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	Mon, 5 January	Tue, 6 January	Wed, 7 January	Thu, 8 January	Fri, 9 January
8:00 - 9:30	Morning Meeting; Morning Tea				
<b>Morning Session</b> 9:30am - 12pm	<b>Woodwork Project</b> \$7.00   Planning & designing a woodwork project from scratch. Learning safe use of tools and equipment.	<b>Eagleby dance</b> \$7.00   Social and community connection, active movement.	<b>Bowling</b> \$7.50   Capacity building - helping individuals develop teamwork, coordination, focus, and strategic thinking in a low-pressure environment.	<b>Party Planning</b>  Planning, budgeting, designing invites, role play, hosting.	<b>Thrive Cooking</b> \$7.00   Menu planning, budgeting, shopping and cooking.
	<b>Gardening</b>  Planning and designing, mindfulness, and gaining an understanding of nature, growth, and sustainability.	<b>Thrive Goal Setting</b>  Goal purpose, achievement, barriers, experiences, short-term vs long-term goals.	<b>DIY Coffee Shop</b> \$5.00   Menu planning, budgeting, POS training, barista and baking practice.	<b>Swimming</b> \$4.50   Build confidence, independence, physical strength, and coordination. Supports emotional well-being, enhances problem-solving and safety skills.	<b>Scrapbooking</b>  Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.
<b>Afternoon Session</b> 1:00pm - 2:00pm	<b>Thrive Looking After myself</b>  Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself	<b>Thrive Fitness</b>  Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility	<b>Women's Club</b>  Personal hygiene, social safety, positive relationships.	<b>Drama Club</b>  Building self-esteem and confidence, literacy, and role playing.	<b>Bingo/Trivia</b>  Improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.
	<b>Chair Yoga</b>  Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body awareness.	<b>Thrive Stay Ready for Life</b>  Health planning, dealing with disappointment, coping strategies, staying fit, looking for work, goal setting.	<b>Men's Club</b>  Personal hygiene, social safety, positive relationships.	<b>Karaoke</b>  Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment.	<b>Car care and centre Reset</b>  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.

NDVR Endeavour Foundation		January 2026												
		Mon, 12 January		Tue, 13 January		Wed, 14 January		Thu, 15 January		Fri, 16 January				
8:00 - 9:30		Morning Meeting; Morning Tea												
Morning Session 9:30am - 12pm	<b>Woodwork Project</b> \$7.00   Centre-Based Planning & designing a woodwork project from scratch. Learning safe use of tools and equipment.   		<b>Eagleby dance</b> \$7.00   Community-Based Social and community connection, active movement.   		<b>Bowling</b> \$7.50   Community-Based Capacity building - helping individuals develop teamwork, coordination, focus, and strategic thinking in a low-pressure environment.   		<b>Party Planning</b>  Centre-Based Planning, budgeting, designing invites, role play, hosting.   		<b>Thrive Cooking</b> \$7.00   Centre-Based Menu planning, budgeting, shopping and cooking.   					
	<b>Gardening</b>  Centre-Based Planning and designing, mindfulness, and gaining an understanding of nature, growth, and sustainability.   		<b>Thrive Goal Setting</b>  Centre-Based Goal purpose, achievement, barriers, experiences, short-term vs long-term goals.   		<b>DIY Coffee Shop</b> \$5.00   Centre-Based Menu planning, budgeting, POS training, barista and baking practice.   		<b>Swimming</b> \$4.50   Community-Based Build confidence, independence, physical strength, and coordination. Supports emotional well-being, enhances problem-solving and safety skills.   		<b>Scrapbooking</b>  Centre-Based Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.   					
	<b>Thrive Looking After myself</b>  Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself   		<b>Fire Drill</b> 		<b>Thrive Fitness</b>  Centre-Based Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility   		<b>Women's Club</b>  Centre-Based Personal hygiene, social safety, positive relationships.  		<b>Client Service Meeting</b> 		<b>Drama Club</b>  Centre-Based Building self-esteem and confidence, literacy, and role playing.   		<b>Bingo/Trivia</b>  Centre-Based Improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.   	
	<b>Chair Yoga</b>  Centre-Based Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body  		<b>Fire Drill</b> 		<b>Thrive Stay Ready for Life</b>  Centre-Based Health planning, dealing with disappointment, coping strategies, staying fit, looking for work, goal setting.   		<b>Men's Club</b>  Centre-Based Personal hygiene, social safety, positive relationships.  		<b>Client Service Meeting</b> 		<b>Karaoke</b>  Centre-Based Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment.   		<b>Car care and centre Reset</b>  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.   	



































































