

# Rockhampton Learning and Lifestyle hub

## Operating Hours

**Monday – Friday**

8.30am – 3.30pm

## 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

# Rockhampton Learning and Lifestyle hub

Program dates: October 2025 – December 2025

## What's on!

## Monday

### Arrivals

08.30am – 09.00am

Welcome all our friends and choose your activity for the day



### Morning Tea

09.30am – 10.00am

Time to enjoy a coffee/tea before we begin our morning activities



### Woodwork - \$8

09.00am – 12.00pm

- Learn how to safely use tools
- Learn WHS skills
- Have fun creating products to take home and show off to your family and friends



### Ladies Shed - \$5

09.00am – 12.00pm

Join us for craft at the local Ladies shed.

- Develop social skills
- Show us your Creativity



### Cooking - \$7

09.00am – 12.00pm

Prepare and cook a meal to either eat at the centre for lunch or take home.

Learn all about budgeting, healthy choice meals and kitchen safety.



### Lunch

12.00pm – 12.45pm

Take a break, relax and enjoy some lunch while developing social connections.

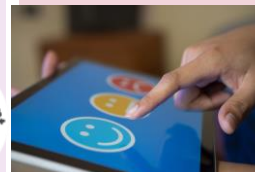
Work on your daily living skills keeping your kitchen and dining space clean.



### Technology

12.45pm – 3.00pm

Learn how to use technology safely on the iPads



### In Centre Activities

12.45pm – 3.00pm

What do you feel like doing?

- Games/Puzzles
- Movies
- Arts and Craft
- Bingo
- Karaoke





# Rockhampton Learning and Lifestyle hub

Program dates: October 2025 – December 2025

## What's on!

## Tuesday

### Arrivals

8.30am – 9.00am

Welcome all our friends and choose your activity for the day



### Sailing with Sailability - \$10

9.00am – 12.00pm  
1<sup>st</sup> and 3<sup>rd</sup> Tuesday each Month

Head to Causeway Lake and enjoy sailing with friends. While learning water safety.

- Option of sailing boats or the motorised pontoon (accessible)



### Bowling - \$7

9.00am – 12.00pm  
Alternate Tuesday to Sailing

Head to Rocky Bowl and Leisure for a fun game of 10 pin bowling. Engage with our friends for some friendly competition.



### Morning Tea

9.30am – 10.00am

Time to enjoy a coffee/tea before we begin our morning activities



### Craft / Event Prep & Planning

9.00am – 12.00pm

This is your time to create and have a say in our monthly event

- Create decorations to display around the centre
- Decide on games and food to have on the day of the event



### Lunch

12.00pm – 12.45pm

Take a break, relax and enjoy a delicious lunch while developing social connections.

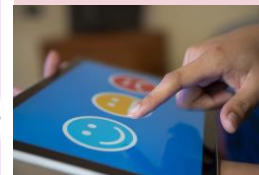
Work on your daily living skills keeping your kitchen and dining space clean and safe.



### Technology

12.45pm – 3.00pm

Learn how to use technology safely on the iPads



### In Centre Activities

12.45pm – 3.00pm

What do you feel like doing?

- Games/Puzzles
- Movies
- Arts and Craft
- Karaoke



# Rockhampton Learning and Lifestyle hub

Program dates: October 2025 – December 2025

## What's on!

## Wednesday

### Arrivals

8.30am – 9.00am

Welcome all our friends and choose your activity for the day



### Morning Tea

09:30am - 10:00am

Time to enjoy a coffee/tea before we begin our morning activities



### Meals on Wheels: Volunteer Program

09.00am – 12.00pm

Volunteer with us delivering meals to people within our local community.

- Work on social skills and numeracy and literacy while giving back to the community



### Fitness Program

09:00am - 12:00pm

Join in some nice gentle exercise together.

