

# Cannonvale Learning and Lifestyle hub

## Program Operating Hours

**Monday – Friday**

9:00am – 3:00pm

## Contact Us for More Information

Phone: 1800 112 112

Email: [hello@endeavour.com.au](mailto:hello@endeavour.com.au)



# Cannonvale Learning and Lifestyle hub

Program dates: October – December 2025

## What's on!

## Monday: Lunch - Cooking Program or your own

**Social Group – Morning Talk**  
9:00am – 10:00am

Relax and share conversations with your friends at L&L with your Morning Tea. Socialising encourages you to build friendships and learn listening and conversation skills.



**Pantry Cooking – Garden to Plate**  
10:00pm - 12:30pm

The Cooking Program teaches valuable life skills. Using what is in the Pantry and our own grown herbs, spices and vegetables learn how to create a delicious meal to take home and enjoy.



**Indoor or Outdoor Activities**  
10:00am - 12:30pm

Choose from fun Board, Card Games or Outdoor activities such as golf are a great way to learn skills such as patience, coordination, fine motor skill and teamwork.



About Endeavour

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



**Lunchtime**  
12:30pm - 1:00pm

Time to enjoy a healthy lunch and take a break. Enjoy socialising with your friends.



**Client Meeting (1<sup>st</sup> Week of Month)**  
1:00pm - 2:00pm  
**Brainstorming – Events, Programs**  
1:00pm - 2:45pm

Share your goals. Discuss what is working well. Discuss what you need support with. Empower yourself with your own decision making and ideas. Share your ideas for future events, Social Club, Planning, Delegate who is doing what? Help each other achieve the best events by putting ideas into action. Design and Create



**Arts & Crafts**  
1:00pm - 2:45pm

Work on your Art and Craft projects. Design and Create for events or special occasions. Very therapeutic, relaxing and fun.



Contact Us For More Information

**Fee Information**  
Some programs attract a fee. Fees cover the cost of ingredients, materials or venue costs that are charged.

Contact:

**Sabiné Mollone**

Site Manager – Cannonvale Community

[Sabine.Mollone@endeavour.com.au](mailto:Sabine.Mollone@endeavour.com.au)

0472878772

8:00am to 5:00pm M-F

# Cannonvale Learning and Lifestyle hub

Program dates: October – December 2025

## What's on!

## Tuesday: Bring your Lunch

### Mind, Body & Well Being

9:00am - 9:30am

The Mind, Body & Wellbeing program is focused on fitness and nutrition. Learning about the benefits of healthy choices and fun physical activities that help you feel energised and happy.



### Swimming – Proserpine Pools

9:30am - 12:30pm

Swimming is a fun sporting activity. Cool down at the pools. Great for your muscles and fitness. Have fun with your friends. Bring your bathers, towel, hat and sunscreen.



### Your Choice – Gardening, Craft, Games

9:30am - 12:30pm

Choose what activity you would like to do. We have a wide variety to choose from. Empower yourself with your own decision making and ideas.



### Lunchtime

12:30pm-1:00pm

Take a break, enjoy a delicious lunch. Spend time with your friends whilst developing social connections.



### Sailability & BBQ – (Week Two)

9:00am - 2:00pm

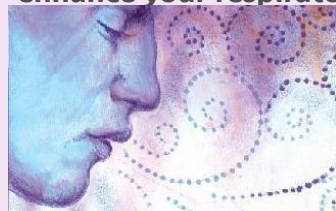
A fun day outing enjoying the sailing activity followed by a BBQ lunch. Learn how to be safe on the water and gain confidence on the observer boat or try your skills on a smaller sailboat.



### Yoga & Breath Work

12:30pm - 1:30pm

Yoga offers a wide range of benefits to your mental wellbeing, reducing anxiety, stress and builds up your physical strength, balance and posture. Boost your energy levels and enhance your respiratory health.



### Social Group - Movies

12:30pm - 2:45pm

Have fun with your friends at L&L with a broad range of movies to watch on the big screen. Using your decision-making skills in a group environment to choose the movie, relax and unwind.



### Your NDIS plan – Your Journey

Let us be part of your team to help you achieve your goals. Choose the programs you wish to do and plan. Discuss your ideas/steps to take to achieve your goals with your staff.



# Cannonvale Learning and Lifestyle hub

Program dates: October - December 2025

## What's on!

## Wednesday: Bring your Lunch

**Mind/Body Well Being**  
9:00am - 10:00am

The Mind, Body & Wellbeing program is focused on fitness and nutrition. Learning about the benefits of healthy choices and fun physical activities that help you feel energised and happy.