	January 2026				
	Mon, 19 January	Tue, 20 January	Wed, 21 January	Thu, 22 January	Fri, 23 January
8:00 - 9:30	Morning Meeting; Morning Tea				
<b>Morning Session</b> 9:30am - 12pm	<b>Woodwork Project</b> \$7.00   Centre-Based Planning & designing a woodwork project from scratch. Learning safe use of tools and equipment.	<b>Eagleby dance</b> \$7.00   Community-Based Social and community connection, active movement.	<b>Bowling</b> \$7.50   Community-Based Capacity building - helping individuals develop teamwork, coordination, focus, and strategic thinking in a low-pressure environment.	<b>Party Planning</b>  Centre-Based Planning, budgeting, designing invites, role play, hosting.	<b>Thrive Cooking</b> \$7.00   Centre-Based Menu planning, budgeting, shopping and cooking.
	 	 	 	 	 
	<b>Gardening</b>  Centre-Based Planning and designing, mindfulness, and gaining an understanding of nature, growth, and sustainability.	<b>Thrive Goal Setting</b>  Centre-Based Goal purpose, achievement, barriers, experiences, short-term vs long-term goals.	<b>DIY Coffee Shop</b> \$5.00   Centre-Based Menu planning, budgeting, POS training, barista and baking practice.	<b>Swimming</b> \$4.50   Community-Based Build confidence, independence, physical strength, and coordination. Supports emotional well-being, enhances problem-solving and safety skills.	<b>Scrapbooking</b>  Centre-Based Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.
	 	 	 	 	 
<b>Afternoon Session</b> 1:00pm - 2:00pm	<b>Thrive Looking After myself</b>  Centre-Based Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself	<b>Thrive Fitness</b>  Centre-Based Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility	<b>Women's Club</b>  Centre-Based Personal hygiene, social safety, positive relationships.	<b>Drama Club</b>  Centre-Based Building self-esteem and confidence, literacy, and role playing.	<b>Bingo/Trivia</b>  Centre-Based Improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.
	 	 	 	 	 
	<b>Chair Yoga</b>  Centre-Based Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body awareness.	<b>Thrive Stay Ready for Life</b>  Centre-Based Health planning, dealing with disappointment, coping strategies, staying fit, looking for work, goal setting.	<b>Men's Club</b>  Centre-Based Personal hygiene, social safety, positive relationships.	<b>Karaoke</b>  Centre-Based Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment.	<b>Car care and centre Reset</b>  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.
	 	 	 	 	 

NDVR Endeavour Foundation		January 2026				
		Mon, 26 January	Tue, 27 January	Wed, 28 January	Thu, 29 January	Fri, 30 January
8:00 - 9:30		Morning Meeting; Morning Tea				
Morning Session 9:30am - 12pm		<div><div>Eagleby dance \$7.00</div><div></div><div>Social and community connection, active movement.</div><div></div></div>	<div><div>Bowling \$7.50</div><div></div><div>Capacity building - helping individuals develop teamwork, coordination, focus, and strategic thinking in a low-pressure environment.</div><div></div></div>	<div><div>Party Planning</div><div></div><div>Planning, budgeting, designing invites, role play, hosting.</div><div></div></div>	<div><div>Thrive Cooking \$7.00</div><div></div><div>Menu planning, budgeting, shopping and cooking.</div><div></div></div>	
	Public Holiday	<div><div>Thrive Goal Setting</div><div></div><div>Goal purpose, achievement, barriers, experiences, short-term vs long-term goals.</div><div></div></div>	<div><div>DIY Coffee Shop \$5.00</div><div></div><div>Menu planning, budgeting, POS training, barista and baking practice.</div><div></div></div>	<div><div>Swimming \$4.50</div><div></div><div>Build confidence, independence, physical strength, and coordination. Supports emotional well-being, enhances problem-solving and safety skills.</div><div></div></div>	<div><div>Scrapbooking</div><div></div><div>Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.</div><div></div></div>	
