

Maryborough Learning and Lifestyle Hub



Operating Hours

Monday – Friday

8.30am – 3pm

Contact Us for More Information

Client Support

Phone: 1800 112 112

Email: clientsupport@endeavour.com.au



Maryborough Learning and Lifestyle Hub

Program Dates: 01/01/2026 – 01/04/2026

What's On!

Monday

Men's Shed

9:00 am – 12:00pm



The Men's Shed is not just for men. It's an inclusive program open to everyone, regardless of gender. Participants are supported in designing and building projects of their choice. Whether it's cutting wood, sawing, drilling, or painting, clients are guided every step of the way to create their own masterpiece.



Meal Prep and Shopping

9:00am – 12:00pm



Participants are guided through the process of planning out a meal, purchasing the ingredients and preparing them to cook and take home with them to eat at home. Everyone who visits the centre today will be given the opportunity to buy a portion of the meal to take home with them to eat later.



Coffee Shop

9:00am – 12:00pm

Our centre boasts its own coffee machine which our participants are using to build a coffee shop allowing them to sell coffee and any baked treats they make directly to the public. This program helps build social skills, confidence, and skills that can be taken into future employment.



Animal Refuge volunteering

9:00am – 12:00pm

In conjunction with our local animal refuge centres our participants volunteer their time to assist lost, surrendered and injured animals. They learn lifelong skills in caring for a wide range of animals – pets and wildlife too.



Men's Shed

9:00 am – 12:00pm



The Men's Shed is not just for men. It's an inclusive program open to everyone, regardless of gender. Participants are supported in designing and building projects of their choice. Whether it's cutting wood, sawing, drilling, or painting, clients are guided every step of the way to create their own masterpiece.



Cinemas

12:00pm - 3:00pm



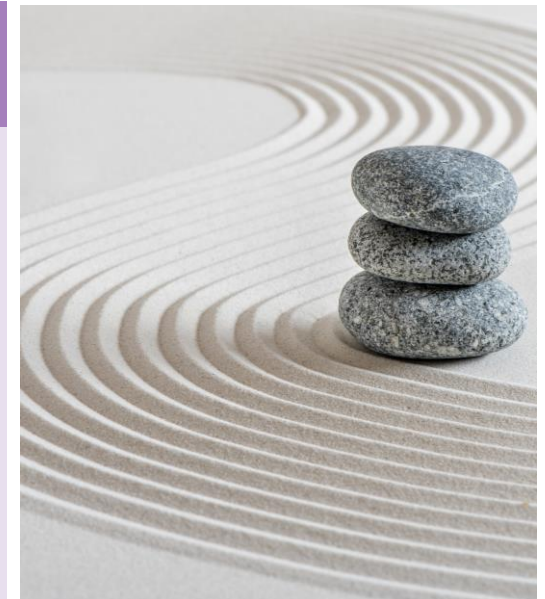
Get away from the hustle and bustle and enjoy an afternoon at the cinemas with your friends. Go to watch the latest films at the cinemas



Festive Crafts & Positive affirmations

12:00pm - 3:00pm

Clients are to use their creativity to decorate the centre for upcoming events like Halloween, Christmas and New years. Additionally, Each Thursday, we take a moment to write a Positive Note to Self; a kind word, a reminder, or a little motivation. Then on Monday, open your letter and reflect. Start the week grounded, focused, and inspired.



Maryborough Learning and Lifestyle Hub

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What's On!

Tuesday

Coffee Shop

9:00am – 12:00pm

Our centre boasts its own coffee machine which our participants are using to build a coffee shop allowing them to sell coffee and any baked treats they make directly to the public. This program helps build social skills, confidence, and skills that can be taken into future employment.



BBQ in the Gardens

9:00am - 12:00pm



Cooking a BBQ promotes teamwork, planning, and practical culinary skills like food preparation, timing, and temperature control. It encourages creativity in choosing recipes and experimenting with flavours, marinades, and cooking techniques.



Creative Crafts

9:00am - 12:00pm

Let your creative flair shine! Utilising our well appointed craft room we embark on creative craft projects using a number of different styles, techniques and mediums – from painting to sewing to collage, we never know where our projects will take us.



Boogie Bounce

12:00pm - 3:00pm



Boogie Bounce is a fun, high-energy fitness activity that combines aerobic exercise with trampolining, set to upbeat music. The workout is performed on a mini trampoline (rebounder) with a safety bar for balance. It's designed to be low-impact on the joints but highly effective for improving cardiovascular fitness, strength, coordination, and core stability.



