

Castle Hill Learning and Lifestyle Hub



Operating Hours

Monday – Friday
9am – 3pm

Contact Us for More Information

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Castle Hill Learning and Lifestyle Hub

Program Dates: Tuesday 27th January 2026 – Friday 3rd April 2026

What's On!

Monday

Gardening (Activity A) 09:30am – 11:00am

Head down to the Learning & Lifestyle garden and enjoy taking care of the plants and watching them grow throughout the season. You may even get to take some fresh L&L grown produce home!



Music/Karaoke (Activity B) 09:30am – 11:00am

Engage in a fun music session, playing all kinds of instruments and sing along to your favourite songs with karaoke!



Morning Tea 11:00am – 11:30am

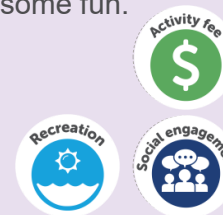
Take a break, relax and enjoy a delicious morning tea while developing social connections.



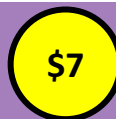
Bowling (Activity A) 11:30am – 1:00pm



Join us for a fun and social activity of bowling! It's a great way to stay active, socialise with others and enjoy some friendly competition. Whether you're a beginner or experienced, everyone is welcome to come and have some fun.



Latte Lovers (Activity B) 11:30am – 1:00pm



Head out into the community and enjoy a drink or treat at a local café whilst you develop social connections and build independence in the community.



Lunch 1:00pm – 1:30pm

Take a break, relax and enjoy your lunch while developing social connections.



Independent Living Skills (Activity A) 1:30pm – 3:00pm

Engage in learning essential life skills, developing domestic skills and building independence for daily life. Participate in a range of practical and theory-based sessions.



Book Club/Reading) & Writing (Activity B) 1:30pm – 3:00pm

Enjoy reading one of the many books in our collection, practise your reading and writing skills in a supported environment.



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What's On!

Tuesday

Fitness & Healthy Choices (Activity A) 09:30am – 11:00am

The Fitness & Healthy Choices program at Endeavour Foundation is all about helping you live your best healthiest life. From fun physical activities to practical tips on nutrition and wellness, it's designed to support you feeling great.



Library (Activity B) 09:30am – 11:00am

Travel to a local library and enjoy time in the community, browsing through books, and developing social connections.



Morning Tea 11:00am – 11:30am

Take a break, relax and enjoy a delicious morning tea while developing social connections.



Drama (Activity A) 11:30am – 1:00pm

Engage in an entertaining social based session that allows you to explore your creative side and try out your acting skills.



Science (Activity B) 11:30am – 1:00pm

The science program offers weekly fun and interactive science experiments which you can take part in with your friends at L&L. .



Lunch 1:00pm – 1:30pm

Take a break, relax and enjoy your lunch while developing social connections.



BTN (Activity A) 1:30pm – 3:00pm

Catch up on the current events by watching the latest episode of Behind the News each week and work on your literacy and comprehensions skills through worksheets related to what you've learnt.



Bingo (Activity B) 1:30pm – 3:00pm

Learn to improve your numeracy and literacy skills by playing fun games of both number bingo and alphabet bingo with your friends at L&L!



Castle Hill Learning and Lifestyle Hub

Program Dates: Tuesday 27th January 2026 – Friday 3rd April 2026

What's On!

Wednesday

Money & Budgeting/Shopping (Activity A)

09:30am – 11:00am

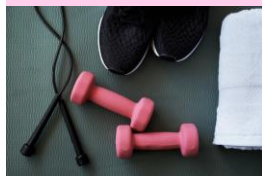
In this session you will learn all about money, identifying it, how to use it and how to budget it. You will also get real life experience through shopping skills where you will be able to select items, stick to a budget, scan and pay.



Fitness & Healthy Choices (Activity B)

09:30am – 11:00am

The Fitness & Healthy Choices program at Endeavour Foundation is all about helping you live your best healthiest life. From fun physical activities to practical tips on nutrition and wellness, it's designed to support you feeling great.



Morning Tea

11:00am – 11:30am

Take a break, relax and enjoy a delicious morning tea while developing social connections.



Healthy Choices Cooking (Activity A)

11:30am – 1:00pm

\$7

The Endeavour Foundation's cooking program is all about helping you feel confident in the kitchen, whether it's planning meals or learning to cook your favourites. Feel free not to bring lunch this day and eat what you cook!