Afternoon Session 1:00pm - 2:00pm		<div><div>Thrive Fitness</div><div></div><div>Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility</div><div></div></div>	<div><div>Women's Club</div><div></div><div>Personal hygiene, social safety, positive relationships.</div><div></div></div>	<div><div>Drama Club</div><div></div><div>Building self-esteem and confidence, literacy, and role playing.</div><div></div></div>	<div><div>Bingo/Trivia</div><div></div><div>improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.</div><div></div></div>	
	Public Holiday	<div><div>Thrive Stay Ready for Life</div><div></div><div>Health planning, dealing with dissapointment, coping strategies, staying fit, looking for work, goal setting.</div><div></div></div>	<div><div>Men's Club</div><div></div><div>Personal hygiene, social safety, positive relationships.</div><div></div></div>	<div><div>Karaoke</div><div></div><div>Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment.</div><div></div></div>	<div><div>Car care and centre Reset</div><div></div><div>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.</div><div></div></div>	

	February 2026				
	Mon, 2 February	Tue, 3 February	Wed, 4 February	Thu, 5 February	Fri, 6 February
8:00 - 9:30	Morning Meeting; Morning Tea				
<b>Morning Session</b> 9:30am - 12pm	<b>Woodwork Project</b> \$7.00   Centre-Based Planning & designing a woodwork project from scratch. Learning safe use of tools and equipment.	<b>Eagleby dance</b> \$7.00   Community-Based Social and community connection, active movement.	<b>Bowling</b> \$7.50   Community-Based Capacity building - helping individuals develop teamwork, coordination, focus, and strategic thinking in a low-pressure environment.	<b>Party Planning</b>  Centre-Based Planning, budgeting, designing invites, role play, hosting.	<b>Thrive Cooking</b> \$7.00   Centre-Based Menu planning, budgeting, shopping and cooking.
	<b>Gardening</b>  Centre-Based Planning and designing, mindfulness, and gaining an understanding of nature, growth, and sustainability.	<b>Thrive Goal Setting</b>  Centre-Based Goal purpose, achievement, barriers, experiences, short-term vs long-term goals.	<b>DIY Coffee Shop</b> \$5.00   Centre-Based Menu planning, budgeting, POS training, barista and baking practice.	<b>Swimming</b> \$4.50   Community-Based Build confidence, independence, physical strength, and coordination. Supports emotional well-being, enhances problem-solving and safety skills.	<b>Scrapbooking</b>  Centre-Based Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.
<b>Afternoon Session</b> 1:00pm - 2:00pm	<b>Thrive Looking After myself</b>  Centre-Based Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself	<b>Thrive Fitness</b>  Centre-Based Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility	<b>Women's Club</b>  Centre-Based Personal hygiene, social safety, positive relationships.	<b>Drama Club</b>  Centre-Based Building self-esteem and confidence, literacy, and role playing.	<b>Bingo/Trivia</b>  Centre-Based Improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.
	<b>Chair Yoga</b>  Centre-Based Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body awareness.	<b>Thrive Stay Ready for Life</b>  Centre-Based Health planning, dealing with disappointment, coping strategies, staying fit, looking for work, goal setting.	<b>Men's Club</b>  Centre-Based Personal hygiene, social safety, positive relationships.	<b>Karaoke</b>  Centre-Based Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment.	<b>Car care and centre Reset</b>  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.




