Swimming

12:00pm - 3:00pm



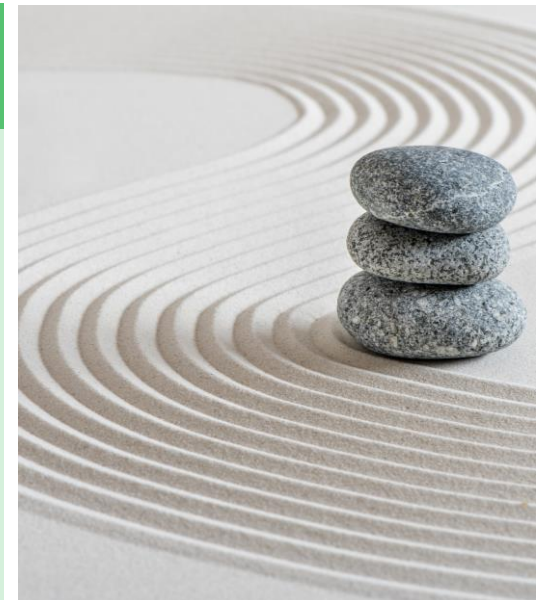
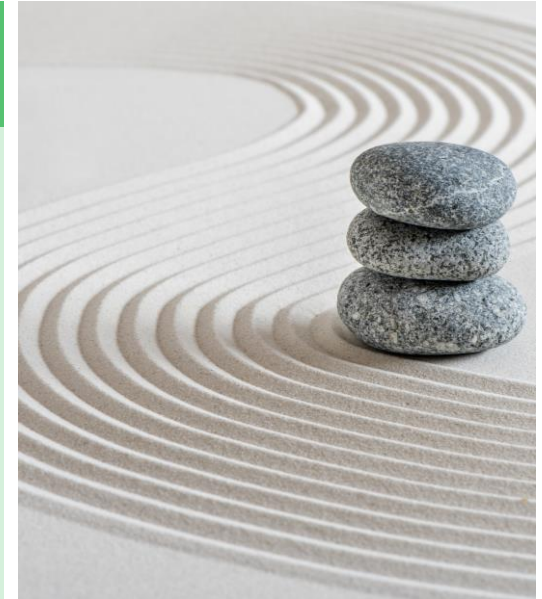
Escape the hot Queensland by joining us as we take a dip at the local pools, visit local water attractions such as Wetside or Splashside, or just enjoy a day at the beach.



Cinemas

12:00pm - 3:00pm

Get away from the hustle and bustle and enjoy an afternoon at the cinemas with your friends. Go to watch the latest films at the cinemas



Maryborough Learning and Lifestyle Hub

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What's On!

Wednesday

Creative Crafts

9:00am - 12:00pm

Let your creative flair shine! Utilising our well appointed craft room we embark on creative craft projects using a number of different styles, techniques and mediums – from painting to sewing to collage, we never know where our projects will take us.



Walking football

9:00am - 12:00pm



Put on your walking shoes and join us for a game of walking football. This all inclusive game brings the fun and excitement of football into a low impact game that is safe and fun for all



Karaoke

9:00pm - 12:00pm

Dress up and grab an instrument! Join in on the singing and dancing as participants take the stage and sing their favorite songs. An absolute crowd pleaser as many participants visit the centre only for this activity.



Fishing

9:00am - 12:00pm

Come join our anglers as they try their hands at one of the oldest form of recreation: Fishing!



Act up and Theatre

12:00pm - 3:00pm

Practice your acting skills as we learn and perform a range of scenes from your favourite stage shows, musicals, or movies.



Computers, Numbers and Literacy

12:00pm - 3:00pm

In this program we seek to build our reading, writing and math skills as well as gain confidence using computers to put these skills into practice to find information on our hobbies and interests



Cinemas

12:00pm - 3:00pm

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Evening Meal Prep

12:00pm – 3:00pm



Participants are guided through the process of planning out a meal, purchasing the ingredients and preparing them to cook and take home with them to eat at home. Everyone who visits the centre today will be given the opportunity to buy a portion of the meal to take home with them to eat later.



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What's On!

Thursday

Chatterbox

09:00am - 12:00pm



Chatterbox is a lively group activity designed to encourage communication, social interaction, and conversational skills. Participants gather to engage in guided or free-flowing discussions on a variety of topics, which can range from light-hearted subjects like hobbies and interests to deeper conversations about personal experiences or current events.



Woman's Shed

09:00am – 12:00pm



Women's Shed is a welcoming, community-based space where people come together to work on practical projects, share skills, and build social connections. This activity involves participating in hands-on tasks such as woodworking, repairs, gardening, crafting, or other creative and constructive activities.



Wodfit

9:00am - 12:00pm



Wodfit is a group strength and fitness program designed for people of all abilities and fitness levels. Designed to bring a level of fun into the fitness space this program helps to keep you fit, healthy, and mobile



Evening Meal Prep

12:00pm – 3:00pm



Participants are guided through the process of planning out a meal, purchasing the ingredients and preparing them to cook and take home with them to eat at home. Everyone who visits the centre today will be given the opportunity to buy a portion of the meal to take home with them to eat later.



Bowling

9:00am – 12:00pm



Bowling is a fun and social recreational activity where players roll a heavy ball down a polished lane aiming to knock down pins arranged in a triangular formation at the far end. The goal is to knock down as many pins as possible with a limited number of rolls, typically two per turn. Bowling combines physical skill, coordination, and strategy, requiring players to focus on aim, power, and technique.

