

Nambour Learning and Lifestyle hub

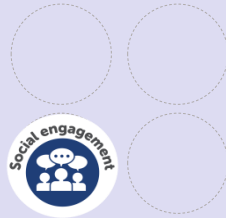
Program dates: 30 06 2025 – 03 10 2025

What's on!

Monday

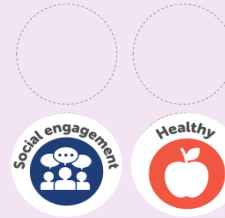
Morning meeting 09:00am - 09:30am

What's On? Share news, stories, anything you like. Discuss your day. Play games, exercise or listen and dance to music to get ready for the day.



Morning tea 09:30am - 10:00am

Socialise, have your morning tea onsite or offsite before or during your program.



Fishing 10:00am - 12:00pm

Have a morning out fishing in the community on the coast at variance locations. \$2 (bait)



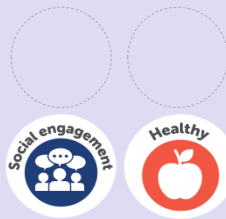
Nature Walks / Bunnings DIY once monthly 10:00am - 12:00pm

Visit local parks, hinterland trails, and beach walks to enjoy the Sunshine Coast and fresh air.
Once a month visit Bunnings Maroochydore for our own DIY session run by their staff and materials provided.



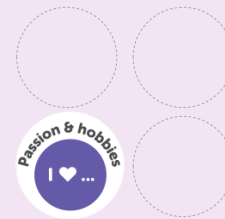
Lunch 12:00pm - 12:30pm

Enjoy your packed lunch onsite or offsite to refresh and reenergise for the afternoon.



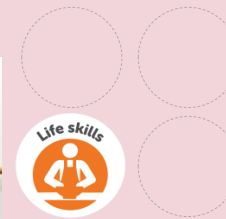
Gardening 12:30pm - 14:30pm

With plenty of space to dig, grow, plant, create and maintain a beautiful space while enjoying the fresh air, get stuck into some gardening!



Life Skills 12:30pm - 14:30pm

Onsite maintenance, tidy up, bins, kitchen and common areas cleaning, gardening, offsite, vehicle maintenance, recycling drop off etc



Seated Exercise 14:00pm - 15:00pm

Unwind and relax as the day comes to an end with some simple chair exercise, breathing and meditation.



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What's on!

Tuesday

Morning meeting

09:00am - 09:30am

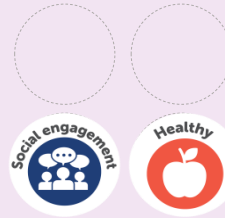
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Morning tea

09:30am - 10:00am

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Cooking

10:00am - 13:00pm

Explore different foods from around the world, look up and use ingredients, create favourites and new meals that you cooked. Get creative secret ingredients chosen at random. \$10 max



Recreational Fun

10:00am - 13:00pm

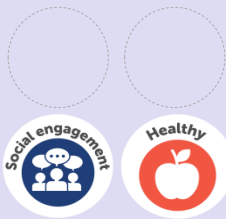
Get active with different sports each week onsite and offsite working in a team or individually. \$10 - \$15



Lunch

12:00pm - 12:30pm

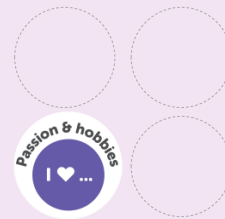
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Music and Games

12:30pm - 14:30pm

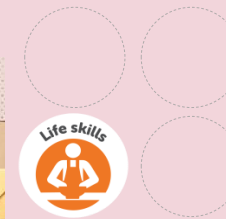
Listen to tunes, play games involving classic hits or new songs. Guess the tune, artist etc.



Pen Pals / Scrapbooking

12:30pm - 14:30pm

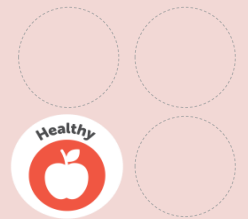
Create cards, send letters with stories and pictures to peers in the community or loved ones. Create a highlights scrapbook of your year, with stories, photos and share it with your peers or family.



Relaxation and positive affirmation

14:00pm - 15:00pm

Unwind and relax as the day comes to an end with some positive affirmations and rejuvenate.



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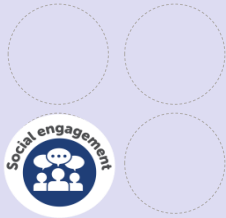
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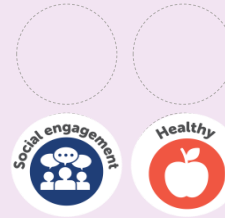
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Creative Arts 10:00am - 12:00pm

A whole range of arts and crafts ideas from canvas work to sculptures. Each week engage in new skills and creativity. \$5 - \$10



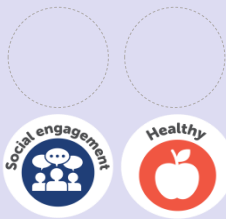
Bike Week 1 / Movies Week 2 10:00am - 12:00pm

Visit the local cinema and watch the latest blockbusters. \$10 - \$15 (includes snacks)
Head out for a ride on the paths around the beachside of Caloundra.



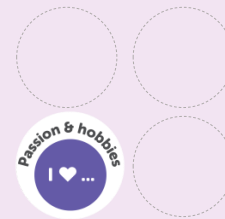
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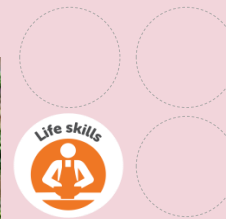
Delta Therapy Dogs Week 1 fortnightly 13:00 pm - 14:00pm

Pet, walk, sit and cuddle, give the dog treats for tricks, learn basic commands, discuss approaching dogs with communication to owners.