NDVR Endeavour Foundation		February 2026									
		Mon, 9 February		Tue, 10 February		Wed, 11 February		Thu, 12 February		Fri, 13 February	
8:00 - 9:30		Morning Meeting; Morning Tea									
Morning Session 9:30am - 12pm	<div>Woodwork Project</div> <div>\$7.00</div> <div><div>Activity fee</div><div>Centre-Based</div></div> <div>Planning &amp; designing a woodwork project from scratch. Learning safe use of tools and equipment.</div> <div><div>Life skills</div><div>Passion &amp; hobbies</div></div>		<div>Eagleby dance</div> <div>\$7.00</div> <div><div>Activity fee</div><div>Community-Based</div></div> <div>Social and community connection, active movement.</div> <div><div>Healthy</div><div>Social engagement</div></div>		<div>Bowling</div> <div>\$7.50</div> <div><div>Community-Based</div><div>Activity fee</div></div> <div>Capacity building - helping individuals develop teamwork, coordination, focus, and strategic thinking in a low-pressure environment.</div> <div><div>Social engagement</div><div>Passion &amp; hobbies</div></div>		<div>Party Planning</div> <div></div> <div><div>Centre-Based</div></div> <div>Planning, budgeting, designing invites, role play, hosting.</div> <div><div>Technology</div><div>Employment</div></div>		<div>Thrive Cooking</div> <div>\$7.00</div> <div><div>Activity fee</div><div>Centre-Based</div></div> <div>Menu planning, budgeting, shopping and cooking.</div> <div><div>Healthy</div><div>Life skills</div></div>		
	<div>Gardening</div> <div></div> <div><div>Centre-Based</div></div> <div>Planning and designing, mindfulness, and gaining an understanding of nature, growth, and sustainability.</div> <div><div>Life skills</div><div>Passion &amp; hobbies</div></div>		<div>Thrive Goal Setting</div> <div></div> <div><div>Centre-Based</div></div> <div>Goal purpose, achievement, barriers, experiences, short-term vs long-term goals.</div> <div><div>Life skills</div><div>Employment</div></div>		<div>DIY Coffee Shop</div> <div>\$5.00</div> <div><div>Centre-Based</div><div>Activity fee</div></div> <div>Menu planning, budgeting, POS training, barista and baking practice.</div> <div><div>Technology</div><div>Employment</div></div>		<div>Swimming</div> <div>\$4.50</div> <div><div>Activity fee</div><div>Community-Based</div></div> <div>Build confidence, independence, physical strength, and coordination. Supports emotional well-being, enhances problem-solving and safety skills.</div> <div><div>Healthy</div><div>Social engagement</div></div>		<div>Scrapbooking</div> <div></div> <div><div>Centre-Based</div></div> <div>Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.</div> <div><div>Recreation</div><div>Passion &amp; hobbies</div></div>		
Afternoon Session 1:00pm - 2:00pm	<div>Thrive Looking After myself</div> <div>Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself</div> <div><div>Healthy</div><div>Life skills</div></div>	<div>Fire Drill</div> <div><div></div></div>	<div>Thrive Fitness</div> <div>Centre-Based</div> <div>Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility</div> <div><div>Healthy</div><div>Recreation</div></div>	<div>Women's Club</div> <div>Centre-Based</div> <div>Personal hygiene, social safety, positive relationships.</div> <div><div>Healthy</div></div>	<div>Client Service Meeting</div> <div><div>Life skills</div></div>	<div>Drama Club</div> <div>Centre-Based</div> <div>Building self-esteem and confidence, literacy, and role playing.</div> <div><div>Social engagement</div><div>Passion &amp; hobbies</div></div>	<div>Bingo/Trivia</div> <div>Centre-Based</div> <div>improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.</div> <div><div>Social engagement</div><div>Recreation</div></div>				
	<div>Chair Yoga</div> <div>Centre-Based</div> <div>Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body</div> <div><div>Healthy</div></div>	<div>Fire Drill</div> <div><div></div></div>	<div>Thrive Stay Ready for Life</div> <div>Centre-Based</div> <div>Health planning, dealing with disappointment, coping strategies, staying fit, looking for work, goal setting.</div> <div><div>Life skills</div><div>Employment</div></div>	<div>Men's Club</div> <div>Centre-Based</div> <div>Personal hygiene, social safety, positive relationships.</div> <div><div>Healthy</div></div>	<div>Client Service Meeting</div> <div><div>Life skills</div></div>	<div>Karaoke</div> <div>Centre-Based</div> <div>Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment.</div> <div><div>Social engagement</div><div>Passion &amp; hobbies</div></div>	<div>Car care and centre Reset</div> <div>Centre-Based</div> <div>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.</div> <div><div>Life skills</div><div>Social engagement</div></div>				





































































