them



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Tuesday



Baking

9:30am – 11:30am

Create delicious baked goods in a fun, supported environment that encourages learning and creativity.



Board Games

9:30am – 11:30am

Enjoy classic and modern board games in a relaxed, social setting with peers.



Sewing

9:30am – 11:30am

Learn and practice sewing skills while working on creative and practical textile projects.



Boogie Bounce

13:00pm - 2:00pm

Get moving with a fun, low-impact trampoline workout designed for all abilities.



Coffee Shop Visit

12:30pm - 3:00pm

Relax and socialize over a drink during a supported outing to a local café.



Sewing

12:30pm - 3:00pm

Learn and practice sewing skills while working on creative and practical textile projects.



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Wednesday

Perform-Ability 9:30am – 11:30am

Held at Sparks Dance Centre, this OT-based program builds life skills through movement. \$33 via NDIS OT funding or \$22 pay-on-the-day.



Bowling 9:30am – 11:30am

Enjoy a fun and social outing to the bowling alley with support for all abilities.



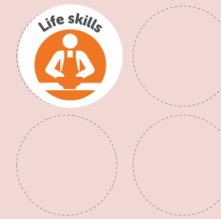
Library Visit 9:30am – 11:30am

Explore books, media, and quiet spaces during a supported trip to the local library.



Shopping for Thursday Cooking 9:30am – 11:30am

Shop for ingredients in preparation for the Thursday cooking activity. Clients will build life skills making a list and budget to shop for Thursday's lunch.



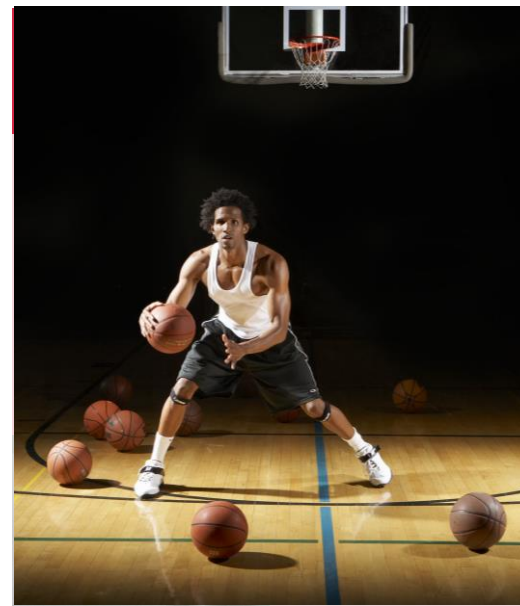
Karaoke 12:30pm - 3:00pm

Sing your heart out in a fun, inclusive karaoke session with friends.



Pamper Day & Personal Hygiene 12:30pm - 3:00pm

Relax and learn self-care routines with support in hygiene and pampering activities.



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Thursday

Women's Shed

9:30am – 11:30am

Hands-on projects and social connection in a supportive space. \$40 yearly insurance, \$10 per week.



Lunch Preparation

9:30am – 11:30am

Clients take turns choosing and preparing lunch for the group. Cost: \$5–\$10 per week.



Chatterbox

9:30am – 11:30am

Community-based event with morning tea and coffee. Gold coin donation. Connect and chat with locals.



Thrive Programs

12:30pm - 3:00pm

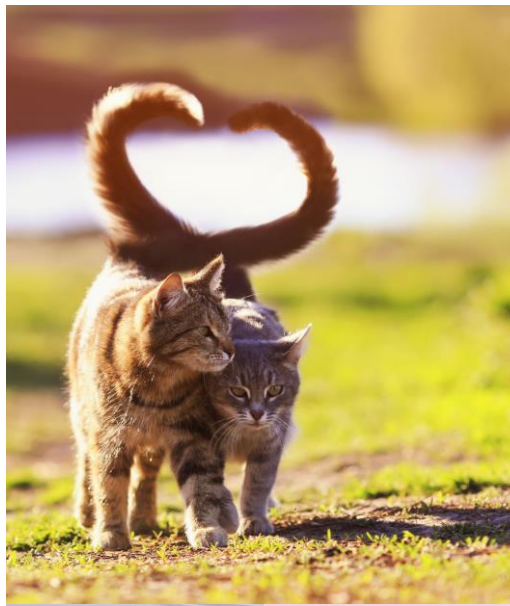
Interactive modules led by Endeavour staff to build life skills, confidence, and personal growth.



Coffee Shop Visit

12:30pm - 3:00pm

Enjoy a relaxing outing to a local café with friends and support staff.



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What's on!

Friday



Bowling

9:30am – 11:30am

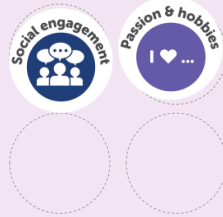
Enjoy a fun and social outing to the bowling alley with support for all abilities.



Arts & Crafts

9:30am – 11:30am

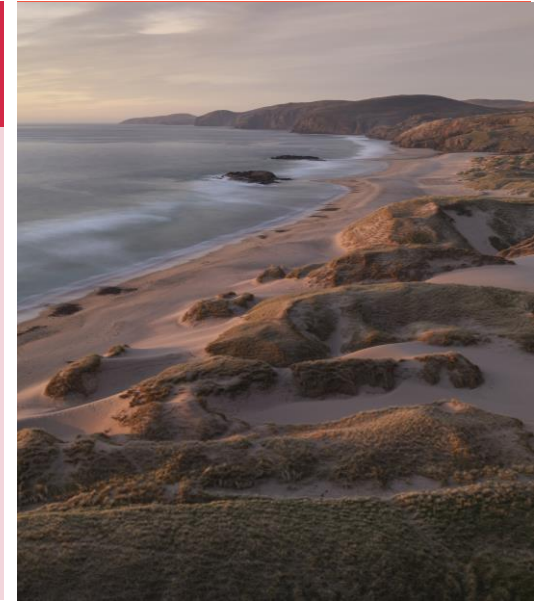
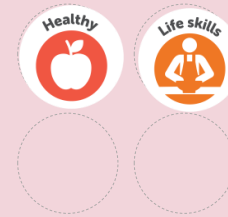
Get creative with guided arts and crafts sessions designed to inspire and engage.



Shopping for Monday Cooking

9:30am – 11:30am

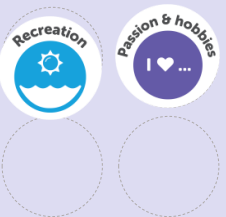
Shop for ingredients in preparation for Monday's cooking activity.



Movies & Popcorn (In-Centre)

12:30pm - 3:00pm

Relax with a movie and popcorn in a comfortable, supported environment.



8 Ball Pool

12:30pm - 3:00pm

Play pool in a fun, inclusive space open to all abilities. Great for socializing and skill-building.



Site Name Learning and Lifestyle hub

Operating Hours

Monday – Friday

8.30am – 4pm

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