

2025					
	Monday	Tuesday	Wednesday	Thursday	Friday
Session 1 9:00-12:00	 Lunch Preparation - Healthy eating - Shopping - Budgeting + Money	 'I like to move it move it' - Karaoke - Chair Dancing - Resistance Band strengthening - Body Movement - Disco	 Arts and Crafts - Work on Arts and Craft activities. Naidoc Week and Christmas in July crafts,	 One with Nature - Beach or Park activities for fun, fresh air and exercise. Morning tea out and about.	 'I like to move it move it' - Karaoke - Chair Dancing - Resistance Band strengthening - Body Movement - Disco
Morning Tea 10:00 – 10:30					
	 Cooking Program Lunch - Safe food practices - Healthy eating - Food pyramid - Portion control - Hygiene - Table setting and table etiquette.	 Numeracy & Literacy - Thrive Learning Modules	 Technology Club - iPad Basics - iPad Photography - 3D Printing - Virtual Reality Machine (program of choice)	Group 1:  Ten Pin Bowling  Group 2: Life Skills - Thrive Learning Modules	 Library - Reading - Activities - Book exchange - Research for Skills and Knowledge sessions
Lunch 12:00 – 12:45			TAKEAWAY LUNCH		BBQ - last Friday of every month.
Session 2 1:00 – 2:45	Group 1:  Technology Club - iPad Basics - iPad Photography - 3D Printing - Virtual Reality Machine (program of choice) Group 2:  Arts and Crafts	Group 1:  Ten Pin Bowling  Group 2: Life Skills - Thrive Learning Modules	 Numeracy & Literacy Skills and Knowledge - Thrive Learning Modules	 Baking Program Afternoon Tea - Thrive Learning Modules - Safe food practices - Portion control - Hygiene	 Arts and Crafts  Numeracy & Literacy - Menu planning and budgeting for next week's cooking and baking programs. - Thrive Learning Modules
2:45 - 3:00	Pick up/Drop Off	Pick up/Drop Off	Pick up/Drop Off	Pick up/Drop Off	Pick up/Drop Off



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, **Community 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.



Information, Communication and 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.



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.



Getting out - or staying in - having fun, making connections and simply doing what makes you happy is what Leisure, Adventure and Recreation is all about. Leisure, Adventure and 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 behavior when in the workplace.



Passion Projects is all about doing what you're passionate about! It could be skill development, or launching your own online business, or simply exploring a creative outlet. If it makes you smile; if you lose track of time doing it, then this is what passion projects is all about.



The importance of **nature** – whether it's the bush or ocean, growing flowers or vegies or even collecting eggs from hens in the backyard, means that people are able to touch, taste, smell, hear and see those things which make up the world. It might mean conducting experiments to see how things work, or taking time out to literally smell the roses.



This **support** allows the person to identify specific types of supports required, and, if available, provide those supports on an individual basis. This might mean extra focus on Foundation Skills, or Community Engagement, or an area that isn't captured in a person's Pathway profile