NDVr Endeavour Foundation		February 2026				
		Mon, 16 February	Tue, 17 February	Wed, 18 February	Thu, 19 February	Fri, 20 February
8:00 - 9:30		Morning Meeting; Morning Tea				
Morning Session 9:30am - 12pm	<div>Woodwork Project \$7.00</div> <div>  Centre-Based</div> <div>Planning &amp; designing a woodwork project from scratch. Learning safe use of tools and equipment.</div> <div> </div>	<div>Eagleby dance \$7.00</div> <div>  Community-Based</div> <div>Social and community connection, active movement.</div> <div> </div>	<div>Bowling \$7.50</div> <div>  Community-Based</div> <div>Capacity building - helping individuals develop teamwork, coordination, focus, and strategic thinking in a low-pressure environment.</div> <div> </div>	<div>Party Planning</div> <div> Centre-Based</div> <div>Planning, budgeting, designing invites, role play, hosting.</div> <div> </div>	<div>Thrive Cooking \$7.00</div> <div>  Centre-Based</div> <div>Menu planning, budgeting, shopping and cooking.</div> <div> </div>	
	<div>Gardening</div> <div> Centre-Based</div> <div>Planning and designing, mindfulness, and gaining an understanding of nature, growth, and sustainability.</div> <div> </div>	<div>Thrive Goal Setting</div> <div> Centre-Based</div> <div>Goal purpose, achievement, barriers, experiences, short-term vs long-term goals.</div> <div> </div>	<div>DIY Coffee Shop \$5.00</div> <div>  Centre-Based</div> <div>Menu planning, budgeting, POS training, barista and baking practice.</div> <div> </div>	<div>Swimming \$4.50</div> <div>  Community-Based</div> <div>Build confidence, independence, physical strength, and coordination. Supports emotional well-being, enhances problem-solving and safety skills.</div> <div> </div>	<div>Scrapbooking</div> <div> Centre-Based</div> <div>Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.</div> <div> </div>	
Afternoon Session 1:00pm - 2:00pm	<div>Thrive Looking After myself</div> <div> Centre-Based</div> <div>Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself</div> <div> </div>	<div>Thrive Fitness</div> <div> Centre-Based</div> <div>Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility</div> <div> </div>	<div>Women's Club</div> <div> Centre-Based</div> <div>Personal hygiene, social safety, positive relationships.</div> <div> </div>	<div>Drama Club</div> <div> Centre-Based</div> <div>Building self-esteem and confidence, literacy, and role playing.</div> <div> </div>	<div>Bingo/Trivia</div> <div> Centre-Based</div> <div>improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.</div> <div> </div>	
	<div>Chair Yoga</div> <div> Centre-Based</div> <div>Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body awareness.</div> <div> </div>	<div>Thrive Stay Ready for Life</div> <div> Centre-Based</div> <div>Health planning, dealing with disappointment, coping strategies, staying fit, looking for work, goal setting.</div> <div> </div>	<div>Men's Club</div> <div> Centre-Based</div> <div>Personal hygiene, social safety, positive relationships.</div> <div> </div>	<div>Karaoke</div> <div> Centre-Based</div> <div>Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment.</div> <div> </div>	<div>Car care and centre Reset</div> <div> Centre-Based</div> <div>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.</div> <div> </div>	

NDVr Endeavour Foundation		February 2026				
		Mon, 23 February	Tue, 24 February	Wed, 25 February	Thu, 26 February	Fri, 27 February
8:00 - 9:30		Morning Meeting; Morning Tea				
Morning Session 9:30am - 12pm	<div>Woodwork Project \$7.00</div> <div><div>Activity fee</div><div>Centre-Based</div></div> <div>Planning &amp; designing a woodwork project from scratch. Learning safe use of tools and equipment.</div> <div><div>Life skills</div><div>Passion &amp; hobbies</div></div>	<div>Eagleby dance \$7.00</div> <div><div>Activity fee</div><div>Community-Based</div></div> <div>Social and community connection, active movement.</div> <div><div>Healthy</div><div>Social engagement</div></div>	<div>Bowling \$7.50</div> <div><div>Community-Based</div><div>Activity fee</div></div> <div>Capacity building - helping individuals develop teamwork, coordination, focus, and strategic thinking in a low-pressure environment.</div> <div><div>Social engagement</div><div>Passion &amp; hobbies</div></div>	<div>Party Planning</div> <div><div>Centre-Based</div></div> <div>Planning, budgeting, designing invites, role play, hosting.</div> <div><div>Technology</div><div>Employment</div></div>	<div>Thrive Cooking \$7.00</div> <div><div>Activity fee</div><div>Centre-Based</div></div> <div>Menu planning, budgeting, shopping and cooking.</div> <div><div>Healthy</div><div>Life skills</div></div>	
