

Redcliffe Learning and Lifestyle hub

Operating Hours

Monday – Friday

8.00am – 3pm with a monthly evening program (please enquire regarding availability)

Contact Us for More Information

Phone: 1800 112 112

Email: hello@endeavour.com.au



Redcliffe Learning and Lifestyle hub

Program dates: 5th January 2026 – 2nd April 2026

What's on!

Monday - Morning

Morning communication 8:30am – 09:00am

Start the day with a morning discussion about your chosen activities and planned day using communication styles tailored to your needs. Learn to be confident talking within a group and expressing yourself.



Men's Shed 9:00am – 12:00pm



Become a valued member of the Clontarf Men's Shed, whilst working on a project of your choosing. This is great for the hands-on person who wants to maintain or develop woodworking skills. Members also join special events organised by the Men's Shed.



Stocktake and shopping 9:00am – 10am

The stock take program helps you work out what needs to be replaced, make shopping lists, budget, purchase items and store items.



Service meeting planning- week 2 9:00am – 12pm

Endeavour Foundation's service meeting provides you with a voice on the service. Build your confidence in having your say your way; develop a PowerPoint meeting presentation, and practice skills in presenting.



Gardening 9am – 10am

Enjoy the outdoors while gardening. Grow and look after vegetables and herbs and reap the rewards when you pick the food you have grown and use it in the cooking programs.



Brain gym – week 1 Laughing Yoga – week 2 9am – 12pm

Activate your mind and body connection through gentle exercises that promote your overall health and wellbeing. Learn the power of laughter and exercise through our dedicated laughing yoga program.



Thrive life programs 9am – 10am

At Endeavour we have Thrive programs dedicated to practical skill building, social engagement and personal development in a safe, engaging and supported environment.



Fun Science – week 2 10:00am – 12m

Science is everywhere. Be curious and ask why and how and find answers. From learning that cooking is chemistry in action too learning about the wonders of our natural world.



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What's on!

Monday - Afternoon

Bowling 10.30am – 2pm

Join us for a fun social bowling. It's a great way to stay active, meet new people and enjoy some friendly competition. Whether you are a beginner or experienced, everyone is welcome to come together and have fun.



Fundraising 9am – 12pm week 1

At the centre you decide what would make your experience great and learn how to apply for grants and partner with community to raise funds. Clients have successfully purchased photo editing equipment to explore their passion for photography.



Lego and Robotics/ Photo Editing 1pm – 2.30pm week 1

Do you enjoy using technology for fun and learning then these programs will be for you. Figure out how to build ideas into reality and explore your creative side.



Art and craft/Mosaics 9am-12pm week 1

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.



Yarn circle 1pm – 2:30pm week 2

Speech therapist questions are used to encourage conversations and sharing. From questions about your values to childhood experiences it's a great to be curious about others and discover something new about your friend.



Key group discussion 2:30pm - 3:00pm

Come together in your team to discuss your day and progress. Get ready for the next day and have a chat with your friends.



Vehicle Maintenance- week 2 1pm-2.30pm

Do you like to help and have responsibility? Helping keep the vehicles at the site clean is a great way to show your pride and responsibility. It's a highlight when the team high five one another for a great job.



First Aid -week 2 1pm – 2:30pm

Learn how to keep your self and others safe, how to call emergency services and what they do, and what's in a first aid kit and how you can use it. This basic course will help you to be confident in case of an emergency.



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Tuesday - Morning

Morning communication 8.30am – 9am

Start the day with a morning discussion about your chosen activities and planned day using communication styles tailored to your needs. Learn to be confident talking within a group and expressing yourself.



Shopping and global culinary exploration 9:00am – 1pm

The Endeavour Foundation's cooking class program is all about you feeling confident in the kitchen. Travel the world exploring foods as you learn about meal planning, budgeting and nutrition.



Design and creation 9am – 12pm

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



City Hall Concerts 9am – 2pm

Head to the city on the train and have lunch. Then it's a short walk to the beautiful city hall to enjoy live music and performances. From opera to rock there is something for everyone.



IT 9am – 12pm week 2

At Endeavour we have laptops, interactive whiteboards and virtual reality to help you learn and explore your passions and daily living skills. From the novice to those who have great foundational skills



Centre Maintenance 9:00am – 10.30am

Learn life skills in cleaning and maintaining safe places – from helping with the dishes too fixing things you will be able to contribute and be part of your community hub.



Recycling 9am-12pm week 1

Help the environment and be sustainable while recycling items at the hub. See the funds raised go towards activities that the participants select.



Photography 9am – 12pm week 2

Head out into your local communities to look at places and a variety of interesting things through the camera lens. Learn different techniques and how to edit your photos.



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Tuesday - Afternoon

Leagues Club 10:00am - 2:00pm

Enjoy lunch at the Club while socialising with friends and community members, have a dance or just enjoy the live music.



