Hervey Bay Learning & Lifestyle Weekly Program

September 2025

NDVR Endeavour Foundation

Monday

Hervey Bay to Maryborough

Morning Activities – Wii set up with bowling prior to 9am

9.15am to 12.00pm

Walking Group & Road Safety

Men's Shed
Week 1
($40 yearly insurance/ $2 Per week)

Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

1:00pm to 3:00pm

Arts & Craft

Cooking: Making Dinner
($5-$10 Per Week)

Tuesday

Morning Activities – Wii set up with bowling prior to 9am

9.15am to 12.00pm Hervey Bay	**Baking ($5-$10 per week)**	**Coloring**

Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

1.00pm to 3.00pm	**Board Games**	**Beach Walk**

Wednesday

Morning Activities – Wii set up with bowling prior to 9am

9.15am to 12.00pm Hervey Bay	Walking Football at the sports precinct (Week 1)($10 per week)	Preform Ability ($TBA)

$5 BBQ Lunch at park 12.00pm-1:00pm

Post lunch break activities 1pm-3pm

1.00pm to 3.00pm Hervey Bay	Arts, Craft & Painting.	*Pamper Day.*

Thursday Hervey Bay to Maryborough

Morning Activities – Wii set up with bowling prior to 9am

9.15am to 12.00pm Maryborough /Hervey Bay	**Maryborough Market** 	**WODFIT Fitness ($10 Per week)** 	**Chatterbox 9am-11:30am (Gold Coin Donation)**

Lunch Break 12.00pm-12.30pm (Cooked Lunch $5-$10 per week)

Post lunch break activities 12.30pm-1.00pm

1.00pm to 3.00pm	**Thrive Programs (W/ Sandy)** Thrive FOR LIFE		**Coffee Shop (Money for Coffee)**

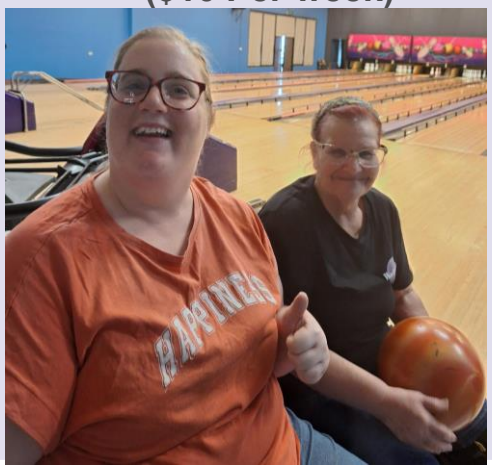
Friday CRAZY SOCK DAY!

Morning Activities – Wii set up with bowling prior to 9am and Morning Stretch

9.15am to 12.00pm	**Singing / Karaoke** 	**Cook Lunch ($5-$10 per week)**

Lunch Break 12.00pm-12.30pm

Post lunch break activities 12.30pm-1.00pm

1.00pm to 3.00pm	**Bowling ($10 Per week)** 	**Movie in center**