**Eco Barge Volunteer Project & Op Shops**  
10:00am - 12:30pm  
(Nov – Changes to Swimming at Lagoon)

**Volunteer - Environment Project.**  
A rewarding Community interaction program that assists the environment and protects the Sealife from harmful plastics.  
*Safety: Closed in shoes required.*



**Community Shopping**  
10:00am - 12:30pm

**Planning: Life Skills.** Using the Thursday Cooking & Baking Program recipe choices, check pantry/fridge for ingredients already in supply, write a shopping list, work out where to purchase these items.

**GO SHOPPING.**



**Lunchtime**  
12:30pm - 1:00pm

Time to enjoy a healthy lunch and take a break.  
Enjoy socialising with your friends.



**Art /Craft Program**  
1:00pm - 2:45pm

Art and Craft programs offer creative development and enhances fine motor skills. These programs contribute to cognitive development, self esteem and problem-solving abilities.



**Music Program (Bring your instrument)**  
1:00pm - 2:45pm

Music programs cognitive, social, and emotional benefits. Improves memory and concentration, social participation, creativity and imagination, pattern recognition, problem solving, and fun.



**About Endeavour Staff, Partnerships & Development**

**Staff:** Our staff are fun to work with, professional and very caring.  
They are professionally trained and continue to have extensive training and professional development.  
Person centred and often go above and beyond to help you reach your goals.

**Partnerships & Development:** We at Endeavour are keen to work with Participants, Parents, Guardians, Educators to develop programs to cater for a wide range of needs.

# Cannonvale Learning and Lifestyle hub

Program dates: October – December 2025

## What's on!

Thursday: Bring your Lunch (if not Cooking)

**Mind, Body & Well Being**  
9:00am - 9:30am

The Mind, Body & Wellbeing program is focused on fitness and nutrition. Learning about the benefits of healthy choices and fun physical activities that help you feel energised and happy.



**Cooking or Baking Program**  
9:30am - 12:30pm  
*Safety: Closed shoes required*

Choose from many recipes of which dish or treat you would like to cook or bake. Once you have prepared, cooked or baked you choose whether to eat it for lunch or to take home.



**Bush Walk**  
9:30am - 12:30pm

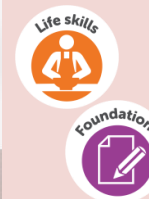
Getting out in nature. Benefits are many with clearing the mind, lowering levels of depression and anxiety. Learn useful tips of recognising your surroundings and focusing skills.

*Safety: Closed shoes, hats, water bottles, sunscreen required.*



**Computer Skilling**  
9:30am - 12:30pm

Want to learn how to use technology, including our innovative Virtual Learning to help you reach your goals? Whether its for fun, looking for a paid or volunteer job, we're here to help you.



**Lunchtime**  
12:30pm - 1:00pm

Time to enjoy a healthy lunch and take a break.  
Enjoy socialising with your friends.



**Creative Writing/Library**  
1:00pm - 2:45pm

Develop your writing skills with various styles such as poetry, song writing, short stories, plays and screenplays, novels, letters, journals and diaries, personal essays. Use your imagination and create.



**Scrapbooking/Craft**  
1:00pm - 2:45pm

In a book, box or card you can create memorabilia using photos, stickers, printed media and artwork. Using your imagination and creativity this activity can be very relaxing and enjoyable.



**Karaoke**  
1:00pm - 2:45pm

Singing is great for the soul. It's a fun way to express yourself, improves memory and boosts self confidence. An entertaining group activity that has everyone interacting.



# Cannonvale Learning and Lifestyle hub

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## What's on!

## Friday: Bring your Lunch

### Mind, Body & Well Being

9:00am – 10:30am

The Mind, Body & Wellbeing program is focused on fitness and nutrition. Learning about the benefits of healthy choices and fun physical activities that help you feel energised and happy.



### Bowls Club

10:30am - 12:30pm

**Social Engagement.** The Bowls club offers a group activity, creating fun interactions with the local people within the Community. Slightly competitive but always enjoyable.



### Personal Development - THRIVE

9:30am - 12:30pm

Based on Foundation skills Thrive supports skill development in literacy, numeracy from base line concepts to complex written, reading, viewing, listening and comprehension tasks.



### Lunchtime

12:30pm - 1:00pm

Time to enjoy a healthy lunch and take a break.  
Enjoy socialising with your friends.



### Pamper-Self Care Program

1:00pm – 2:45pm

Looking after yourself is often overlooked. Learn about skin care, hair care, nail care and ways to enjoy self care



### Creative Arts

1:00pm - 2:45pm

Choose from Candle or Soap Making, Knitting, Crochet, Hand Sewing, Fashion Designing even Photography . Be as creative as you like and have fun making your ideas take shape.



## BEE YOURSELF SOCIAL CLUB & DANCE

\$15 - Fridays 6pm -9pm

24<sup>th</sup> October

28<sup>th</sup> November

19<sup>th</sup> December



# Learning and Life Skills Icons and Definitions



Foundations

**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

**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.



Social engagement

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

**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

**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

**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

**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

**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

**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 fee

**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