

Penrith Learning and Lifestyle Hub



Operating Hours

Monday – Friday

9am – 3pm

Contact Us for More Information

Ryan Kungl – Team Leader

Phone: 02 9846 1513

Email: Ryan.Kungl@endeavour.com.au



Penrith Learning and Lifestyle Hub

Program Dates: Wednesday 28th January 2026 – Wednesday 1st April 2026

What's On!

Monday

Arrival/Morning Meditation 09:00am – 09:30am

Meditation at Endeavour Foundation gives you a peaceful space to relax, unwind, and focus on yourself. The session includes guided sessions with breathing exercises, body awareness, and visualisation.



Money & Budgeting/Shopping 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.



Morning Tea 11:00am – 11:30am

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



Healthy Choices Cooking 11:30am – 1:00pm



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!



Lunch 1:00pm – 1:30pm

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



Arts & Crafts 1:30pm – 3:00pm

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.



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What's On!

Wednesday

Arrival/Morning Meditation 09:00am – 09:30am

Meditation at Endeavour Foundation gives you a peaceful space to relax, unwind, and focus on yourself. The session includes guided sessions with breathing exercises, body awareness, and visualisation.



Fitness & Healthy Choices 09:30am – 11:00am

The Fitness & Healthy Choices program 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.



Bowling 11:30am – 1:00pm

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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.



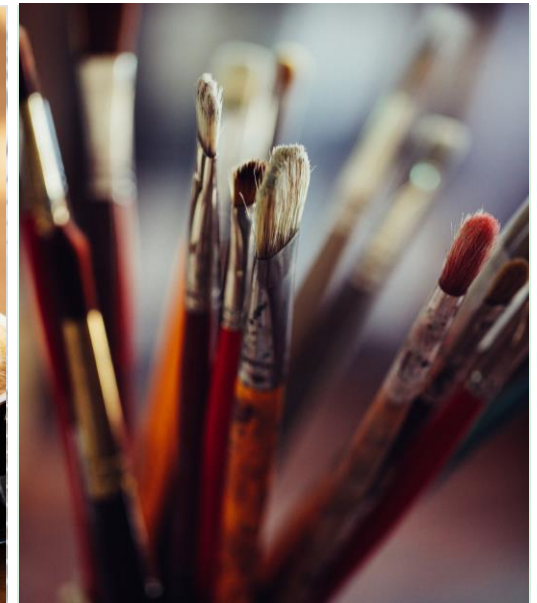
Lunch 1:00pm – 1:30pm

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



Independent Living Skills 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.



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