DV R			January 2026		
Endeavour Foundation	Mon, 5 January	Tue, 6 January	Wed, 7 January	Thu, 8 January	Fri, 9 January
8:00 - 9:30			Morning Meeting; Morning Tea		
	Woodwork Project \$7.00 Centre-Based Planning & designing a woodwork project from scratch. Learning safe use of tools and equipment.	Eagleby dance \$7.00 Community-Based Social and community connection, active movement.	Bowling \$7.50 Community-Based	Party Planning Centre-Based Planning, budgeting, designing invites, role play, hosting.	Thrive Cooking \$7.00 Centre-Based Menu planning, budgeting, shopping and cooking.
Morning Session 9:30am - 12pm	Gardening	Thrive Goal Setting	DIY Coffee Shop	Swimming \$4.50	Scrapbooking
	Centre-Based Planning and designing, mindfulness, and gaining an understanding of nature, growth, and sustainability.	Centre-Based Goal purpose, achievement, barriers, experiences, short-term vs long-term goals.	Centre-Based Menu planning, budgeting, POS training, barista and baking practice.	Build confidence, independence, physical strength, and coordination. Supports emotional well-being, enhances problem-solving and safety skills.	Centre-Based Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.
	Thrive Looking After myself	Thrive Fitness	Women's Club	Drama Club	Bingo/Trivia
	Centre-Based Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself	Centre-Based Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility	Centre-Based Personal hygiene, social safety, positive relationships.	Centre-Based Building self-esteem and confidence, literacy, and role playing.	Centre-Based improve concentration, number recognition, and hand-eye coordination white providing a fun, low-pressure way to connect with others.
Afternoon Session 1:00pm -	Chair Voga Thrive Stay Ready for Life		Men's Club	Karaoke	Car care and centre Reset
2:00pm	Centre-Based Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body awareness. Centre-Based Health planning, dealing with disapointment, coping strategies, staying fit, looking for work, goal setting		Centre-Based Personal hygiene, social safety, positive relationships.	Centre-Based Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment.	Centre-Based Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.
D)/R	Healthy of the house	the skill, the playment to the skill, the sk	Healthy Meskille	engage _n son 6 hogg	Learning & Lifestyle

NDVR	January 2026									
Endeavour Foundation	Mon, 12	January	Tue, 1	3 January	Wed, 14	January	Thu,	15 January	Fri, 1	l6 January
8:00 - 9:30					Morning Meeti	ng; Morning Tea				
	Woodwork Project \$7.00 Centre-Based Planning & designing a woodwork project from scratch. Learning safe use of tools and equipment.		Eagleby dance \$7.00 Community-Based t Social and community connection, active movement.		Sowling \$7.50 Community-Based Capacity building - helping individuals develop teamwork, coordination, focus, and strategic thinking in a low-pressure environment.		Party Planning Centre-Based Planning, budgeting, designing invites, role play, hosting.		Menu planning,	re Cooking \$7.00 Centre-Based budgeting, shopping and cooking.
Morning Session 9:30am -	Use skille Garde	ening	Thrive Goal Setting		DIY Coffee Shop		Swimming		Nealth, Scra	apbooking
12pm		•		-		.00	I	\$4.50		
	Centre-Based		Centre-Ba	ased	Centre-Based	Activity &	Activity &	Community-Based	Centre-Ba	sed
	Planning and designing, mindfulness, an gaining an understanding of nature, growth, and sustainability.		Goal purpose, achievement, barriers, experiences, short-term vs long-term goals.		Menu planning, budgeting, POS training, barista and baking practice.		physical strer Supports emotic	lence, independence, ngth, and coordination. onal well-being, enhances lving and safety skills.	creativity, impro supports em	elf-expression, boosts wes fine motor skills, and otional well-being by meaningful moments.
	Thrive Looking After myself	and the stage of t	See skille. Thriv	e Fitness	Women's Club	the towns of the t	vealth _p Dra	ama Club	ecreation of Bin	go/Trivia
	Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself	Fire Drill	engaging in lo movements to	sed anning exercises, and ow intensity fitness improve health and nobility	Centre-Based Personal hygiene, social safety, positive relationships.	Client Service Meeting		ased esteem and confidence, and role playing.	recognition, and while providing	ased ncentration, number thand-eye coordination a fun, low-pressure way ect with others.
