

# Caboolture Learning and Lifestyle hub

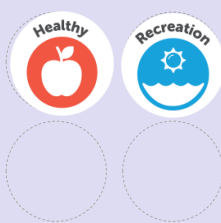
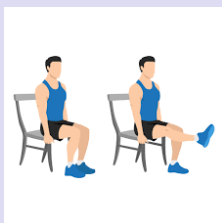
Program dates: October 2025 – December 2025

## What's on!

## Monday

### Gentle exercise 8:30am - 9:30am

Low impact exercise for all fitness levels.



### Games 8:30 – 9:30am

Mixture of games for people to socialise, improve skills and stimulate the brain.



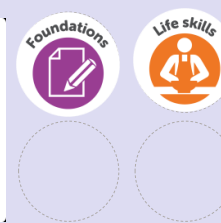
### Gardening 8:30am – 9:30am

Gardening combines physical activity with social interaction and exposure to nature.



### Thrive learning 10:00am – 12:00pm

Thrive learning modules improve people's skills and boosts confidence.



### Nature walk 10:00am – 2:45pm

Walking program improves health and fitness.



### Armchair Travel 10:00am – 12:00pm

Explore and experience other places around the world while relaxing in the comfort of your chair.



### Karaoke 12:30pm - 2.45pm

Sing along to your favourite songs.



### Cognifit 12:30pm – 2.45pm







Cognifit activities help improve and maintain cognitive functions like memory, attention.



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## Tuesday

<div><div>Music &amp; movement 8:30am – 9:30am</div><div><p>A fun way to promote physical coordination and cognitive growth while being active.</p><div><div>Recreation</div><div>Healthy</div><div>Social engagement</div><div></div></div></div></div>	<div><div>Games 8:30am – 9:30am</div><div><p>Mixture of games for people to socialise, improve skills and stimulate the brain.</p><div><div>Social engagement</div><div>Recreation</div><div>Passion &amp; hobbies</div><div></div></div></div></div>	<div><div>Bowling 10:00am – 2:45pm</div><div><p>Come along for some fun, exercise and social connection with a little friendly competition.</p><div><div>Recreation</div><div>Healthy</div><div>Social engagement</div><div></div></div></div></div>	<div><div>Art &amp; Craft 10:00am – 2:45pm</div><div><p>Create master pieces while improving cognitive skills and fine motor skills.</p><div><div>Recreation</div><div>Social engagement</div><div>Passion &amp; hobbies</div><div></div></div></div></div>
<div><div>Woodwork 10:00am – 2:45pm</div><div><p>Get hands on and develop manual skills.</p><div><div>Passion &amp; hobbies</div><div>Recreation</div><div></div><div></div></div></div></div>	<div><div>Walk 10:00am – 2:45pm</div><div><p>Walking program improves health and fitness.</p><div><div>Healthy</div><div>Social engagement</div><div>Recreation</div><div></div></div></div></div>	<div><div></div><div><div></div><div></div><div></div><div></div></div></div>	<div><div></div><div><div></div><div></div><div></div><div></div></div></div>








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What's on!

Wednesday

<div><div>Gentle exercise 8:30am – 9:30am</div><div>Low impact exercise for all fitness levels.</div><div><div><div>Healthy</div><div>Recreation</div></div></div></div>	<div><div>Games 8:30am – 9:30am</div><div>Mixture of games for people to socialise, improve skills and stimulate the brain.</div><div><div><div>Social engagement</div><div>Passion &amp; hobbies</div><div>Recreation</div></div></div></div>	<div><div>Gardening 8:30am – 9:30am</div><div>Gardening combines physical activity with social interaction and exposure to nature.</div><div><div><div>Healthy</div><div>Passion &amp; hobbies</div><div>Recreation</div></div></div></div>	<div><div>Library 10:00am – 12:00pm</div><div>Read some books, use computers and connect with others.</div><div><div><div>Social engagement</div><div>Recreation</div><div>Foundations</div></div></div></div>
<div><div>Dolphins Club 10:00am – 2:45pm</div><div>Socialise, dance, listen to music, meet new people and have lunch.</div><div><div><div>Social engagement</div><div>Recreation</div><div>Life skills</div><div>Activity fee</div></div></div></div>	<div><div>Redcliffe RSL 10:00am – 2:45pm</div><div>Socialise, dance, listen to music, meet new people and have lunch.</div><div><div><div>Social engagement</div><div>Recreation</div><div>Life skills</div><div>Activity fee</div></div></div></div>	<div><div>Arts &amp; craft 12:30pm – 2:45pm</div><div>Create master pieces while improving cognitive skills and fine motor skills.</div><div><div><div>Passion &amp; hobbies</div><div>Recreation</div><div>Social engagement</div><div>Foundations</div></div></div></div>	<div><div></div><div></div><div></div><div></div></div>