	<div>Gardening</div> <div><div>Centre-Based</div></div> <div>Planning and designing, mindfulness, and gaining an understanding of nature, growth, and sustainability.</div> <div><div>Life skills</div><div>Passion &amp; hobbies</div></div>	<div>Thrive Goal Setting</div> <div><div>Centre-Based</div></div> <div>Goal purpose, achievement, barriers, experiences, short-term vs long-term goals.</div> <div><div>Life skills</div><div>Employment</div></div>	<div>DIY Coffee Shop \$5.00</div> <div><div>Centre-Based</div><div>Activity fee</div></div> <div>Menu planning, budgeting, POS training, barista and baking practice.</div> <div><div>Technology</div><div>Employment</div></div>	<div>Swimming \$4.50</div> <div><div>Activity fee</div><div>Community-Based</div></div> <div>Build confidence, independence, physical strength, and coordination. Supports emotional well-being, enhances problem-solving and safety skills.</div> <div><div>Healthy</div><div>Social engagement</div></div>	<div>Scrapbooking</div> <div><div>Centre-Based</div></div> <div>Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.</div> <div><div>Recreation</div><div>Passion &amp; hobbies</div></div>	
Afternoon Session 1:00pm - 2:00pm	<div>Thrive Looking After myself</div> <div><div>Centre-Based</div></div> <div>Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself</div> <div><div>Life skills</div><div>Healthy</div></div>	<div>Thrive Fitness</div> <div><div>Centre-Based</div></div> <div>Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility</div> <div><div>Healthy</div><div>Recreation</div></div>	<div>Women's Club</div> <div><div>Centre-Based</div></div> <div>Personal hygiene, social safety, positive relationships.</div> <div><div>Healthy</div><div>Life skills</div></div>	<div>Drama Club</div> <div><div>Centre-Based</div></div> <div>Building self-esteem and confidence, literacy, and role playing.</div> <div><div>Social engagement</div><div>Passion &amp; hobbies</div></div>	<div>Bingo/Trivia</div> <div><div>Centre-Based</div></div> <div>improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.</div> <div><div>Social engagement</div><div>Recreation</div></div>	
	<div>Chair Yoga</div> <div><div>Centre-Based</div></div> <div>Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body awareness.</div> <div><div>Healthy</div><div>Passion &amp; hobbies</div></div>	<div>Thrive Stay Ready for Life</div> <div><div>Centre-Based</div></div> <div>Health planning, dealing with dissapointment, coping strategies, staying fit, looking for work, goal setting.</div> <div><div>Life skills</div><div>Employment</div></div>	<div>Men's Club</div> <div><div>Centre-Based</div></div> <div>Personal hygiene, social safety, positive relationships.</div> <div><div>Healthy</div><div>Life skills</div></div>	<div>Karaoke</div> <div><div>Centre-Based</div></div> <div>Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment.</div> <div><div>Social engagement</div><div>Passion &amp; hobbies</div></div>	<div>Car care and centre Reset</div> <div><div>Centre-Based</div></div> <div>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.</div> <div><div>Life skills</div><div>Social engagement</div></div>	



	March 2026				
	Mon, 2 March	Tue, 3 March	Wed, 4 March	Thu, 5 March	Fri, 6 March
8:00 - 9:30	Morning Meeting; Morning Tea				
<b>Morning Session</b> 9:30am - 12pm	<b>Woodwork Project</b> \$7.00   Centre-Based Planning & designing a woodwork project from scratch. Learning safe use of tools and equipment.	<b>Eagleby dance</b> \$7.00   Community-Based Social and community connection, active movement.	<b>Bowling</b> \$7.50   Community-Based Capacity building - helping individuals develop teamwork, coordination, focus, and strategic thinking in a low-pressure environment.	<b>Party Planning</b>  Centre-Based Planning, budgeting, designing invites, role play, hosting.	<b>Thrive Cooking</b> \$7.00   Centre-Based Menu planning, budgeting, shopping and cooking.