Band 1pm - 2:30pm week 2

Get creative and explore your musical interests with friends. Whether you enjoy strumming the guitar, banging it out on the drums or singing and dancing; this session is a great way to express yourself and have fun.



Cit Hall continues until 2pm

Head to the city on the train and have lunch. Then it's a short walk to the beautiful city hall to enjoy live music and performances. From opera to rock there is something for everyone.



Newsletter 1:00pm - 2:30pm week 2

At Endeavour we like to keep friends and family informed. You can have your say and give valuable information on what's new and what's been happening at the hub in the monthly newsletter.



Key group discussion 2:30pm - 3:00pm

Come together in your team to discuss your day and progress. Get ready for the next day and have a chat with your friends.



Auslan presentation 1pm – 2.30pm week 1

Learn Auslan in preparation for a special presentation at the hub to celebrate Endeavours 75th Anniversary. Whether you are a confident presenter or wanting to build your confidence have fun learning Auslan to a song.



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Wednesday - Morning

Morning Communication 8:30am - 9am

Start the day with a morning discussion about your chosen activities and planned day using communication styles tailored to your needs. Learn to be confident talking within a group and expressing yourself.



75th Birthday celebrations 9am-10am

It's Endeavours 75th celebration of supporting people – be part of the hubs planning committee for the special friends and family event to be held in June 2026.



Bowling 10:00am – 2.30pm

Join us for a fun social bowling. It's a great way to stay active, meet new people and enjoy some friendly competition. Whether you are a beginner or experienced, everyone is welcome to come together and have fun.



Shopping and Cooking 9:00am - 12pm

The Endeavour Foundation's cooking class program is all about you feeling confident in the kitchen. Learn about meal planning, safety in the kitchen, budgeting nutrition and more.



Relaxation/Meditation 9:00am - 12:00pm

Time to unwind and focus on yourself. The session includes guided sessions with breathing exercises, body awareness, and visualisation.



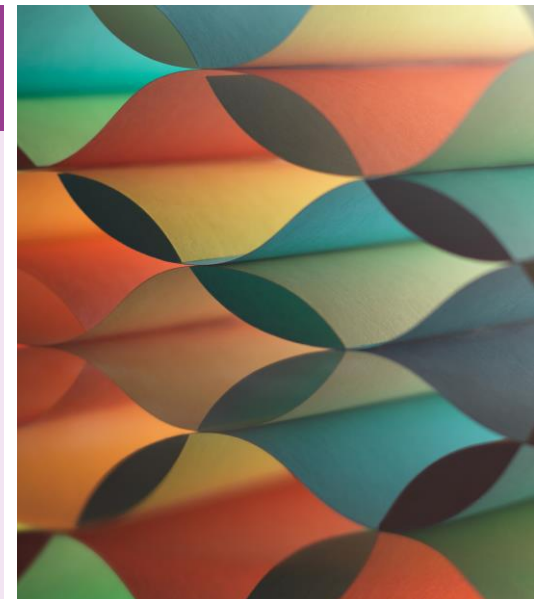
Swimming 9:00am - 2:30pm

During these warmer months enjoy keeping cool, exercising and having fun in the local pools around Redcliffe while enjoying a picnic with your friends



Library 9:00am - 12:00pm

Discover what's on offer at your local Moreton Bay libraries. Become a member and borrow books, music and movies. Your local librarians are happy to help you find what you want.



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Wednesday - Afternoon

Bowling continues 1pm – 2.30pm

Discover what's on offer at your local Moreton Bay libraries. Become a member and borrow books, music and movies. Your local librarians are happy to help you find what you want.



Gardening 1pm – 2.30pm

Enjoy the outdoors while gardening. Grow and look after vegetables and herbs and reap the rewards when you pick the food you have grown and use it in the cooking programs.



Outdoor Games 1pm – 2.30pm

Play a variety of outdoor games that develop your skills and let your abilities shine. Have fun competing while enjoying the benefits of teamwork.



Music Melodies 1:00pm – 2.30pm

Immerse yourself in a sensory experience as you discover all types of music. How do these make you feel? What instruments do you enjoy listening too? Share your love for music with like minded friends.



Key group discussion 2:30pm - 3:00pm

Come together in your team to discuss your day and progress. Get ready for the next day and have a chat with your friends.