Afternoon Session 1:00pm -	Chair Yoga		O	Thrive Stay Ready for Life		Men's Club		Karaoke		nd centre Reset
2:00pm	Centre-Based Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body		Centre-Ba: Health plan dissapointmer		Centre-Based Personal hygiene, social safety, positive relationships.	Client Service Meeting	communicati stress in a f	nsed ence, self-expression, ion, creativity, reduces run social supportive avironment.	confidence. It problem-solving helping create a	Based cal independence and teaches responsibility, g, and organization white safer, cleaner space and nse of control over daily life.
	Health		ijte skille	unployment.	, tealth,	ule skilly	engage, page of	de log le log l	ite skille	of the result of

DV R			January 2026		
Endeavour Foundation	Mon, 19 January	Tue, 20 January	Wed, 21 January	Thu, 22 January	Fri, 23 January
8:00 - 9:30			Morning Meeting; Morning Tea		
	Woodwork Project \$7.00	Eagleby dance \$7.00	Bowling \$7.50	Party Planning	Thrive Cooking \$7.00
	p.ctivity &	pctivity ree	\$7.50		Activity Fee
	S Centre-Based	Community-Based	Community-Based	Centre-Based	S Centre-Based
		Social and community connection, active		Planning hudgeting decigning invites	
	Planning & designing a woodwork project from scratch. Learning safe use of tools	movement.	develop teamwork, coordination, focus,	Planning, budgeting, designing invites, role play, hosting.	Menu planning, budgeting, shopping and cooking.
	and equipment.		and strategic thinking in a low-pressure environment.		
Morning Session	The skills	thealthy.	A character of the char	vectuo(ob) thotometh	yealthy ye skille
9:30am -	Gardening	Thrive Goal Setting	DIY Coffee Shop	Swimming	Scrapbooking
12pm	IA.		\$5.00	\$4.50	
	Centre-Based	Centre-Based	Centre-Based \$	Community-Based	Centre-Based
	Planning and designing, mindfulness, and	Goal purpose, achievement, barriers,	Menu planning, budgeting, POS training,	Build confidence, independence,	Encourages self-expression, boosts
	gaining an understanding of nature, growth, and sustainability.	experiences, short-term vs long-term goals.	barista and baking practice.	physical strength, and coordination. Supports emotional well-being, enhances	
				problem-solving and safety skills.	reflecting on meaningful moments.
	iste skills ion & hos.	ite skille chaloymen	dechnology (mployment	Healthy Lengage.	secreatio.
	Thrive Looking After myself	Thrive Fitness	Women's Club	Drama Club	Bingo/Trivia
	Centre-Based	Centre-Based	Centre-Based	Centre-Based	Centre-Based
	Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging	Setting goals, planning exercises, and engaging in low intensity fitness	Personal hygiene, social safety, positive relationships.	Building self-esteem and confidence, literacy, and role playing.	improve concentration, number recognition, and hand–eye coordination
	yourself	movements to improve health and mobility			while providing a fun, low-pressure way to connect with others.
		mobility			to connect with others.
	ise skille Healthy	Healthy Recreation	Healthy the skille	in engage the state of the stat	engag _{en} , qecreation
Afternoon	9				
Session 1:00pm -	Chair Yoga	Thrive Stay Ready for Life	Men's Club	Karaoke	Car care and centre Reset
2:00pm					
	Centre-Based	Centre-Based	Centre-Based	Centre-Based	Centre-Based
	Gentle, accessible form of yoga that	Health planning, dealing with	Personal hygiene, social safety, positive	Build confidence, self-expression,	Builds practical independence and
	improves flexibility, strength, and balance while reducing stress. It supports	dissapointment, coping strategies, staying fit, looking for work, goal setting.	relationships.	communication, creativity, reduces stress in a fun social supportive	confidence. It teaches responsibility, problem-solving, and organization while
	relaxation, and enhances body awareness.			environment.	helping create a safer, cleaner space and promoting a sense of control over daily
					life.