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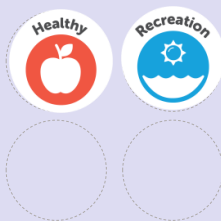
Program dates: October 2025 – December 2025

## What's on!

## Thursday

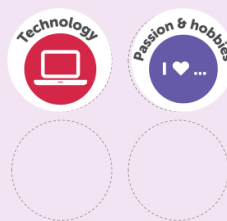
### Music & movement 8:30am – 9:30am

A fun way to promote physical coordination and cognitive growth while being active.



### Technology 8:30am – 9:30am

All things technology, learn the basics of computers, have fun on the VR, build on the 3D printers and play with Cosmo.



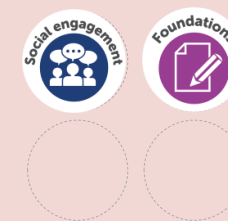
### Wii Bowling 10:00am – 12:00pm

Improve your skills while playing a friendly competition.



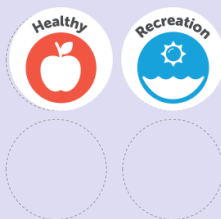
### This day in history 10:00am – 12:00pm

Have fun and improve your knowledge while learning what has happened in the past.



### Nature walk 10:00am – 2:45pm

Walking improves health and fitness.



### Swimming 10:00am – 2:45pm

Swimming improves fitness.



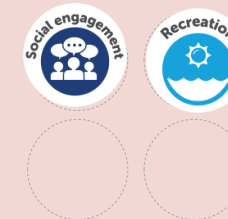
### Pool hall 12:30pm – 2:45pm

Great place to meet new people, learn/improve skills and challenge yourself.



### Music through the decades 12:30pm – 2:45pm

Enjoy listening to the music through the decades, have a sing and dance.





# Caboolture Learning and Lifestyle hub

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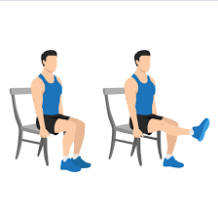


What's on!

Friday

**Gentle exercise**  
8:30am – 9:30am

Low impact exercise for all fitness levels.




Healthy

Recreation

**Gardening**  
8:30am – 9:30am

Gardening combines physical activity with social interaction and exposure to nature.




Passion & hobbies

Recreation

Healthy

**Arts & craft**  
10:00am – 2:45pm

Create master pieces while improving cognitive skills and fine motor skills.




Passion & hobbies

Recreation

Social engagement

**Sailing**  
10:00am – 2:45pm

Enjoy time on the water.



Social engagement

Recreation

Passion & hobbies

Activity fee

**Australia Zoo**  
10:00am – 2:45pm

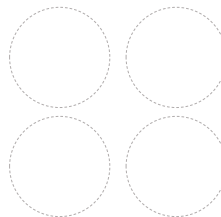
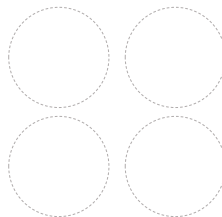
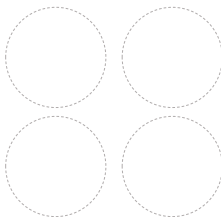
Experience interacting wit Australian and exotic animals while having fun.



Recreation

Social engagement

Activity fee



# Caboolture Learning and Lifestyle hub

## Operating Hours

**Monday – Friday**

8.30am – 5pm

## Contact Us for More Information

Phone: 1800 112 112

Email: [hello@endeavour.com.au](mailto: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