- Community Walk either at a local park, or shopping centre.
- or
- Gentle Chair exercises in-centre



### Craft / Event Prep & Planning

09.00am - 12:00pm

This is your time to create and have a say in our monthly event

- Create decorations to display around the centre
- Decide on games and food to have on the day of the event



### Lunch

12.00pm – 12.45pm

Take a break, relax and enjoy a delicious lunch while developing social connections.  
Work on your daily living skills keeping your kitchen and dining space clean and safe.



### In Centre Activities

12.45pm – 3.00pm

What do you feel like doing?

- Games/Puzzles
- Movies
- Arts and Craft
- Karaoke



### Bingo – In-Centre

12.45pm – 3.00pm

Enjoy playing BINGO in centre.  
Engage with friends in some friendly competition. Take it in turns to be the caller.



# Rockhampton Learning and Lifestyle hub

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## What's on!

## Thursday

### Arrivals

8.30am – 9.00am

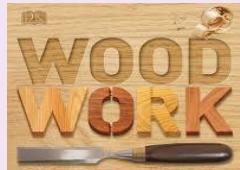
Welcome all our friends and choose your activity for the day



### Woodwork - \$8

09.00am – 12.00pm

- Learn how to safely use tools
- Learn WHS skills
- Have fun creating products to take home and show off to your family and friends



### Morning Tea

09:30am - 10:00am

Time to enjoy a coffee/tea before we begin our morning activities



### Car Maintenance

09:00am - 12:00pm

- Learn what it takes to maintain a vehicle.
- Washing the car
  - Cleaning the inside, vacuuming, wiping surfaces



### Community Awareness Outing

09.00am – 12.00pm

Join us on an outing to explore your local area.

- May involve a cost if place chosen to explore requires it. Otherwise, a free activity.



### Lunch

12.00pm – 12.45pm

Take a break, relax and enjoy some lunch while developing social connections.

Work on your daily living skills keeping your kitchen and dining space clean.



### In Centre Activities

12.45pm – 3.00pm

What do you feel like doing?

- Games/Puzzles
- Movies
- Arts and Craft
- Bingo
- Karaoke



### In-Centre Activities

12.45pm – 3.00pm

- Learn Auslan Sign Language
- Gentle chair exercises





# Rockhampton Learning and Lifestyle hub

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## Friday

### Arrivals

8.30am – 9.00am

Welcome all our friends and choose your activity for the day



### Free Choice Today

All Day

Today is all about YOU!!

- Let us know what you would like to do in advance, and your support workers will help you plan an outing with your friends or an in-centre activity of your choice!



### Morning Tea

09:30am - 10:00am

Time to enjoy a coffee/tea before we begin our morning activities



### Swimming

09:00am – 12.00pm

Swimming is optional through the warmer months at Splash about

- Learn about water safety
- Enjoy some gentle exercise in the pool
- Socialise with friends



### Lunch

12.00pm – 12.45pm

Take a break, relax and enjoy some lunch while developing social connections.

Work on your daily living skills keeping your kitchen and dining space clean.



### Culture Exploration

12.45pm – 3.00pm

Learn about different cultures from around the world

- Researching, cooking and Tasting food from the chosen country
- Experience different games from the chosen country
- Discuss and choose a different culture each month to explore



# Rockhampton Learning and Lifestyle hub

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## What's on!

## Events

### Monthly

Wednesday - 09.00am-12.00pm

#### Cycling without age

- Join us monthly for this free activity



### 15<sup>th</sup> October

0:00am - 0:00am

#### Breast Cancer Awareness Month

- In-centre event



### 31<sup>st</sup> October

0:00am - 0:00am

#### Halloween

- In-centre event



### 5<sup>th</sup> December

0:00am - 0:00am

#### Christmas

- In-centre event



## This Term

If you are interested in any of our services, contact our Client Support Team 1800 112 112 or [clientsupport@endeavour.com.au](mailto:clientsupport@endeavour.com.au) to arrange a Site Tour.