

Cannonvale Learning and Lifestyle hub

Program Operating Hours

Monday – Friday

9:00am – 3:00pm

Contact Us for More Information

Phone: 1800 112 112

Email: hello@endeavour.com.au



Cannonvale Learning and Lifestyle hub

Program dates: 1st July – 26th September 2025

What's on!

Monday

Social Group – Teatime

9:00am - 9:30am

Relax and share conversations with your friends at L&L

Socialising encourages you to build friendships and learn listening and conversation skills.



Community Connections

9:30am - 12:00pm

Have fun exploring your Community. Volunteering, Shopping or attending our local events.

Build stronger social bonds and Community connections.



Fun Sports or Fishing

9:30am - 12:00pm

Outdoor activities like fishing are a great way to learn skills such as patience and teamwork. Learn about your fishing environment and water safety.



About Endeavour

At Endeavour Foundation we focus on ability and making things happen. Whether it's learning life skills, living independently, socialising and making new friends, getting job ready or exploring interests and trying new things. We work with you to make your possibilities a reality.



Lunchtime

12:00pm - 12:30pm

Time to enjoy a healthy lunch and take a break.

Enjoy socialising with your friends.



Pantry Cooking – Garden to Plate

12:30pm - 2:30pm

The Cooking Program teaches valuable life skills. Using what is in the Pantry and our own grown herbs, spices and vegetables learn how to create a delicious meal to take home and enjoy.

Create your own amazing recipes.



Your Choice – Gardening, Craft, Games

12:30pm - 3:00pm

Choose what activity you would like to do. We have a wide variety to choose from.

Empower yourself with your own decision making and ideas.



Contact Us For More Information

Fee Information

Some programs attract a fee. Fees cover the cost of ingredients, materials or venue costs that are charged.

Contact:

Sabiné Mollone

Site Manager – Cannonvale Community

Sabine.Mollone@endeavour.com.au

0472878772

8:00am to 5:00pm M-F

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What's on!

Tuesday

Mind, Body & Well Being

9:00am - 9:30am

The Mind, Body & Wellbeing program is focused on fitness and nutrition. Learning about the benefits of healthy choices and fun physical activities that help you feel energised and happy.



Yoga & Breath Work

9:30am - 10:30am

Yoga offers a wide range of benefits to your mental wellbeing, reducing anxiety, stress and builds up your physical strength, balance and posture.

Boost your energy levels and enhance your respiratory health.



Your Choice – Gardening, Craft, Games

9:30am - 12:00pm

Choose what activity you would like to do. We have a wide variety to choose from.

Empower yourself with your own decision making and ideas.



Lunchtime

12:00pm - 12:30pm

Take a break, enjoy a delicious lunch. Spend time with your friends whilst developing social connections.



Sailability & BBQ – (Week Two)

9:00am - 2:00pm

A fun day outing enjoying the volunteer run sailing activity followed by a BBQ lunch.

Learn how to be safe on the water and gain confidence on the observer boat or try your skills on a smaller sailboat.



Computer Skills / 3D Virtual Reality

12:30pm - 2:30pm

Want to learn how to use technology, including our innovative Virtual Learning Environment to help you reach your goals? Whether its for fun or acquiring a volunteer or paid job, we're here to support you.



Social Group - Movies

12:30pm - 2:30pm

Have fun with your friends at L&L with a broad range of movies to watch on the big screen.

Using your decision-making skills in a group environment to choose the movie, relax and unwind.



Goal Setting / Program Planning

2:30pm - 3:00pm

Your NDIS plan – Your Journey
Let us be part of your team to help you achieve your goals

Choose the programs you wish to do and plan. Discuss your ideas/steps to take to achieve your goals with your staff



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What's on!

Wednesday

Mind/Body Well Being

9:00am - 9:30am

The Mind, Body & Wellbeing program is focused on fitness and nutrition.

Learning about the benefits of healthy choices and fun physical activities that help you feel energised and happy.



Eco Barge Volunteer Project

10:00am - 11:00pm

Volunteer - Environment Project.

A rewarding Community interaction program that assists the environment and protects the Sealife from harmful plastics.

Safety: Closed in shoes required.



Community Shopping

11:00am - 12:00pm

Planning: Life Skills. Using the Thursday Cooking & Baking Program recipe choices, check pantry/fridge for ingredients already in supply, write a shopping list, work out where to purchase these items. GO SHOPPING.



About Endeavour Staff, Partnerships & Development

Staff: Our staff are fun to work with, professional and very caring.