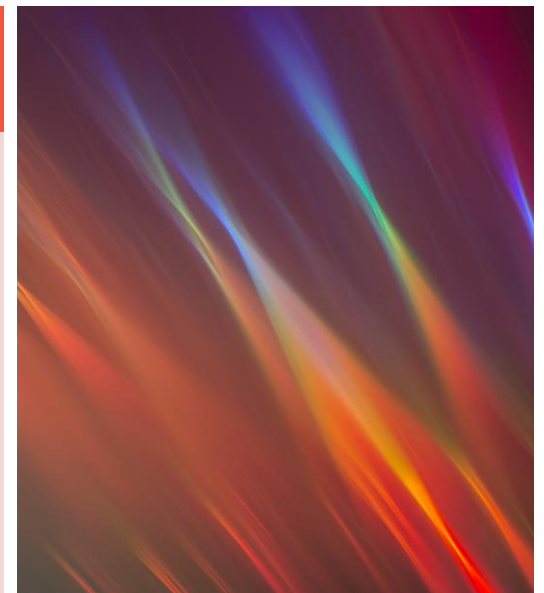
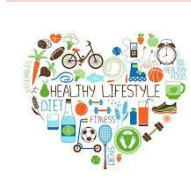
People and climate awareness 1:00pm – 2.30pm week 1

Learn about how people and climates interact and what is happening around the world. What are different countries doing to help their environments and how can we have a positive impact.



Health, safety and environment 1:00pm – 2.30pm week 2

Learn about your wholistic health and wellbeing and why taking care of yourself is essential. Learn essentials such as why personal hygiene is important, how you can improve the safety of your home and more...



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Men's Shed 9:00am – 12pm

Become a valued member of the Clontarf Men's Shed, whilst working on a project of your choosing. This is great for the hands-on person who wants to maintain or develop woodworking skills. Members also join special events organised by the Men's Shed.



Goals and dreams 9:00am – 2.30pm

Explore your passions and interests in your local communities with a group of like-minded adventurers. Learn life skills on your adventure. From ferry trips too art galleries you'll share your experiences with your fellow explorers.



Sewing 9:00am – 12pm

If you have ever wanted to master the skills of sewing, then this program is for you. Make an item of your choosing and learn how to sew by hand and using the sewing machine.



Self and beauty care 9am – 12pm

Take some time for you... learn how to enhance your natural beauty by testing popular hair and make up artists techniques. Learn about the importance of your overall health and wellbeing and what helps you feel good.



Yoga and meditation 9:00am – 12pm

Time to unwind and focus on yourself. The session includes chair yoga, laughter yoga and guided sessions with breathing exercises, body awareness, and visualisation.



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Goals and dreams continues 2.30pm

Explore your passions and interests in your local communities with a group of like-minded adventurers. Learn life skills on your adventure. From ferry trips too art galleries you'll share your experiences with your fellow explorers



Library 1pm – 2.30pm week 1

Discover what's on offer at your local Moreton Bay libraries. Become a member and borrow books, music and movies. Your local librarians are happy to help you find what you want.



Games and building 1pm – 2.30pm week 2

Play a variety of indoor and outdoor games that develop your skills and let your abilities shine. Have fun competing and building things while enjoying the benefits of teamwork.



AI – Movie making 1pm – 2:30pm week 1

Use AI apps to explore movie making. Get creative with your team to develop scripts and images while having fun exploring your passions and interests. Show the film to your target audience.



Key group discussion 2:30pm - 3:00pm

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Friday Frolics 9am – 12pm week 1

At the Endeavour Hub we want to explore your passions and hobbies and expand your experiences. Introduce your passion to your friends and show them your skills or try something new. From Wii to pool have fun with everyone.



Exploring Moreton Bay 9am – 2.30pm week 2

At Endeavour we are all about you being a valued community member; find out what events are happening in your communities and explore places of interest. Be part of the place where you live and meet new people.



Sensory games and activities 9am – 10am week 2

At the hub you can enjoy our sensory space as well as play sensory games that stimulate your sense of touch, sight, sound, smell and movement.



Exploring Cultures 9am – 12pm week 2

Are you curious about people and cultures around the world? Explore languages, dress, traditions, language and more. Use technology to learn as well as real life experiences – taste test food, attend a cultural festival.























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Friday - Afternoon

<div><div>Movies</div><div>1pm – 2.30pm week 2</div><div>Enjoy relaxing in the lounge area with your friends. Watch action heroes save the world or laugh at the funny things people do.</div><div></div></div>	<div><div>Rhythm and groove</div><div>1pm – 2:30pm week 1</div><div>Get creative and explore your musical interests with friends. Whether you enjoy strumming the guitar, banging it out on the drums or singing and dancing; this session is a great way to express yourself and have fun.</div><div></div></div>	<div><div>Exploring Moreton Bay continues</div><div>finishes 2.30pm week 2</div><div>At Endeavour we are all about you being a valued community member; find out what events are happening in your communities and explore places of interest. Be part of the place where you live and meet new people.</div><div></div></div>	<div><div>Restaurant review</div><div>10.30am- 2.30pm week 2</div><div>Enjoy the culinary delights that the region has to offer. Research different places and rate the food and service.</div><div></div></div>
<div><div>Key group discussion</div><div>2:30pm - 3:00pm</div><div>Come together in your team to discuss your day and progress. Get ready for the next day and have a chat with your friends.</div><div></div></div>			

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