# **Alexandra Hills Learning & Lifestyle Hub**

**Imagine What's Possible** 



		Program: 22 <sup>nd</sup>	April – 27 <sup>th</sup> Ju	ne 2025	
	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am - 9:00am	Daily morning routine and Stretching exercises				
3.00aiii					
	Life skills	Ö	C	Recreation O	
Session 1 9:00am	Shopping	Zumba \$10	Fitness & Yoga \$15	Sailing (fortnightly) (Session 1 & 2)	Outdoor Games + Cleaning
– 10:00am	ise skills	ise skills	de long to hoof	-Aealthy	titployment.
	Thrive Group & Science Experiments	Vehicle Maintanence + Fuel Up	Lego Building	Chair Yoga & Stretches	Café Work Experience (sessions 1&2)
10:00am	Morning Tea				
– 10:30am					
Session 2 10:30am	eoundations	coundations.	ite skills	4ecreation	on the engage to
12:00pm	Music Trivia	Auslan with Chloe	Baking Group \$5	Sailing \$10	Ten Pin Bowling \$7.00
	Society of the second s	of IV	o engagente	Meskins	ite skille
	Ten Pin Bowling \$7.00	Arts & Crafts Individual work	Ten Pin Bowling \$7.00	Cooking a Meal Fortnightly (Session 1 & 2) \$10	Arts & Crafts Sewing \$5
12:00pm	Lunch				
- 1:00pm					
Session 3	Quion & hood	Nichola's Bingo	Literacy & Numeracy class	rechnolog <sub>2</sub>	Creative writing
1:00 pm - 2:30 pm	Wii Dance Karaoke Ineractice Whiteboard	rechnology.	Art and Craft	Smart board	Meditation +
		Scattergories + Whiteboard —	Ait and Clait	Indoor games	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)

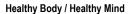












Focusing on:

- Volunteering

**Foundation Skills** 

- Measurement, Size

Social Engagement

Life Skills

- Reading, writing, comprehension

Support for activities relating to:

- Speaking, communication - Numbers, Addition, Subtraction

- Physical wellbeing - Personal relationships

Support and development in areas relating to:

- Signing - eg. Pecs, Makaton, key word sign

- Budgeting, banking and other money skills

Supporting people to attend and interact with:

- Library - Bunnings - Men's Shed - Ladies Group

- Music eg Battle of the Bands - Drumming Circle

- A person's mental, emotional and social wellbeing
- Outdoor/indoor activities eg. Gym, Sailability, Martial Arts, Yoga, Sport

- Home and domestic skill - Cooking - Shopping - Personal care

- Safety and public transport Maintenance (home, vehicles)



#### 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,
- 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