	Healthy, sion & hobe.	Life skills 410 Ploymen	Healthy Life Skills	in engagen alon & hoo	ite skille ja engagen
		(I)			
D VR			-		Learning & Lifestyle

DV R			January 2026		
Endeavour Foundation	Mon, 26 January	Tue, 27 January	Wed, 28 January	Thu, 29 January	Fri, 30 January
8:00 - 9:30			Morning Meeting; Morning Tea		
	X	Eagleby dance \$7.00	Bowling \$7.50	Party Planning	Thrive Cooking \$7.00
		activity 6	pctivity 60		ectivity &
	Sany We're	\$ Community-Based	Community-Based	Centre-Based	Centre-Based
	ri ased l	Social and community connection, active	Capacity building - helping individuals	Planning, budgeting, designing invites,	Menu planning, budgeting, shopping and
	OFOOT	movement.	develop teamwork, coordination, focus, and strategic thinking in a low-pressure	role play, hosting.	cooking.
			environment.		
Morning		health, and a find a fi		decimology the loss with the l	yealthy ye skill
Session		Thrive Goal Setting	DIY Coffee Shop	Swimming	Scrapbooking
9:30am - 12pm		Thirte oodi octang	\$5.00	\$4.50	ocrapbooking
		Centre-Based	Centre-Based	Community-Based	Centre-Based
	Public Holiday	Goal purpose, achievement, barriers,	Menu planning, budgeting, POS training,	Build confidence, independence,	Encourages self-expression, boosts
	1 abuc Houay	experiences, short-term vs long-term goals.	barista and baking practice.	physical strength, and coordination. Supports emotional well-being, enhances	creativity, improves fine motor skills, and supports emotional well-being by
				problem-solving and safety skills.	reflecting on meaningful moments.
		ite skills catelooymens	Lechnology (Mploymen,	Healthy	accreation on & hox
			ioss (
	90	Thrive Fitness	Women's Club	Drama Club	Bingo/Trivia
		IA.	IA	IA	
	Savy We're			Contro Record	Contra Road
	OLOGED	Centre-Based	Centre-Based	Centre-Based	Centre-Based
	CLUSED	engaging in low intensity fitness	Personal hygiene, social safety, positive relationships.	Building self-esteem and confidence, literacy, and role playing.	improve concentration, number recognition, and hand–eye coordination
		movements to improve health and mobility			while providing a fun, low-pressure way to connect with others.
Afternoon		Healthy gecreation	Healthy Jie skille	of engage and and the hoof	engage participation of the control
Session 1:00pm -		Thrive Stay Ready for Life	Men's Club	Karaoke	Car care and centre Reset
2:00pm					
		Centre-Based	Centre-Based	Centre-Based	Centre-Based
	Public Holiday	Health planning, dealing with	Personal hygiene, social safety, positive	Build confidence, self-expression,	Builds practical independence and
	T ublic Hollday	dissapointment, coping strategies, staying fit, looking for work, goal setting.	relationships.	communication, creativity, reduces stress in a fun social supportive	confidence. It teaches responsibility, problem-solving, and organization while
				environment.	helping create a safer, cleaner space and promoting a sense of control over daily
					life.
		the skills the ployment	Healthy Life skills	engagen alon & hobb.	ife skills is engagen
		(1)			
					Tearning & Lifestyle

DV R			February 2026	5	
Endeavour Foundation	Mon, 2 February	Tue, 3 February	Wed, 4 February	Thu, 5 February	Fri, 6 February
8:00 - 9:30			Morning Meeting; Morning Tea	1	
	Woodwork Project \$7.00	Eagleby dance \$7.00	Bowling \$7.50	Party Planning	Thrive Cooking \$7.00
	Activity &	activity &	pctivity e		activity &
	S Centre-Based	Community-Based	Community-Based	Centre-Based	Centre-Based
	Planning & designing a woodwork project	Social and community connection, active	Capacity building - helping individuals	Planning, budgeting, designing invites,	Menu planning, budgeting, shopping and
	from scratch. Learning safe use of tools and equipment.	movement.	develop teamwork, coordination, focus, and strategic thinking in a low-pressure	role play, hosting.	cooking.
			environment.		
