

Operating Hours

Monday – Friday 8.30am – 5pm

Contact Us for More Information

Client Support

Phone: 1800 112 112

Email: clientsupport@endeavour.com.au



Program Dates: 05 01 2026 - 06 04 2026



What's On!

Monday



The Bingo Program is a fun and social activity where participants enjoy calling out numbers, marking cards, and celebrating wins together at Maroochy RSL.





Dig in the dirt, plant seeds, and grow your own garden!
Whether it's flowers or veggies, this hands-on gardening session is all about





The Creative Hand-Building & Pottery Program is a fun and inclusive activity where participants explore pottery with the sculpting material clay.







Share stories, reflect on the week, and help create our centre's news.







Enjoy the thrill of riding with the wind in your hair on the trikes.





Move & Groove is a fun, inclusive fitness program that alternates weekly between Zumba dance sessions and L&L Aerobic Circuit workouts.







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What's On!

Tuesday



One week relax with a great film, the next week get hands-on with

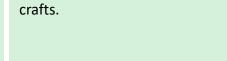
🎬 🎨 Movie Magic & Maker

Space \$10/\$6



◎ W Drum circle \$0

Cool off, exercise, and have fun in the pool.



Learn new recipes, cook together, and enjoy tasty creations.

The Station in Birtinya hosts a free drum circle every Tuesday from 9:00 AM to 12:00 PM, hosted by Team Musicare. This event is open to all ages and requires no prior experience, and it is free to join.









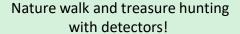
Adventure Swap \$0 (Walking Group/Metal Detecting – \$0)

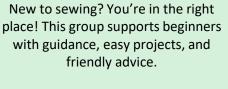
Thread & Needles (sewing) \$0

Fundraiser Fun (Car Wash/BBQ – \$0)

Support the centre with a car wash or sausage sizzle. Funds raised will go

towards new items at the LNL.













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What's On!

Wednesday



Roll a strike and share laughs with friends at the bowling alley.





The Team Up Ball Program is a fun and inclusive 12-week sports experience where participants learn and enjoy five different ball sports: tennis, soccer, basketball, golf, cricket and driving range. Each week focuses on simple skills such as hittin aiming, and teamvexcept mini gold a



The Visiting Libraries Program is a social and educational activity where participants explore local libraries, discover new books, and enjoy storytime or quiet reading.





Melody Moments \$0

The **Music Program** is a fun and inclusive activity where participants **explore** instruments, singing, rhythm, and movement.





🏄 🗞 Relax & Refresh \$0

Indulge in some self-care with beauty and relaxation activities.



The Picnic by the Lake
Program is a fun and social
outing where participants can
relax, eat, chat, and enjoy the
outdoors.





Program Dates: 05 01 2026 - 06 04 2026



What's On!

Thursday



Get moving with a refreshing walk. Participants can purchase a drink if they like, and once per fortnight the group will enjoy a **BBQ after the** walk.





3 \$2 (all day) Reel Time

Cast a line, relax, and see what you can catch.



🗿 🐠 \$2 (all day) Reel Time

Cast a line, relax, and see what you can catch.



★ Wood Wonders \$5 (all day)

The **Wood Wonders** is a fun and inclusive activity where participants learn basic woodworking skills in a safe and supportive environment.



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The **Wood Wonders** is a fun and inclusive activity where participants learn basic woodworking skills in a safe and supportive environment.



Twist & Stitch (knitting) \$0

Twist & Stitch is a fun and social knitting program where participants can learn new knitting techniques, create projects, and share ideas...



Memory Makers \$0

Description of activity description of activity.



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What's On! Friday



Cool off, exercise, and have fun in the pool.



a popcorn Club \$0

Sit back and enjoy a movie right here at the centre.





The **Baking Program** is a fun and inclusive activity where participants learn simple kitchen skills and create **healthy baked treats** together.



Trivia Time \$0

Trivia Time is a fun and social program where participants test their knowledge, solve challenges, and enjoy friendly competition.



Café Crew \$10

The Visiting Cafés Program is a fun and social activity where participants explore local cafés, order food and drinks, and enjoy a relaxed outing with friends.



Activity name 0:00am - 0:00am

Description of activity description of activity.







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)
- Fishina
- · 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