

Keon Park Learning and Lifestyle Hub






Term 4 2025: 22/09/2025 – 19/12/2025

What's on!

MONDAY






Literacy & Numeracy
09:00am - 11:00am

This is a chance to practice your reading, writing & math skills. Whether your goal is to learn to identify letters and numbers or write your own stories and create your own personal budget, this program caters to all!



Monday Motions \$Cost may vary
11:00am – 12:30pm

In this program you will keep your body fit and healthy and have fun while doing it! Monday motions involves anything from Zumba to the Driving Range, Tennis to Tai Chi!



Lunch at KP
12:30pm – 13:00pm

Enjoy a well-deserved Lunch Break with your friends at the L&L Program!



Music
13:00pm - 15:00pm

Whether it's learning to play the guitar, or music trivia that you're interested in. This program is for you!



TUESDAY

Budgeting & Shopping
09:00am - 11:00am

In this program you will learn how to count money and create budgets. Each week you will develop a grocery list and budget which you will then use to head out to the local supermarket to purchase ingredients for cooking



Cooking \$5.00
11:00am – 12:30pm

With the ingredients you purchased in budgeting, you will then cook a delicious meal for lunch with a focus on Healthy Eating, Nutrition, Kitchen Safety and Tasty Food!






Lunch at KP
12:30pm – 13:00pm

Enjoy a well-deserved Lunch Break with your friends at the L&L Program! taste your delicious creation that you made in the cooking program!



Tuesday Trivia
13:00pm – 15:00pm

Test your knowledge on a range of topics with fun and interactive quizzes and games. Laugh, have fun, and learn with your peers.



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What's on!

WEDNESDAY

Computers

09:00am - 11:00am

In this program you will learn the basics of using computers. Work to improve your typing skills, various Microsoft programs, cyber safety, or even learn how to use VR!



Art & Craft

\$5.00

11:00am – 12:30pm

Get creative in our Art & Craft program. Here you will have the opportunity to make your own creations in the form of clay, sewing, painting, lino carving, candle making and much more. The possibilities are endless!



Lunch at KP

12:30pm – 13:00pm

Enjoy a well-deserved Lunch Break with your friends at the L&L Program!



Gardening

13:00pm – 15:00pm

Get your green thumb on in our very own on-site veggie garden. Here you will have the opportunity to learn about growing your own produce and take on the responsibility of caring for your crop



Bowling

\$9.00 per game

16:00pm – 18:00pm

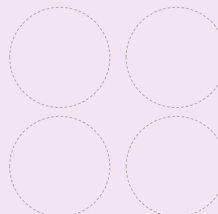
Take a trip to one of many local Bowling Alleys and try your hand at bowling. This is a great way to keep our bodies healthy, socialise with our peers and ultimately, have fun!



Expressions of Interest

0:00pm - 0:00pm

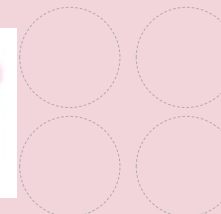
We are looking forward to expanding and creating further learning opportunities for the people we support. Don't see the program that you're interested in? Let us know and we would love to integrate it into our awesome program!



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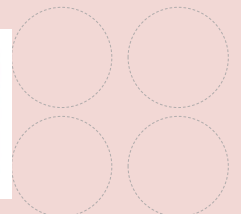
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What's on!

THURSDAY

GROUP A

Out & About \$Cost may vary
09:00am – 15:00pm

In this program you will get to go on a new and exciting excursion every week! Anything from museums to the zoo, road trips to swimming, and the movies to minigolf. Each week is a new adventure!





Out & About \$Cost may vary
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In this program you will get to go on a new and exciting excursion every week! Anything from museums to the zoo, road trips to swimming, and the movies to minigolf. Each week is a new adventure!





Lunch in the Community
09:00am – 15:00pm

Enjoy a well-deserved Lunch Break with your friends at the L&L Program!










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GROUP B

Art & Craft \$5.00
09:00pm – 11:00am

Get creative in our Art & Craft program. Here you will have the opportunity to make your own creations in the form of clay, sewing, painting, lino carving, candle making and much more. The possibilities are endless!







Cooking \$5.00
11:00am – 12:30pm

With the ingredients you purchased in budgeting, you will then cook a delicious meal for lunch with a focus on Healthy Eating, Nutrition, Kitchen Safety and Tasty Food!






Lunch at KP
12:30pm – 13:00pm

Have a well-deserved Lunch Break with your friends at the L&L Program and enjoy the meal that you have prepared with your own hands.







Bowling \$9.00 per game
13:00pm -15:00pm

Take a trip to one of many local Bowling Alleys and try your hand at bowling. This is a great way to keep our bodies healthy, socialise with our peers and ultimately, have fun!





Keon Park Learning and Lifestyle Hub

Term 4 2025: 22/09/2025 – 19/12/2025

What's on!

FRIDAY

GROUP A

Computers

09:00am – 11:00am

In this program you will learn the basics of using computers. Work to improve your typing skills, various Microsoft programs, cyber safety, or even learn how to use VR!



Foundations

Technology

Life skills

Cooking

\$5.00

11:00am – 12:30pm

With the ingredients you purchased in budgeting, you will then cook a delicious meal for lunch with a focus on Healthy Eating, Nutrition, Kitchen Safety and Tasty Food!



Life skills

Passion & hobbies

Healthy

Activity fee

Lunch at KP

12:30pm – 13:00pm

Have a well-deserved Lunch Break with your friends at the L&L Program and enjoy the meal that you have prepared with your own hands.




Social engagement

Driving Range

\$5.00

13:00 - 15:00pm

Take a trip to Plenty Driving Range and try your hand at Golf. This is a great way to keep our bodies healthy, socialise with our peers and ultimately, have fun!



Social engagement

Healthy

Recreation

Activity fee

GROUP B

Out & About

\$cost may vary

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Life skills

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Social engagement

Recreation

Life skills

Activity fee

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Social engagement

Recreation

Life skills

Activity fee

Keon Park Learning and Lifestyle Hub

Operating Hours

Monday to Friday 9am – 3pm

12 – 14 Keon Parade Thomastown 3074

Contact Us for More Information

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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