

# Alex Hills Learning and Lifestyle Hub



## Operating Hours

**Monday – Friday**  
8.00am – 3pm

### Contact Us for More Information

#### Client Support

Phone: 1800 112 112

Email: [clientsupport@endeavour.com.au](mailto:clientsupport@endeavour.com.au)



# Alex Hills Learning and Lifestyle Hub

Program Dates: January April 2026 – June 2026

## What's On!

## Monday

### Shopping

9:00am - 10:00am

Shopping and Budgeting Program is here to help you take control of your finances, from managing your money, from managing your money to creating budgets that work for you



### Barista/Admin Skills

9:00am - 10:00am

Order your coffee and practice your skills in barista.

Administrative tasks, such as writing letters, shredding and managing diaries



### Morning Tea

10:00am - 10:30am

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



### Thrive Music Trivia

10:30am - 12:30pm

Socialize with friends by playing music trivia—test your knowledge of bands and singers! Choose the genre or era you want to focus on and see who can recognize the



### Bowling

10:30am - 12:30pm

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



### Lunch

12:30pm - 1:30pm

Take a break, relax and enjoy a delicious Lunch while developing social connections



### Karaoke/Dance

2:00pm - 3:00pm

Karaoke and dancing with friends is a thrilling way to bond and make memories. Everyone takes turns singing their favourite songs, from classic hits to the latest pop anthems, while the energy in the room soars



### Slow Cooking Program Through the day

Learning to cook with a slow cooker offers several advantages: it allows for hands-off cooking, enhancing flavors and tenderizing tough meats, resulting in nutritious, delicious meals.



# Alex Hills Learning and Lifestyle Hub

Program Dates: April 2026 – June 2026

## What's On!

## Tuesday

### Zumba 9:00am - 10:00am

Join us for an energizing Zumba class with Cheryl! Enjoy a fun workout filled with movement and music, perfect for all levels. Leave feeling uplifted and energized—don't miss the fun!



### Individual Technology Choices 9:00am - 10:00am

Learn and explore technology with VR, iPads, and computers! Discover new realms in virtual reality, create projects on iPads, and understand how computers work. Dive into the exciting world of tech and see what you can create. Play Wi games with your friends!



### Morning Tea 10:00am - 10:30am

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



### Auslan Communication with Chloe 10:30am - 11:30am

Chloe teaches Auslan sign language. She carefully prepares her classes to introduce new signs and incorporate them into sentences for practical, everyday communication



### Choice of Monthly Themes with - Art, Craft, Sculpture and Woodwork 10:30pm - 12:30pm

Engaging in woodwork, sculpture, and arts and crafts fosters creativity, enhances skills, and promotes mindfulness through hands-on expression.



### Lunch 12:30pm - 1:30pm

Take a break, relax and enjoy a delicious Lunch while developing social connections



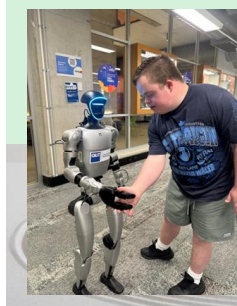
### Bingo with Nichola 1:30pm - 2:30pm

Join Nichola for an exciting game of Bingo! It's a fun way to connect with friends and peers, all while enjoying the thrill of winning prizes. Everyone loves the rush of shouting "BINGO!"—don't miss out on the laughter and excitement!



### QUT Group - Fortnightly 9:30pm - 12:30pm

Connect with QUT students and dive into the world of robots and cutting-edge technology



# Alex Hills Learning and Lifestyle Hub

Program Dates: April 2026 – June 2026

## What's On!

## Wednesday

### Yoga and Stretches

9:00am - 10:00am

Starting your day with fitness and yoga that can elevate your overall wellbeing. It doesn't just improve physical fitness but also enhances mental clarity and emotional resilience. Embrace the journey and enjoy the process of becoming a healthier you!



### Baking Shopping

9:00am - 10:00am

Select a recipe, create a shopping list that fits your budget, and experience real-world decision-making as you shop for ingredients."



### Morning Tea

10:00am - 10:30am

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



### Bowling

10:30am - 12:00pm

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



### Lego Building

10:30am - 12:00pm

LEGO building is all about creativity, experimentation, and fun. Whether you're working alone or with others, these activities will help you explore new ideas and improve your building skills.



### Baking

10:30am - 12:00pm

By embracing the diversity of dietary needs and creating yummy baked goods that accommodate everyone, we provide a welcoming environment that encourages sharing and enjoyment.



### Lunch

12:00pm - 1:00pm

Take a break, relax and enjoy a delicious Lunch while developing social connections



### Numeracy & Literacy

1:00pm - 2:30pm

Focusing on literacy and numeracy equips individuals with key life skills, through reading, math, and hands-on projects



# Alex Hills Learning and Lifestyle Hub

Program Dates: April 2026 – June 2026

## What's On!

## Thursday

### Chair Yoga and Stretches

9:00am - 10:00am

Start your day with gentle stretches and yoga to boost flexibility, improve posture, and enhance mental clarity. These mindful movements help reduce stress, increase energy levels.



### Shopping – Cooking

9:00am - 10:00am

Cooking skills and shopping for recipes help build independence by teaching budgeting, planning, and decision-making while promoting healthy eating habits and practical life skills.



### Morning Tea

10:00am - 10:30am

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



### Cooking a Meal

10:30am - 12:30pm

Cooking improves independence by teaching planning and decision-making while promoting healthy eating and practical life skills



### Sailability Fortnightly

9.30am – 2pm

Immerse yourself in a tranquil day of sailing at Manly Harbour, where you can reconnect with cherished old friends and forge new friendships.



### Bunning – Monthly

10:30am - 12:30pm

Bunnings brings a treasure trove of craft supplies, gardening supplies, turning art projects into a fun and creative adventure



### Lunch

12:30pm - 1:30pm

Take a break, relax and enjoy a delicious Lunch while developing social connections



### Individual Technology Choices

1:30pm - 3:00pm

Learn and explore technology with VR, iPads, and computers! Discover new realms in virtual reality, create projects on iPads, and understand how computers work. Dive into the exciting world of tech and see what you can create.



# Alex Hills Learning and Lifestyle Hub

Program Dates: April 2026 – June 2026

## What's On!

## Friday

**Mini Golf**  
9:00am - 10:30am

Mini golf is fun, combining friendly competition with creativity and laughter on every hole



**Garden maintenance**  
9:00am - 10:30am

Gardening is relaxing and rewarding, offering fresh air, creativity, and a sense of accomplishment while boosting physical and mental well-being



**Morning Tea**  
10:30am - 11:00am

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



**Bowling**  
11:00am - 12:30am

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



**Monthly Art and Craft Creating**  
11:00am - 12:30pm

Create unique art and craft pieces and take your masterpieces home to cherish



**Lunch**  
12:30pm - 1:30pm

Take a break, relax and enjoy a delicious Lunch while developing social connections



**Individual Technology Choices**  
1:30pm - 2:30pm

Exploring different technologies sparks creativity, builds problem-solving skills, and opens doors to exciting new experiences



# Learning and Life Skills Icons and Definitions



**Foundations 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