	Jie skille	tealthy the state of the state	in engage in ion 6 hou	dechnology tholoyment	nealthy the skille
Morning				1000	0 🌚
Session 9:30am -	Gardening	Thrive Goal Setting	DIY Coffee Shop	Swimming	Scrapbooking
12pm	IA.		\$5.00	\$4.50	
	Centre-Based	Centre-Based	Centre-Based \$	Community-Based	Centre-Based
	Planning and designing, mindfulness, and	Goal purpose, achievement, barriers,	Menu planning, budgeting, POS training,	Build confidence, independence,	Encourages self-expression, boosts
	gaining an understanding of nature, growth, and sustainability.	experiences, short-term vs long-term goals.	barista and baking practice.	physical strength, and coordination. Supports emotional well-being, enhances	creativity, improves fine motor skills, and supports emotional well-being by
				problem-solving and safety skills.	reflecting on meaningful moments.
	the skills	Life skills unployment	Lechnology unployment	Healthy Shengagen	Recreation spon & hoog.
		TOBS TOBS	1085		
	Thrive Looking After myself	Thrive Fitness	Women's Club	Drama Club	Bingo/Trivia
	Centre-Based	Centre-Based	Centre-Based	Centre-Based	Centre-Based
	Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging	Setting goals, planning exercises, and engaging in low intensity fitness	Personal hygiene, social safety, positive relationships.	Building self-esteem and confidence, literacy, and role playing.	improve concentration, number recognition, and hand–eye coordination
	yourself	movements to improve health and mobility			while providing a fun, low-pressure way to connect with others.
		·			
		- Turk			
Afternoon	vie skille vietati.	No.	yealthy yes skille		of the control of the
Session 1:00pm -	Chair Yoga	Thrive Stay Ready for Life	Men's Club	Karaoke	Car care and centre Reset
2:00pm					
	Centre-Based	Centre-Based	Centre-Based	Centre-Based	Centre-Based
	Gentle, accessible form of yoga that improves flexibility, strength, and balance		Personal hygiene, social safety, positive relationships.	Build confidence, self-expression, communication, creativity, reduces	Builds practical independence and confidence. It teaches responsibility,
	while reducing stress. It supports relaxation, and enhances body	staying fit, looking for work, goal setting.		stress in a fun social supportive environment.	problem-solving, and organization while helping create a safer, cleaner space and
	awareness.				promoting a sense of control over daily life.
	Healthy won & hope	ite skille cheloymen	nealthy life skills	wengage _n io ^{n 8} ho₀.	ite skille in engagen
		(I) LOBS	Č 🐠		
					Learning & Lifestyle

NDVR				Februa	ry 2026)	
Endeavour Foundation	Mon, 9 F	ebruary	Tue, 10 February	Wed, 11	February	Thu, 12 February	Fri, 13 February
8:00 - 9:30				Morning Meet	ing; Morning Tea		
	Woodwork Project \$7.00 Centre-Based Planning & designing a woodwork project from scratch. Learning safe use of tools and equipment.		\$7.00 \$7.00 \$7.00 Centre-Based & designing a woodwork project ratch. Learning safe use of tools \$7.00 Community connection, active movement.		viling 7.50 7.50 - helping individuals , coordination, focus, ing in a low-pressure onment.	Party Planning Centre-Based Planning, budgeting, designing invites, role play, hosting.	Thrive Cooking \$7.00 Centre-Based Menu planning, budgeting, shopping and cooking.
Morning Session 9:30am - 12pm	Gardening		Thrive Goal Setting		fee Shop	Swimming \$4.50	Scrapbooking
	Centre-Based Planning and designing, mindfulness, an gaining an understanding of nature, growth, and sustainability.		Centre-Based Goal purpose, achievement, barri experiences, short-term vs long-t goals.		dgeting, POS training, aking practice.	Community-Based Build confidence, independence, physical strength, and coordination. Supports emotional well-being, enhances problem-solving and safety skills.	Centre-Based Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.
	Thrive Looking After myself	dign 6 hoods	Thrive Fitness	Women's	ingloyment.	Drama Club	Bingo/Trivia
	Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself	Fire Drill	Centre-Based Setting goals, planning exercises, engaging in low intensity fitnes movements to improve health at mobility	ss social safety,	Client Service Meeting	Centre-Based Building self-esteem and confidence, literacy, and role playing.	Centre-Based improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.
