

Mackay Learning & Lifestyle Weekly Program



January 8 – March 28 2024

NDVR
Endeavour
Foundation

Monday

Morning walk or exercise activity offered for first 20 minutes

Morning Session

9.00am-12.00pm

Out and About in the community



Nature and Gardening skills



Library



Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

Afternoon Session

1.00pm-3.00pm

Thrive Learning



Pamper me! Ladies club



Healthy Baking



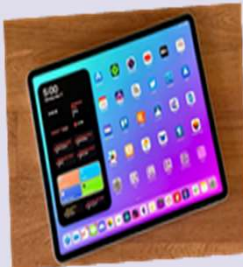
Tuesday

Morning walk or exercise activity offered for first 20 minutes

Morning
9.00am-
12.00pm

Session
1

IPAD Technology
Including
photography



Natural
Science



Karaoke, Music
and Dance



Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

Afternoon
1.00pm-
3.00pm

Session
2

Thrive
Learning



IPAD Technology
Including
photography



Creative Art



Wednesday

Morning walk or exercise activity offered for first 20 minutes

**Morning
9.00am-
12.00pm**

**Session
1**

**Restaurant
Cooking**



**Nature and
Gardening
skills**



Bingo



Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

**Afternoon
1.00pm-
3.00pm**

**Session
2**

**Thrive
Learning**



**Music, Movies
& Games**



**3D Printing
and VR fun**



Thursday

Morning walk or exercise activity offered for first 20 minutes

**Morning
9.00am-
12.00pm**

**Session
1**

**Thrive
Learning**



**3D Printing and
VR fun**



Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

**Afternoon
1.00pm-
3.00pm**

**Session
2**

**IPAD Technology
Including
photography**



Creative Art



Friday

Morning walk or exercise activity offered for first 20 minutes

Morning
9.00am-
12.00pm

Session
1

Out and About
in the
community



Nature and
Gardening
skills



Healthy
Choices
Baking



Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

Afternoon
1.00pm-
3.00pm

Session
2

Thrive
Learning



Social BBQ



Karaoke, Music
and Dance



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

Together, we'll co-design your personal learning journey to make sure that it fits your needs and gets you to where you want to be.

We have smart assistive technologies available to help you to clearly communicate your choices and preferences. We can also support you in learning how to use technology, including our ground-breaking Virtual Learning Environment, to help you reach your goals.

Our site is fitted with a large, fully equipped kitchen, outdoor area, recreational spaces and quiet areas.

Please contact Tracey Bamberry (Site Manager Community) on 0438 189 810 for further information.

**We are located at 418 Shakespeare Street
Opening Hours are 9am – 3pm
Monday to Friday**

