

Wallace Park Learning and Lifestyle hub

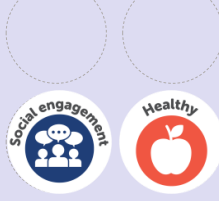
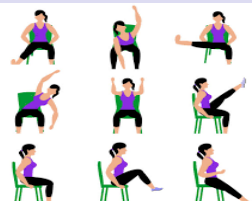
Program dates: 5th of January – 3rd of April 2026

What's on!

Monday

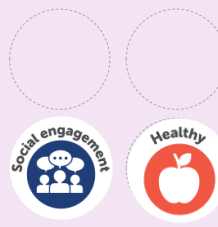
Have your say / Morning Exercise 9:00am - 10:00am

Start your day with listening and sharing experiences from the weekend. At the Endeavour Foundation we encourage to start the day with movement and good energy – engage in seated exercises / morning walk with peers.



Morning Tea 10:00am - 10:30am

Relax and take a break and enjoy a delicious morning tea while developing social connections.



Session 1: Option 1 Swimming - \$6 09:30am - 12:00pm

Escape from the heat and enjoy a fun and easy way to work on health and wellness in the pool.



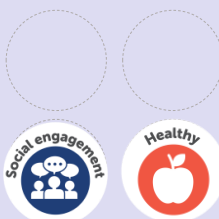
Session 1: Option2 Tasters - \$3 10:30am - 12:00pm

The Endeavour Foundation's cooking class program is all about helping you feel confident in the kitchen, whether it's planning meals or learning culinary skills.



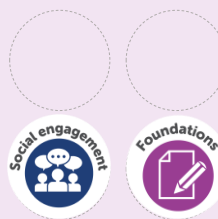
Lunch 12:00pm - 1:00pm

Time to enjoy lunch with friends and connect socially in a safe and fun environment.



Session 2: Option 1 Life Matters 1:00pm - 2:30pm

Immerse yourself in a program that will enhance your skills, daily living and knowledge in an everyday setting, health and general wellbeing.



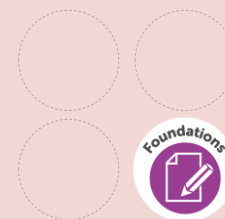
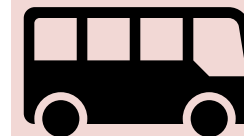
Session 2: Option 2 Photography / Printing 1:00pm - 2:30pm

Engage in a creative program that will encourage growth / learning new skills all while focusing on capturing the world around us.



End of Day: Pick up 2:30pm - 3:00pm

Reflect on your day with staff and together complete daily communication diary to share stories with family and friends. Pick up by family and carers.



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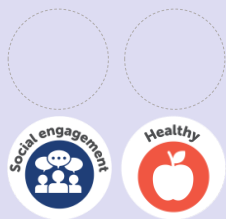
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What's on!

Tuesday

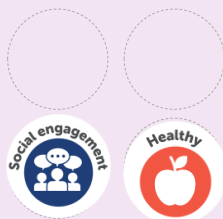
Have your say / Morning Exercise 9:00am - 10:00am

The Endeavour Foundation encourages mutual respect and social alliance, sharing experiences in the morning enhances connections, and identifies common interests. Engage in morning walk with peers.



Morning Tea 10:00am - 10:30am

Relax and take a break and enjoy a delicious morning tea while developing social connections.



Session1: 1st week of the month Lunch with the Salvation Army 12:30am - 2:00pm

The Endeavour Foundation promotes community inclusion and develops opportunity to engage with the wider community, creating a safe space to meet new people. Engage in meditation / self awareness exercise prior to leaving site – 10.30am – 12.00pm



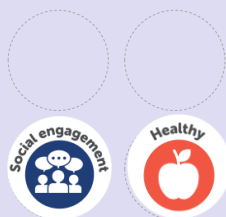
Session 1: BBQ Lunch \$7 10:30am - 12:00am

The Endeavour Foundation's BBQ Program enhances skills and gets you excited about cooking. Designed to develop table manners and introduce skills of chopping and safely cooking with heat.



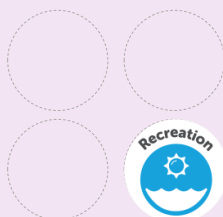
Lunch 12:00pm - 1:00pm

Time to enjoy lunch with friends and connect socially in a safe and fun environment. Self satisfaction eating the food you made together as a group during the BBQ lunch.



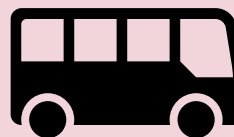
Session 2: Guided Meditation 1:30pm - 2:30pm

An opportunity to engage in an activity of choice, ranging from meditation – puzzles – incidental learning – iPads – craft.



End of Day: Pick up 2:30pm - 3:00pm

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Wednesday

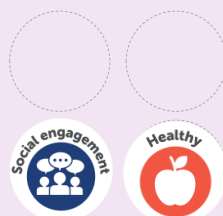
Have your say / Morning Exercise 9:00am - 10:00am

The Endeavour Foundation creates moments to share experiences, enhance connections, and identify common interests. Engage in body movements with music & a dance.



Morning Tea 10:00am - 10:30am

Relax and take a break and enjoy a delicious morning tea while developing social connections.



Session 1: Option 1 Positive Pathways 09:30am - 12:00pm

An opportunity to interact with horses to promote physical and psychological healing and growth, learning fun life skills along the way.



Session 1: Option 2 Tactile Motor Skills 10:30am - 12:00pm

A process of acquiring skills through hands-on experiences that engage the sense of touch, involving manipulation, texture exploration, and movement to develop fine and gross motor abilities, problem-solving skills.



Lunch 12:00pm - 1:00pm

Time to enjoy lunch with friends and connect socially in a safe and fun environment.