Afternoon Session 1:00pm -	Chair Yoga	·	Thrive Stay Ready for Li	vealthy ife Men's Club	The state	Karaoke	Car care and centre Reset
2:00pm	Centre-Based Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body	Fire Drill	Centre-Based Health planning, dealing with dissapointment, coping strateging staying fit, looking for work, goal se	es, social safety,	Client Service Meeting	Centre-Based Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment.	Centre-Based Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.
	Healthy		'He skill' thousand	Healthy.	Ste skills	engage a spon 6 hogg	Me skille

DV R			February 2026	5	
Endeavour Foundation	Mon, 16 February	Tue, 17 February	Wed, 18 February	Thu, 19 February	Fri, 20 February
8:00 - 9:30			Morning Meeting; Morning Tea		
	Woodwork Project \$7.00	Eagleby dance \$7.00	Bowling \$7.50	Party Planning	Thrive Cooking \$7.00
	activity &	ectivity to	Pectivity 100		Activity &
	S Centre-Based	Community-Based	Community-Based	Centre-Based	S Centre-Based
	Planning & designing a woodwork project	Social and community connection, active	Capacity building - helping individuals	Planning, budgeting, designing invites,	Menu planning, budgeting, shopping and
	from scratch. Learning safe use of tools and equipment.	movement.	develop teamwork, coordination, focus, and strategic thinking in a low-pressure	role play, hosting.	cooking.
			environment.		
Morning	Me skilly	the allthy.	of hongs and hongs and hongs are the second and the	Age thrology the playment	wealth. Vie skile.
Session 9:30am -	Gardening	Thrive Goal Setting	DIY Coffee Shop	Swimming	Scrapbooking
12pm		IA	\$5.00	\$4.50	100
	Centre-Based	Centre-Based	Centre-Based	Community-Based	Centre-Based
	Planning and designing, mindfulness, and gaining an understanding of nature,		Menu planning, budgeting, POS training, barista and baking practice.	Build confidence, independence, physical strength, and coordination.	Encourages self-expression, boosts
	growth, and sustainability.	experiences, short-term vs long-term goals.	bansta and baking practice.	Supports emotional well-being, enhances	
				problem-solving and safety skills.	reflecting on meaningful moments.
	ite skille sion & hogo	Life skills unployment	Jechnology angloymen	Healthy in engagen	Recreation ion & hook
	a*(1v)*	(I)	Dobs		
	Thrive Looking After myself	Thrive Fitness	Women's Club	Drama Club	Bingo/Trivia
	Centre-Based	Centre-Based	Centre-Based	Centre-Based	Centre-Based
	health, diet, mindfulness, challenging	Setting goals, planning exercises, and engaging in low intensity fitness	Personal hygiene, social safety, positive relationships.	Building self-esteem and confidence, literacy, and role playing.	improve concentration, number recognition, and hand-eye coordination
	yourself	movements to improve health and mobility			while providing a fun, low-pressure way to connect with others.
Afternoon	Vie skille Healthy	thealthy quereation	Healthy the skille	Signature of the state of the s	a decreation
Session 1:00pm -	Chair Yoga	Thrive Stay Ready for Life	Men's Club	Karaoke	Car care and centre Reset
2:00pm					
	Centre-Based	Centre-Based	Centre-Based	Centre-Based	Centre-Based
	Gentle, accessible form of yoga that	Health planning, dealing with	Personal hygiene, social safety, positive	Build confidence, self-expression,	Builds practical independence and
	improves flexibility, strength, and balance while reducing stress. It supports	dissapointment, coping strategies, staying fit, looking for work, goal setting.	relationships.	communication, creativity, reduces stress in a fun social supportive	confidence. It teaches responsibility, problem-solving, and organization while
	relaxation, and enhances body awareness.			environment.	helping create a safer, cleaner space and promoting a sense of control over daily
					life.
