

Kearney Springs Learning and Lifestyle hub

Program dates: Monday – Friday 9.00am – 15.00pm OCTOBER - DECEMBER

What's on!

Monday

Dance 9:00am - 12:00pm

This activity will help to keep you fit, vibrant and healthy all day long!
Cardio and dance can also help with dexterity and fatigue!
Lots of fun at this one!

Activity Fee: \$9.00



Indoor Board Games 9:00am - 12:00pm

Let your mind and inner competitor free as you play alongside your friends and peers for a board game, cards or anything else that might keep your minds stimulated!



Cooking Healthy 09:00am - 12:00pm

Cooking here at the L&L hub can be both relaxing and insightful.
Literally any dish that you choose, we can do together.

We can also assist you with choosing healthy options.

Activity Fee: \$5.00



Independent Living 9:00am - 12:00pm

Independence starts with you and at the home and in the L&L centre.

We want to empower you to develop essential life-skills to take you above and beyond!



IT and Graphics 12:00pm - 15:00pm

We are all trying hard to keep up with modern technology! Even knowing the basics can be useful in life! Come and learn how to use a computer with like-minded people.



Karaoke 12:00pm - 15:00pm

Make sure you all grab a microphone and sing to your favourite tunes like no one is watching!



Chilled Ambience 12:00pm - 15:00pm

When you need a break from the hustle and bustle of centre life, join us in the chill out corner for some meditation or a chance to read and wind-down.



Independent Living Part 2 12:00pm - 15:00pm

Part 2 –
This activity is a continuation from this morning.



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Tuesday

Building Relationships EFI 9:00am - 12:00Pm

A fun morning socialising and catching up with old and new friends over a morning cuppa and tea.

Activity Fee: \$5.00



Movies OUT/Movies IN 9:00am - 12:00pm

A chance to relax, sit back and put your feet up watching a movie at the cinema, or at the L & L.

Activity Fee: \$11.50



Meditation YOGA 9:00am - 12:00pm

This low-impact yoga and meditation activity can help with stress relief, anxiety and to improve a healthy functioning brain and body. It is also great for stretches and warm up before the fit lab.



Fit Lab 9:00am - 12:00pm

Gym sessions in-house. We will be lifting light weights and some cardio on the bicycles.

Activity Fee: \$5.00



Ten Pin Bowling 12:00pm - 15:00pm

With so many ten-pin bowling champions here, how could we not make this a permanent activity?!

Activity Fee: \$10.00



Sign Language/Communication 12:00pm - 15:00pm

There are many ways to communicate and hold a conversation. This activity is a chance for you to learn how to use sign-language or visual books and computer programs.

Activity Fee: \$5.00



Chilled Ambience 12:00pm - 15:00pm

When you need a break from the hustle and bustle of centre life, join us in the chill out corner for some meditation or a chance to read and wind-down.



Independent Living 0:00pm - 0:00pm

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Fit Lab 9:00am - 12:00pm

Gym sessions in-house. We will be lifting light weights and some cardio on the bicycles.

Activity Fees: \$5.00



Tenpin Bowling 9:00am - 12:00pm

With so many ten-pin bowling champions here, how could we not make this a permanent activity?!

Activity Fee: \$10.00



Chilled Ambience 9:00am - 12:00pm

When you need a break from the hustle and bustle of centre life, join us in the chill out corner for some meditation or a chance to read and wind-down.



Out and About Adventure 9:00am - 12:00pm

What an exciting day this always is! This is the chance for you all to choose where you want to go and what you want to do!



Pub Games 12:00pm - 15:00pm

This day can be filled with fun and laughter as you play along to some fun games that are both great for mental stimulation and team bonding.



NDVR To Write 12:00pm - 15:00pm

This excellent group is for anyone who wishes to develop their writing skills and take part in fortnightly/monthly service user meetings.



Meditation and Yoga 12:00pm - 15:00pm

This low-impact yoga and meditation activity can help with stress relief, anxiety and to improve a healthy functioning brain and body. It is also great for stretches and warm up before the fit lab.



Independent Living 12:00pm - 15:00pm

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Thursday

Bus Trip 9:00am - 12:00pm

Another exciting day out where you get to choose a destination and activity, but the bus route will always be:

BUS 906 9.40am/10.46

Activity Fee: \$10.00



Dream Ray 9:00am - 12:00pm

Every week you guys get the chance to shine like a rock god and dance like no one is in the room. Although there will be you amazing people joining in the fun for open mic with Ray!

Activity Fee: \$4.50



Chilled Ambience 9:00am - 12:00pm

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Independent Living 9:00am - 12:00pm

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Garden Maintenance 12:00pm - 15:00pm

There's plenty of opportunity for you to learn how to grow, nurture and maintain vegetables and plants in this group, with some fun theory and video watching to prepare.



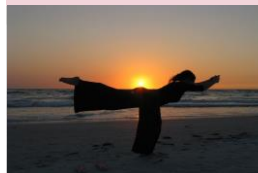
Art and Creative Crafts 12:00pm - 15:00pm

Let your inner Artiste run wild when painting, drawing, colouring in or making crafts in the comfort of our own hub and art rooms.



Yoga and Meditation 12:00pm - 15:00pm

This low-impact yoga and meditation activity can help with stress relief, anxiety and to improve a healthy functioning brain and body. It is also great for stretches and warm up before the fit lab.



Independent Living Part 2 12:00pm - 15:00pm

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Friday

Art at Harlaxton 9:00am - 12:00pm

The community centre at Harlaxton kindly offered to accommodate NDVR to participate in Arts and Crafts on a Friday, and what an amazing day out it is.

Activity Fee: \$5.00



Art at the L and L 9:00am - 12:00pm

If you don't feel like making the journey to Harlaxton, there's always space and friendly staff at the L and L for similar activities.



Chilled Ambience 9:00am - 12:00pm

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Cooking Healthy 9:00am - 12:00pm

Cooking here at the L&L hub can be both relaxing and insightful.

Literally any dish that you choose, we can do together.

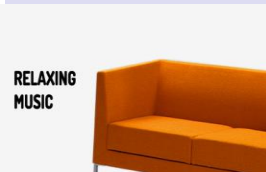
We can also assist you with choosing healthy options.

Activity Fee: \$5.00



Friday Relax and Music 12:00pm - 15:00pm

Sit down, put your feet up and sit back to some soft and soothing music or participate in a chat with your friends in this social relax activity.



Swimming 12:00pm - 15:00pm

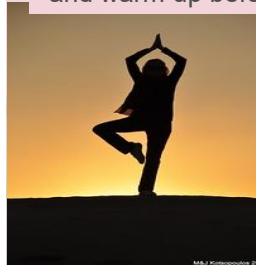
With staff members to assist you in and out of the pool area, you will be safe and sound as you luxuriate in the water.

Activity Fee: \$6.00



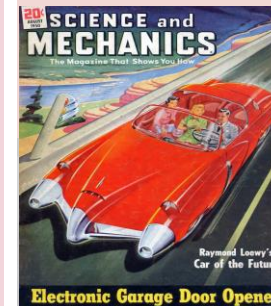
Yoga Meditation 12:00pm - 15:00pm

This low-impact yoga and meditation activity can help with stress relief, anxiety and to improve a healthy functioning brain and body. It is also great for stretches and warm up before the fit lab.



Car Buddy Program 12:00pm - 15:00pm

This has been a great program for any PWS who wants to learn more about the mechanics of cars.



Learning and Lifestyle Hub Kearney Springs

Operating Hours

Monday – Friday

9am – 3:30pm

Contact Us for More Information

Phone: 1800 112 112

Email: 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