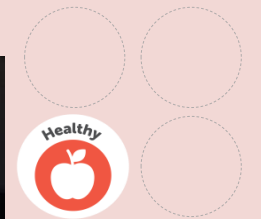
Gardening 12:30pm - 14:30pm

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Music and Movement 13:30pm - 15:00pm

Play instruments, dance and sing to all the old classics and new hits.



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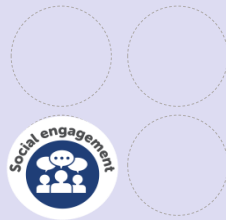
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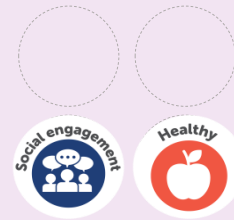
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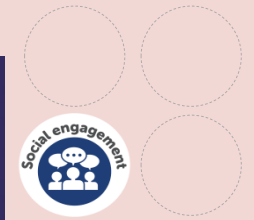
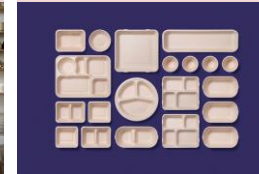
Australia Zoo / Pottery All Day 10:00am – 12:00pm

Visit Australia Zoo and join the shows, see the animals from all over the world (annual passes suggested, \$149 – unlimited access for the year)
Pottery – Hand made wind chimes, trinkets, Christmas decorations and more.



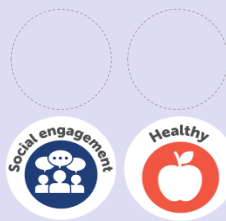
Meals on Wheels 11:00am - 13:00pm

Volunteer work – Deliver Meals to members of our community on your route. (Purchase a drink while out if you like)



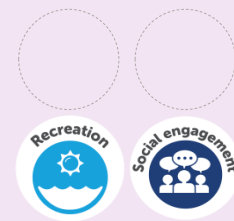
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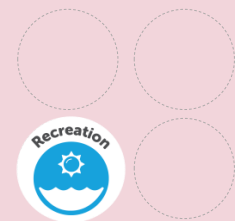
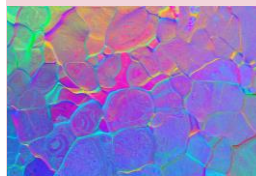
Virtually Reality, Spike Education, 3D printer / Games 12:30pm – 14:30pm

Play individually or in teams with a range of games. Board and card games. Virtually reality games and modules, 3D print, Spike Lego, build and create moving projects



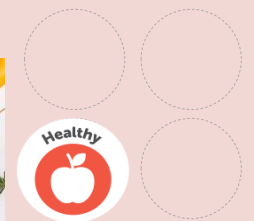
Sensory Play 12:30pm - 14:30pm

Water play, bubbles, beads, sensory toys and more.



Aromatherapy 14:00pm - 15:00pm

In the sensory room, make use of the white noise, the diffuser with different scents. Have a relaxing hand massage. Close your eyes and relax.



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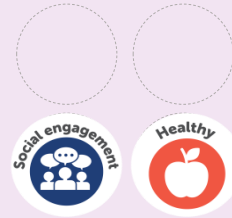
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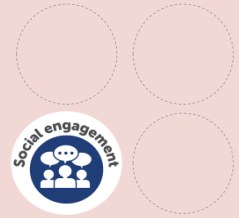
Mystery Tour / Drumming All day 10:00am – 12:00pm

Visit and enjoy our Sunshine Coast region. Have an adventure! \$10
Drumming offsite at Coolum Hearts. \$5



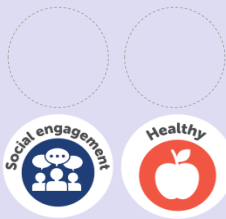
Classic Movies 10:00am - 12:00pm

Watch the old favourites from Westerns, Marshall arts, love stories and the musicals!



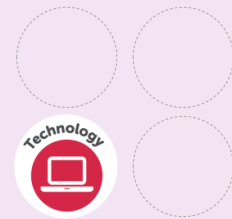
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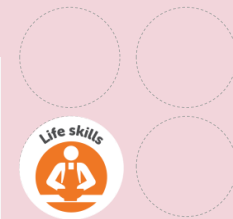
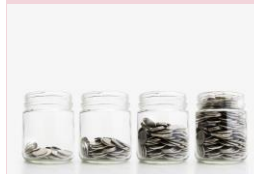
Tech and games 12:30pm – 14:30pm

3D print, Spike Education Lego, VR and the Nintendo Switch!



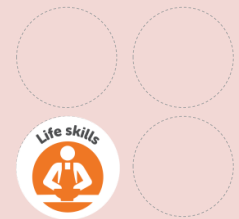
Numeracy 12:30pm - 13:30pm

Work sheets, money handling, accounting, budgeting and practical use of numbers.



Reading and Literacy 13:30pm - 15:00pm

Read and write, being transported to another place through books and imagination.



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Operating Hours

Monday – Friday

08:30am – 17:00pm

Special events during the year, include Australia Day, Easter, Melbourne Cup, Christmas, Showcase Days, Events onsite and offsite, Discos, and End of Term outings!



Contact Us for More Information

Phone: 1800 112 112

Email: hello@endeavour.com.au



Learning and Life Skills Icons and Definitions



Foundations 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