The activity promotes hand-eye coordination, balance, and concentration while also offering a relaxed and friendly environment to socialize and enjoy friendly competition.

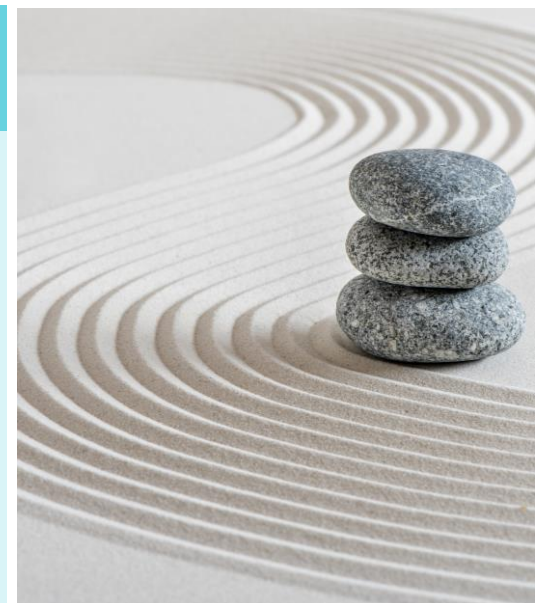
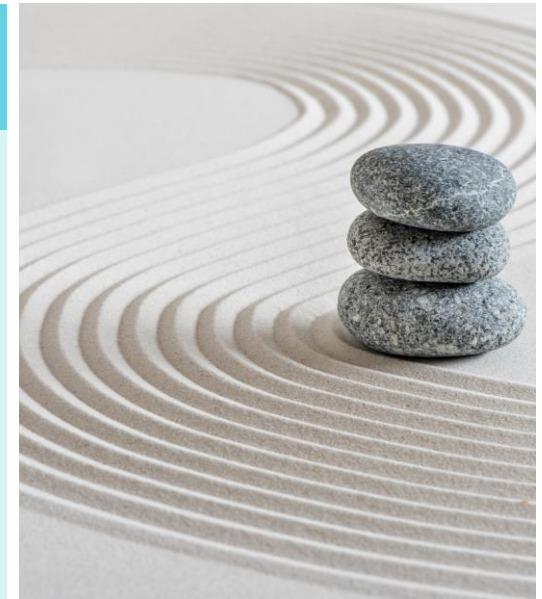


Music

12:00pm - 3:00pm

In this program we make full use of our music room.

Learning to play a range of instruments as we rock out to music as a group.



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What's On!

Friday

Swimming

9:00am - 12:00pm



Escape the hot Queensland by joining us as we take a dip at the local pools, visit local water attractions such as Wetside or Splashside, or just enjoy a day at the beach.



Lawn Bowls

9:00am - 12:00pm



Lawn bowls is a fun, low impact sport enjoyed worldwide to help people remain active physically, mentally, and socially.



Creative Crafts

9:00am - 12:00pm
12:00pm – 3:00pm

Let your creative flair shine! Utilising our well appointed craft room we embark on creative craft projects using a number of different styles, techniques and mediums – from painting to sewing to collage, we never know where our projects will take us.



8 Ball

12:00pm - 3:00pm

8 Ball Pool in a Bar is a classic social and recreational activity where players gather around a pool table in a casual, relaxed bar setting to enjoy a game of pool. The environment is often lively and convivial, providing an excellent opportunity for friendly competition, socializing, and unwinding.



Cinemas

12:00pm - 3:00pm

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Pickleball

12:00pm - 3:00pm

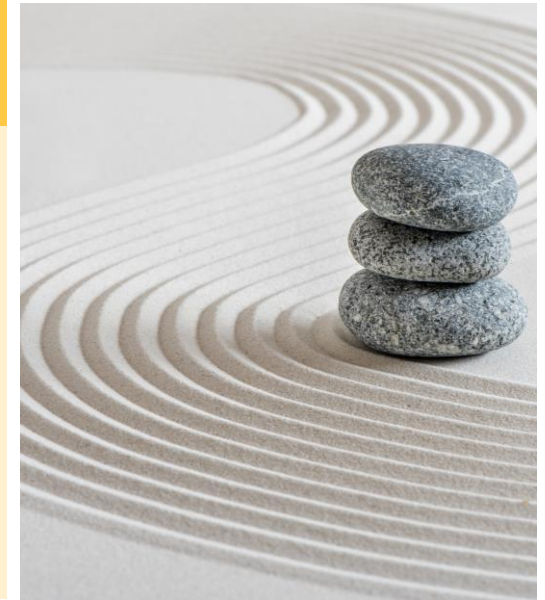
Pickleball is often called the fastest growing sport in the world due to it's unique blend of a range of racket sports all blended together into a fun, highly accessible social sport enjoyed by people of all ages and fitness levels.



Karaoke

12:00pm – 3:00pm

Dress up and grab an instrument! Join in on the singing and dancing as participants take the stage and sing their favorite songs. An absolute crowd pleaser as many participants visit the centre only for this 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)
- 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