They are professionally trained and continue to have extensive training and professional development. Person centred and often go above and beyond to help you reach your goals.

Partnerships & Development: We at Endeavour are keen to work with Participants, Parents, Guardians, Educators to develop programs to cater for a wide range of needs.

Lunchtime

12:00pm - 12:30pm

Time to enjoy a healthy lunch and take a break.

Enjoy socialising with your friends.



Art /Craft Program

12:30pm - 2:30pm

Art and Craft programs offer creative development and enhances fine motor skills. Also promoting emotional expression these programs contribute to cognitive development, self esteem and problem-solving abilities.



Music Program

12:30pm - 2:30pm

Music programs offer a wide array of cognitive, social, and emotional benefits. Improves memory and concentration, social participation, creativity and imagination, increased pattern recognition, problem solving, and fun.



Goal Setting / Program Planning

2:30pm - 3:00pm

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What's on!

Thursday

Mind, Body & Well Being

9:00am - 9:30am

The Mind, Body & Wellbeing program is focused on fitness and nutrition. Learning about the benefits of healthy choices and fun physical activities that help you feel energised and happy.

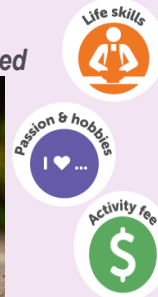


Cooking Program

9:30am - 12:00pm

Help choose from many recipes which dish you would like to make. Once you have prepared, and cooked the dish you choose whether to eat it for lunch or to take home.

Safety: Closed shoes required



Bush Walk

9:30am - 12:00pm

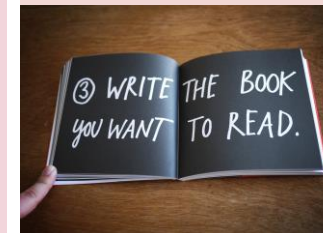
Getting out in nature. Benefits are many with clearing the mind, lowering levels of depression and anxiety. Learn useful tips of recognising your surroundings and focusing skills. **Safety: Closed shoes, hats, water bottles, sunscreen required.**



Creative Writing

9:30am - 12:00pm

Develop your writing skills with various styles such as poetry, song writing, short stories, plays and screenplays, novels, letters, journals and diaries, personal essays. Use your imagination and create.



Lunchtime

12:00pm - 12:30pm

Time to enjoy a healthy lunch and take a break.

Enjoy socialising with your friends.



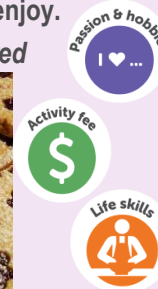
Baking Program

12:30pm - 2:30pm

Create delicious treats with your friends. Baking offers a therapeutic and creative outlet which is fun and engaging.

Once you have baked your treat, take a photo and bring it home to enjoy.

Safety: Closed shoes required



Scrapbooking/Craft

12:30pm - 2:30pm

In a book, box or card you can create memorabilia using photos, stickers, printed media and artwork.

Using your imagination and creativity this activity can be very relaxing and enjoyable.



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Mind, Body & Well Being

9:00am - 9:30am

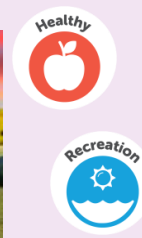
The Mind, Body & Wellbeing program is focused on fitness and nutrition. Learning about the benefits of healthy choices and fun physical activities that help you feel energised and happy.



Bowls Club

0:00am - 0:00am

Social Engagement. The Bowls club offers a group activity, creating fun interactions with the local people within the Community. Slightly competitive but always enjoyable.



Personal Development - THRIVE

9:30am - 12:00pm

Based on Foundation skills Thrive supports skill development in literacy, numeracy from base line concepts to complex written, reading, viewing, listening and comprehension tasks.



Creative Arts

9:30am - 12:00pm

Choose from Photography, Candle Making, Soap Making, Knitting, Crochet, Hand Sewing, Fashion Designing etc.. Be as creative as you like. Express yourself and have fun making your ideas take shape.



Lunchtime

12:00pm - 12:30pm

Time to enjoy a healthy lunch and take a break. Enjoy socialising with your friends.



Karaoke

12:30pm - 2:30pm

Singing is great for the soul. It's a fun way to express yourself, improves memory and boosts self confidence. An entertaining group activity that has everyone interacting.



Zumba

12:30pm - 2:30pm

A fun high energy dance that assists with toning muscle and boosting moods. Zumba can enhance coordination, flexibility, endurance and at times relieves stress.



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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