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	Monday	Tuesday	Wednesday	Thursday	Friday
Start of day 8:00AM– 9:00AM	People transported to the centre and get settled. Daily meeting, Safety and WHS Practices, preparation for activities, bulletin, updates and information and time to share.				
 COOPERS PLAINS Shared Site Activities	 MAKATON MUSIC Learn & develop essential communication skills such as listening, comprehension, memory and expressive speech and language.	 SAILABILITY @ Graceville 20 April to 22 June 2021 Bookings are essential. \$10.00	 SNAP SHOT Basic photography class teaching participants how to capture moments in life using technology \$5.00 for drink	 THE GREAT SOUTH EAST Tour of local landmarks, interesting and historical sites around the Great South East	 HORSING AROUND @ Helensvale Be supported to improve your equestrian skills and physical fitness and wellbeing. Annual membership
 KINGSTON Shared Site Activities	 GLORIOUS GARDENS Tenderly grow your choice of fruit, vegetables, or flowers \$1.00	 STREET ART PROJECT Let your inner artist out and join with the crew to beautify the new outside area at Kingston L&L	 Music, Dancing & Lunch @ GREENBANK RSL \$15.00	 MEN'S SHED Join the blokes to build and create projects using hand and power tools. \$50.00 yearly fee	 STARS IN YOUR EYES KARAOKE Take turns to sing your favorite songs and create your personal song list. \$5.00
 IPSWICH Shared Site Activities	 THE HI-TEC HUB Learning in a group about Computers, Robotics and VR Technology training	 FIRED UP FITNESS Group based light fitness session to maintain general health and wellbeing	 RSPCA TROOPS Weekly visit to the Small furry friends at the Wacol RSPCA facility	 THE GREAT SOUTH EAST Tour local landmarks, interesting and historical sites around the Great South East	 THE GOOD SPORTS CLUB Sports team challenge aimed at increasing general fitness, health, and wellbeing.
Morning Session 9:00AM– 12PM	 COMMUNITY EXPLORERS Getting Out & About and accessing our community discovering who is out there and what they do!	 THE BOSTON TEA PARTY Morning tea, leisurely games and relaxed walks through our community and local parks \$5.00	 SPLISH SPLASH SWIMMERS Exercise, leisure, relaxation, and fun with the group in the heated pool. \$5.00	 BINGO @ SWIFTS SPORTS CLUB Listen, watch, and mark off your numbers to win a line, 4 corners or the house. \$4.00	 TIME TRAVELLERS HUB Use your Go Card to access all modes of public transport including bus, train, taxis & ferry's. Go Card (with credit)
	 BREMER RIVER CLUB @ CSI IPSWICH Interactive Games, puzzles, trivia and Lunch with friends \$12.00	 SEW GOOD STITCH GROUP Learn to sew some snazzy projects finding materials from a variety of sources! \$2.00	 PICO BOWLING CUP Join in the fun playing in the 10 pin bowling tournaments @ Richlands Superbowl \$7.00	 OUR KITCHEN RULES Enjoy a cooking class supporting participants from start to finish to create a healthy menu and prepare a delicious meal \$5.00	 BAKERS DELIGHTS Biscuits, Breads, Slices, Cup Cakes, Muffins, Savories, Sweets and Deserts. Create a treat to take home. \$5.00 (BYO Container)
	 NUMBERS & LETTERS NDVR Pen Pals Numeracy, Spelling, Writing & Money Skills \$5.00 (term, one off contribution)	 OUR KITCHEN RULES Enjoy a cooking class supporting participants from start to finish to create a health menu and prepare a delicious meal \$5.00	 BAKERS DELIGHTS Biscuits, Breads, Slices, Cup Cakes, Muffins, Savories, Sweets and Deserts. Create a treat to take home. \$5.00 (BYO Container)	 SOCIAL MEDIA Create & connect with your online community to share information, ideas, personal messages and other content including videos and snaps.	 LETTERS & NUMBERS NDVR Pen Pals Numeracy, Spelling, Writing & Money Skills \$5.00 (term, one off contribution)
LUNCH TIME 12:00 – 12:30PM	Support and assistance during and after mealtimes including meal and drink preparation Assistance and support with your medication and any personal cares				

Afternoon Session 12:30 - 2:00PM	 Ipswich Library Search the library for all your favorite interests and more. Borrow and return your books and resources.	 COMPUTER GAMES Computers, Robotics, 3D printing and Virtual Reality Programs and I-Pad Technology training	 HEALTHY BODIES HEALTHY MINDS Encouraging Physical, emotional and social wellbeing using tools and resources that support a healthy outlook on life.	 BOARD GAMES Learn and master traditional board and card games skills including strategy and chance or a mix of both. Unleash your competitive nature against your opponent.	 HOUSEKEEPING & GENERAL MAINTENANCE Domestic and organization skills, preparing shopping list, menu planning, light domestic chores, hazard awareness.
End of day 2:00 – 2:30PM	 Mindful Meditation & Winddown Music Preparation to end the day	 Mindful Meditation & Winddown Music Preparation to end the day	 Mindful Meditation & Winddown Music Preparation to end the day	 Mindful Meditation & Winddown Music Preparation to end the day	 Mindful Meditation & Winddown Music Preparation to end the day

ACTIVITIES ARE DELIVERED VIA IN HOUSE AND COMMUNITY

We will be working towards incorporating Monthly Movie, Significant date observations & fostering relationships through weekly inter-team connections with Coopers Plains and Kingston into our activities program.

Learning & Life Skills Icons & 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.

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.

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.

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 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 (ie: Show Day)



Foundation Skills

Support and development in areas relating to:

- Reading, writing, comprehension
- Speaking, communication
- Numbers, Addition, Subtraction
- Measurement, Size
- Signing – eg. Peccs, 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 eg 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 eg. 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 music)
- 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