	Healthy again & hoog	Life skills 4th ployment	Healthy Lite skills	ginengagen a stion & hoo	ife skill, of the ngage the skill, of the sk

DV R			February 2026	ary 2026				
Endeavour Foundation	Mon, 23 February	Tue, 24 February	Wed, 25 February	Thu, 26 February	Fri, 27 February			
8:00 - 9:30			Morning Meeting; Morning Tea					
	Woodwork Project \$7.00	Eagleby dance \$7.00	Bowling \$7.50	Party Planning	Thrive Cooking \$7.00			
	ectivity to	activity (%	pctivity 6		pectivity fo			
	Centre-Based	\$ Community-Based	Community-Based	Centre-Based	Centre-Based			
	Planning & designing a woodwork project	Social and community connection, active	Capacity building - helping individuals	Planning, budgeting, designing invites,	Menu planning, budgeting, shopping and			
	from scratch. Learning safe use of tools and equipment.	movement.	develop teamwork, coordination, focus, and strategic thinking in a low-pressure	role play, hosting.	cooking.			
			environment.					
	ife skill, on & how	$y_{ealth_{ly}}$ $y_{engag_{o}}$	and a feb.	1000	$y_{ealth_{b}}$ y_{e} skills			
	A PARTY OF THE PAR	Wearth Wearth		Jechnology the loss	Hearth The sall?			
Morning Session	*				0.4			
9:30am -	Gardening	Thrive Goal Setting	DIY Coffee Shop \$5.00	Swimming \$4.50	Scrapbooking			
12pm			Activity &	pectivity &				
	Centre-Based	Centre-Based	Centre-Based \$	Community-Based	Centre-Based			
	Planning and designing, mindfulness, and	Goal purpose, achievement, barriers,	Menu planning, budgeting, POS training,	Build confidence, independence,	Encourages self-expression, boosts			
	gaining an understanding of nature, growth, and sustainability.	experiences, short-term vs long-term goals.	barista and baking practice.	physical strength, and coordination. Supports emotional well-being, enhances	creativity, improves fine motor skills, and supports emotional well-being by			
		-		problem-solving and safety skills.	reflecting on meaningful moments.			
	ise skills ion & hos.	ise skille inployment	Jechnology (mployment	Healthy hengage	ecreatio. on the			
		Q'D						
	Thrive Looking After myself	Thrive Fitness	Women's Club	Drama Club	Bingo/Trivia			
	Centre-Based	Centre-Based	Centre-Based	Centre-Based	Centre-Based			
		Setting goals, planning exercises, and			improve concentration, number			
	health, diet, mindfulness, challenging yourself	engaging in low intensity fitness movements to improve health and	relationships.	literacy, and role playing.	recognition, and hand–eye coordination while providing a fun, low-pressure way			
	yoursen	mobility			to connect with others.			
	Catalon Catalon	, expa	Calle Control	2002				
	tie skills Healthy	Heurily	Healthy Life skills		on the same of the			
Afternoon Session	a 0	0	0 4					
1:00pm - 2:00pm	Chair Yoga	Thrive Stay Ready for Life	Men's Club	Karaoke	Car care and centre Reset			
2.00pm								
	Centre-Based	Centre-Based	Centre-Based	Centre-Based	Centre-Based			
	Gentle, accessible form of yoga that	Health planning, dealing with	Personal hygiene, social safety, positive	Build confidence, self-expression,	Builds practical independence and			
	improves flexibility, strength, and balance while reducing stress. It supports	dissapointment, coping strategies, staying fit, looking for work, goal setting.	relationships.	communication, creativity, reduces stress in a fun social supportive	confidence. It teaches responsibility, problem-solving, and organization while			
	relaxation, and enhances body awareness.			environment.	helping create a safer, cleaner space and promoting a sense of control over daily			
					life.			
	Healthy sign & hode.	Life skills disployment	Healthy Life Skills	is engagen ion & hoo	iste skill, internagen			
		4'D	O O					
					Learning & Lifestyle			

DV R					
Endeavour Foundation	Mon, 2 March	Tue, 3 March	Wed, 4 March	Thu, 5 March	Fri, 6 March
8:00 - 9:30			Morning Meeting; Morning Tea		
	Woodwork Project \$7.00 Centre-Based Planning & designing a woodwork project from scratch. Learning safe use of tools and equipment.	Eagleby dance \$7.00 Community-Based Social and community connection, active movement.	Bowling \$7.50 Community-Based	Party Planning Centre-Based Planning, budgeting, designing invites, role play, hosting.	Thrive Cooking \$7.00 Centre-Based Menu planning, budgeting, shopping and cooking.