Session 2: Option 1 Fun Learning 1:00pm - 2:30pm

Immerse yourself in a program that will enhance general knowledge, animal fun facts and environmental must knows, on recycling / composting and much more.



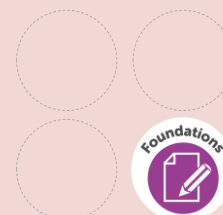
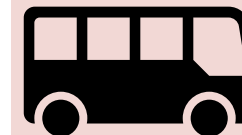
Session 2: Option 2 Centre Audit & Maintenance 1:00pm - 2:30pm

Incidental learning group – engage in activities that routinely maintain centre safety / maintenance and carry out stock audit.



End of Day: Pick up 2:30pm - 3:00pm

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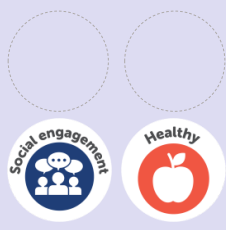
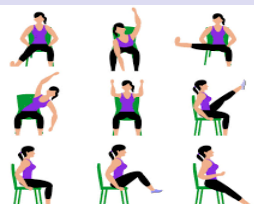
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What's on!

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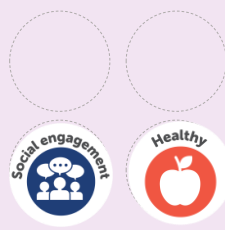
Have your say / Morning Exercise 9:00am - 10:00am

Start your day with listening and sharing experiences with peers, following with movement and good energy – engage in seated exercises / morning walk with peers.



Morning Tea 10:00am - 10:30am

Relax and take a break and enjoy a delicious morning tea while developing social connections.



Session 1: Option 1 Cooking - \$7 10:30am - 12:00pm

Accessible sailing and a welcoming environment for people of all abilities to experience freedom on the water making friendships along the way.



Session 1: Option 2 Swimming - \$6 09:30am - 12:00pm

Escape from the heat and enjoy a fun and easy way to work on health and wellness in the pool.



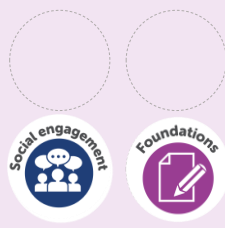
Lunch 12:00pm - 1:00pm

Time to enjoy lunch with friends and connect socially in a safe and fun environment.



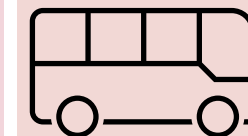
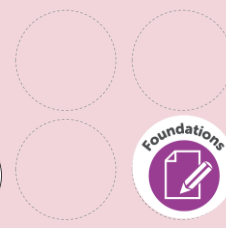
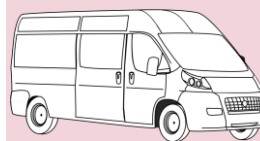
Session 2: Option 1 Ball Skills 1:00pm - 2:30pm

Join us for some fun and get active with your peers. At time enjoying conversation while throwing and catching a ball around in the park / onsite ball rolling, hand eye coordination. Safe place to share stories.



End of Day: Pick up 2:30pm - 3:00pm

Reflect on your day with staff and together complete daily communication diary to share stories with family and friends. Pick up by family and carers.



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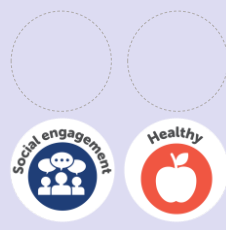
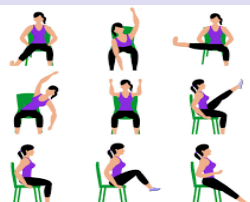
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What's on!

Friday

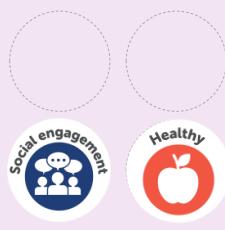
Have your say / Morning Exercise 9:00am - 10:00am

Start your day with listening and sharing experiences with peers, following with movement and good energy – engage in seated exercises



Morning Tea 10:00am - 10:30am

Relax and take a break and enjoy a delicious morning tea while developing social connections.



Session 1: Option 1 Companions group - \$5-\$10 10:30am - 12:00pm

Be involved in a group that take short shaded walks in the local area by the water and then sit to enjoy a coffee / milkshake with friends and engage in conversation.



Session 2: Option 2 Clay sculpture- \$5, 1 off payment 10:30am - 12:00pm

A cleverly designed program to enhance motor skills and encourage creativity & imagination in a fun and welcoming environment. A fun space to relax & express yourself, with clay



Lunch 12:00pm - 1:00pm

Time to enjoy lunch with friends and connect socially in a safe and fun environment.



Session 2: Option 1 Memory games / Bingo 1:00pm - 2:30pm

Engage in fun and creative ways to keep the body and the mind active together.



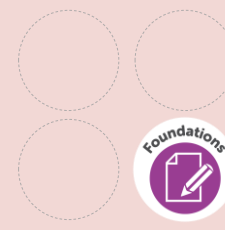
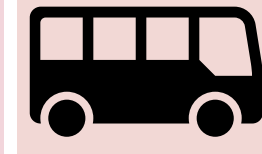
Session 2: Option 2 Beats 1:00pm - 2:30pm

A fun musically inspired activity. Whether you would like to play an instrument or sing to your favourite song in a creative environment.



End of Day: Pick up 2:30pm - 3:00pm

Reflect on your day with staff and together complete daily communication diary to share stories with family and friends. Pick up by family and carers.



Site Name Learning and Lifestyle hub

Operating Hours

Monday – Friday

8.30am – 5pm

Contact Us for More Information

Phone: 1800 112 112

Email: hello@endeavour.com.au



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