Latte Lovers (Activity B)

11:30am – 1:00pm

\$7

Head out into the community and enjoy a drink or treat at a local café whilst you develop social connections and build independence in the community.



Lunch

1:00pm – 1:30pm

Take a break, relax and enjoy your lunch while developing social connections.



Auslan (Activity A)

1:30pm – 3:00pm

Learn to use another form of communication also known as 'Sign Language' This can help you communicate your needs better if you have trouble speaking verbally or communicate with people with hearing impairments.



Games, Puzzles & Lego (Activity B)

1:30pm – 3:00pm

Have a relaxing afternoon playing some games from our huge collection, unwinding with a puzzle or building something available with our Lego. Feel free to bring in your Lego to work on or games & puzzles if you wish.



Castle Hill Learning and Lifestyle Hub

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What's On!

Thursday

Gardening (Activity A)

09:30am – 11:00am

Head down to the Learning & Lifestyle garden and enjoy taking care of the plants and watching them grow throughout the season. You may even get to take some fresh L&L grown produce home!



Literacy & Comprehension (Animals) (Activity B)

09:30am – 11:00am

In this fun & informative session you will be able to increase your reading and writing skills in a fun way learning about different exciting animals each week.



Morning Tea

11:00am – 11:30am

Take a break, relax and enjoy a delicious morning tea while developing social connections.



Scrapbooking/ Arts & Craft (Activity A)

11:30am – 1:00pm

\$5

Get creative and explore your artistic side with our arts and crafts activity! Whether you enjoy painting, drawing, or making unique crafts, this session is a great way to relax, express yourself, and have fun.



Sewing/Knitting (Activity B)

11:30am – 1:00pm

\$5

In this session you will be able to learn to do some basic sewing and knitting techniques.



Lunch

1:00pm – 1:30pm

Take a break, relax and enjoy your lunch while developing social connections.



Learning Computers (Activity A)

1:30pm – 3:00pm

If you want to improve your skills with computers, technology and the internet this is the session for you. Whether its basic typing, writing an email or building a resume for work staff will support you to learn how.



Photography (Activity B)

1:30pm – 3:00pm

Get in touch with your creative side and learn all about photography, how to use a camera and get into the community and snap your best shots!



Castle Hill L&L Friday Funday!

Program Dates: Tuesday 27th January 2026 – Friday 3rd April 2026

What's On!

Friday Outings Week 1- 8

Timezone Rooty Hill
09:00am – 3:00pm – 30/01/26

Activity Cost – \$20

What To Bring – Morning Tea, lunch, water bottle, concession card, Timezone card (if you already have one)



Movies – Reading Rouse Hill
Alternate – Café/In House Day
09:00am – 3:00pm – 06/02/26

Activity Cost – \$18 (Extra for snack bar optional)

What To Bring – Morning tea, lunch, water bottle, companion card, concession card



Pub Lunch – Australian Brewery Rouse Hill
09:00am – 3:00pm – 13/02/26

Activity Cost – \$20 (extra for drink optional)

What To Bring – Morning tea, water bottle



Zone Bowling Rooty Hill
09:00am – 3:00pm – 20/02/26

Activity Cost – \$7.50
(Optional \$7 extra for snack/ice cream)

What To Bring – Morning tea, lunch, water bottle



Swing City Bella Vista (Mini Golf)
09:00am – 3:00pm – 27/02/26

Activity Cost – \$12.50

What To Bring – Morning tea, lunch, water Bottle, concession card, companion card



Restaurant Day (Italian)
09:00am – 3:00pm – 6/03/26

Activity Cost – \$20

What To Bring – Morning tea, lunch, water bottle



Picnic at Central Gardens
09:00am – 3:00pm – 13/03/26

Activity Cost – \$5 towards a picnic lunch

What To Bring – Morning tea, lunch, water bottle



Little Plaster House & Cafe
09:00am – 3:00pm – 20/02/26

Activity Cost – \$15 total (\$10 for plaster + \$5 for café optional)

What To Bring – Morning tea, lunch, water bottle



Castle Hill L&L Friday Funday!

Program Dates: Tuesday 27th January 2026 – Friday 3rd April 2026

What's On!

Friday Outings Week 8 - 10

Fish & Chips at Windsor
09:00am – 3:00pm – 27/03/26

Activity Cost – \$20

What To Bring – Morning tea,
water bottle



CLOSED – GOOD FRIDAY
PUBLIC HOLIDAY - 3/4/26



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