Morning Session 9:30am - 12pm	Gardening	Thrive Goal Setting	DIY Coffee Shop \$5.00	Swimming \$4.50	Scrapbooking
	Centre-Based Planning and designing, mindfulness, and gaining an understanding of nature, growth, and sustainability.	4,000	Centre-Based Menu planning, budgeting, POS training, barista and baking practice.	Community-Based Build confidence, independence, physical strength, and coordination. Supports emotional well-being, enhances problem-solving and safety skills.	reflecting on meaningful moments.
		JOBS	JOBS		
	Thrive Looking After myself	Thrive Fitness	Women's Club	Drama Club	Bingo/Trivia
	Centre-Based Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself	onal hygiene, dental hygiene, sleep th, diet, mindfulness, challenging engaging in low intensity fitness		Centre-Based Building self-esteem and confidence, literacy, and role playing.	Centre-Based improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.
Afternoon Session 1:00pm - 2:00pm	Chair Yoga	Thrive Stay Ready for Life	Men's Club	Karaoke	Car care and centre Reset
	Centre-Based Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body awareness.	Centre-Based Health planning, dealing with dissapointment, coping strategies, staying fit, looking for work, goal setting.	Centre-Based Personal hygiene, social safety, positive relationships.	Centre-Based Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment.	Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.
JOVR	wealthy on 6 hours	Me skilly tholoymen	yealth, ye skillo	A A A A A A A A A A A A A A A A A A A	Learning & Lifestyle

DV R	March 2026									
Endeavour Foundation	Mon, 9	March	Tue,	10 March	Wed, 1	1 March	Thu	, 12 March	Fri,	13 March
8:00 - 9:30					Morning Meeti	ng; Morning Tea				
Morning Session	Woodwork Project \$7.00 Centre-Based Planning & designing a woodwork project from scratch. Learning safe use of tools and equipment.		Eagleby dance \$7.00 Community-Based Social and community connection, active movement.		Bowling \$7.50 Community-Bessed Capacity building - helping individuals develop teamwork, coordination, focus, and strategic thinking in a low-pressure environment.		•		pectivity (%) Menu planning,	Te Cooking \$7.00 Centre-Based budgeting, shopping and cooking.
	Gardening		Thrive	Goal Setting	DIY Coffee Shop		Swimming		Acalth _p Scra	apbooking
9:30am - 12pm						.00		\$4.50		
	Centre-Based	Í	Centre-B	ased	Centre-Based	\$	\$	Community-Based	Centre-Ba	sed
	Planning and designing, mindfulness, an gaining an understanding of nature, growth, and sustainability.		experiences, sh	achievement, barriers, nort-term vs long-term goals.			physical strer Supports emotic	lence, independence, ngth, and coordination. onal well-being, enhances lving and safety skills.	creativity, impro supports em	elf-expression, boosts wes fine motor skills, and lotional well-being by meaningful moments.
	Thrive	and to hook the state of the st	ijte skiite Thriv	re Fitness	vechnology. Women's	and the state of t	healthy Dr:	ama Club	qscreation d	ngo/Trivia
	Looking After myself		10		Club		IA			
	myseu		Centre-Ba	sed	Centre-Based		Centre-Ba	ased	Centre-B	ased
	Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself	Fire Drill	engaging in l movements to	lanning exercises, and ow intensity fitness o improve health and nobility	Personal hygiene, social safety, positive relationships.	Client Service Meeting		esteem and confidence, , and role playing.	recognition, and while providing	ncentration, number d hand-eye coordination a fun, low-pressure way nect with others.
Afternoon	Healthy (16 skille	©	Healthy	gecreation	,\ealth _p	ine skille	S endado	ion & hogh	y engage	qecreation
Session 1:00pm -	Chair Yoga		Thrive Sta	y Ready for Life	Men's Club		K		Car care a	ınd centre Reset
2:00pm	Centre-Based Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body		Centre-Ba Health plar dissapointme		Centre-Based Personal hygiene, social safety, positive relationships.	Client Service Meeting	Centre-Ba Build confide communicati stress in a f		Centre- Builds practic confidence. It problem-solving helping create a	
			ise skille	etholoymes.	;\ealth _b	use skills	ongagen and a second	on 6 hours	Vite skills	S. The state of th