	<b>Gardening</b>  Centre-Based Planning and designing, mindfulness, and gaining an understanding of nature, growth, and sustainability.	<b>Thrive Goal Setting</b>  Centre-Based Goal purpose, achievement, barriers, experiences, short-term vs long-term goals.	<b>DIY Coffee Shop</b> \$5.00   Centre-Based Menu planning, budgeting, POS training, barista and baking practice.	<b>Swimming</b> \$4.50   Community-Based Build confidence, independence, physical strength, and coordination. Supports emotional well-being, enhances problem-solving and safety skills.	<b>Scrapbooking</b>  Centre-Based Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.
<b>Afternoon Session</b> 1:00pm - 2:00pm	<b>Thrive Looking After myself</b>  Centre-Based Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself	<b>Thrive Fitness</b>  Centre-Based Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility	<b>Women's Club</b>  Centre-Based Personal hygiene, social safety, positive relationships.	<b>Drama Club</b>  Centre-Based Building self-esteem and confidence, literacy, and role playing.	<b>Bingo/Trivia</b>  Centre-Based improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.
	<b>Chair Yoga</b>  Centre-Based Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body awareness.	<b>Thrive Stay Ready for Life</b>  Centre-Based Health planning, dealing with disappointment, coping strategies, staying fit, looking for work, goal setting.	<b>Men's Club</b>  Centre-Based Personal hygiene, social safety, positive relationships.	<b>Karaoke</b>  Centre-Based Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment.	<b>Car care and centre Reset</b>  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.

NDVR Endeavour Foundation		March 2026									
		Mon, 9 March	Tue, 10 March	Wed, 11 March	Thu, 12 March	Fri, 13 March					
8:00 - 9:30		Morning Meeting; Morning Tea									
Morning Session 9:30am - 12pm	<div>Woodwork Project \$7.00</div> <div> </div> <div>Planning &amp; designing a woodwork project from scratch. Learning safe use of tools and equipment.</div> <div> </div>		<div>Eagleby dance \$7.00</div> <div> </div> <div>Social and community connection, active movement.</div> <div> </div>		<div>Bowling \$7.50</div> <div> </div> <div>Capacity building - helping individuals develop teamwork, coordination, focus, and strategic thinking in a low-pressure environment.</div> <div> </div>		<div>Party Planning</div> <div></div> <div>Planning, budgeting, designing invites, role play, hosting.</div> <div> </div>		<div>Thrive Cooking \$7.00</div> <div> </div> <div>Menu planning, budgeting, shopping and cooking.</div> <div> </div>		
	<div>Gardening</div> <div></div> <div>Planning and designing, mindfulness, and gaining an understanding of nature, growth, and sustainability.</div> <div> </div>		<div>Thrive Goal Setting</div> <div></div> <div>Goal purpose, achievement, barriers, experiences, short-term vs long-term goals.</div> <div> </div>		<div>DIY Coffee Shop \$5.00</div> <div> </div> <div>Menu planning, budgeting, POS training, barista and baking practice.</div> <div> </div>		<div>Swimming \$4.50</div> <div> </div> <div>Build confidence, independence, physical strength, and coordination. Supports emotional well-being, enhances problem-solving and safety skills.</div> <div> </div>		<div>Scrapbooking</div> <div></div> <div>Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.</div> <div> </div>		
	Afternoon Session 1:00pm - 2:00pm	<div>Thrive Looking After myself</div> <div>Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself</div> <div> </div> <div>Fire Drill</div> <div></div>		<div>Thrive Fitness</div> <div></div> <div>Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility</div> <div> </div>		<div>Women's Club</div> <div></div> <div>Personal hygiene, social safety, positive relationships.</div> <div> </div> <div>Client Service Meeting</div>		<div>Drama Club</div> <div></div> <div>Building self-esteem and confidence, literacy, and role playing.</div> <div> </div>		<div>Bingo/Trivia</div> <div></div> <div>improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.</div> <div> </div>	
		<div>Chair Yoga</div> <div></div> <div>Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body</div> <div></div> <div>Fire Drill</div> <div></div>		<div>Thrive Stay Ready for Life</div> <div></div> <div>Health planning, dealing with dissapointment, coping strategies, staying fit, looking for work, goal setting.</div> <div> </div>		<div>Men's Club</div> <div></div> <div>Personal hygiene, social safety, positive relationships.</div> <div> </div> <div>Client Service Meeting</div>		<div>Karaoke</div> <div></div> <div>Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment.</div> <div> </div>		<div>Car care and centre Reset</div> <div></div> <div>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.</div> <div> </div>	