

# Ayr Learning and Lifestyle Hub



## Operating Hours

Monday – Friday  
8.30am – 3pm

Contact Us for More Information

**Client Support**

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**NDVR**  
Endeavour  
Foundation

# Ayr Learning and Lifestyle Hub

Program Dates: 05.01.2026 – 30.04.2026

## What's On!

## Monday

### Cooking Program (Preparation)

09:00 – 10:00

(Morning tea 10am – 1030am)

- Healthy meal/menu choices.
- Shopping, budgeting and money handling
- Food Pyramid options

(Morning tea 10am – 1030am)

### Cooking Program

10:30 – 12:00

(Morning tea 10am – 1030am)

- Safe food practices

- Food portion preparation
- Hygiene
- Table setting and table etiquette

(Lunch 12:00 – 12:45)



### Group 1: Technology Club

12:45 – 2:45

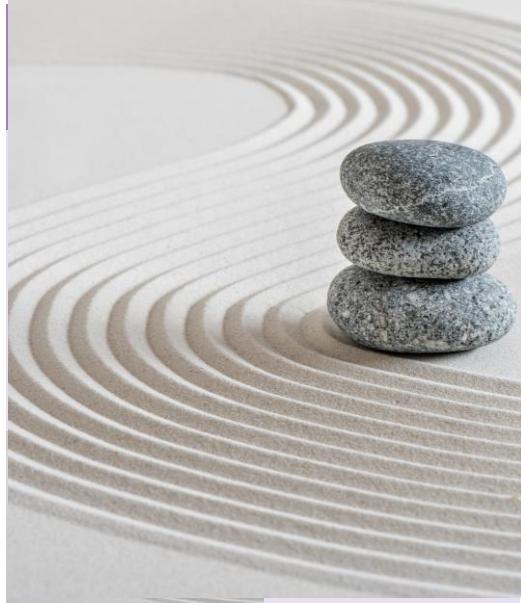
- iPad/tablet basics
- iPad/tablet photography
- 3D Printing
- Virtual Reality Machine (program of choice)
- Thrive Programs



### Group 2: Arts and Crafts

12:45 – 2:45

- Work on creations from rock art, diamond dots, paper mache, decoupage. This will include seasonal and special occasions activities also for example: Easter, Christmas, NAIDOC Week, Reconciliation Week, Valentines Day, Australia Day, St Patricks day.



# Ayr Learning and Lifestyle Hub

Program Dates: 05.01.2026 – 30.04.2026

## What's On!

Tuesday

<b>I like to move it move it</b> 9:00 – 10:00 (Morning tea 10am – 1030am)
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- Karaoke
- Chair Dancing/Yoga
- Resistance Band strengthening
- Body Movement
- Disco



<b>Numeracy and Literacy</b> 10:30 – 12:00
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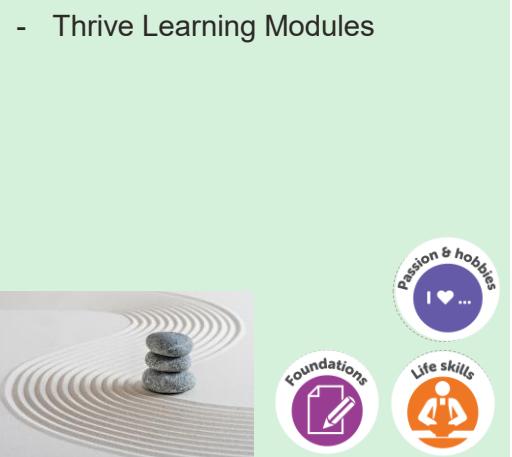
- Thrive Learning Modules



<b>Group 1: Ten Pin Bowling</b> 12:45 – 2:45
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<b>Group 2: Life Skills</b> 12:45 – 2:45
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# Ayr Learning and Lifestyle Hub

Program Dates: 05.01.2026 – 30.04.2026

## What's On!

## Wednesday

### Group 1: Arts and Crafts

09:00 – 12:00  
(Morning tea 10am – 1030am)

- Work on creations from rock art, diamond dots, paper mache, decoupage. This will include seasonal and special occasions activities also for example: Easter, Christmas, NAIDOC Week, Reconciliation Week, Valentines Day, Australia Day, St Patricks



### Group 1: Numeracy and Literacy

12:45 – 2:45

- Thrive Learning Modules



### Group 2: Technology Club

09:00 – 12:00  
(Morning tea 10am – 1030am)

- iPad/tablet basics
- iPad/tablet photography
- 3D Printing
- Virtual Reality Machine (program of choice)
- Thrive Programs



### Group 2: Skills and Knowledge

12:45 – 2:45

- Thrive Learning Modules



# Ayr Learning and Lifestyle Hub

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## What's On!

Thursday

### Group 1: One with Nature

09:00 – 12:00  
(Morning tea 10am – 1030am)

- Beach or Park activities for fun, fresh air and exercise.
- Morning tea out and about.



### Group 1: Baking Program

12:45 – 2:45

- Healthy choice snacks
- Kitchen hygiene
- Portion control



### Group 2: Ten Pin Bowling

09:00 – 12:00  
(Morning tea 10am – 1030am)

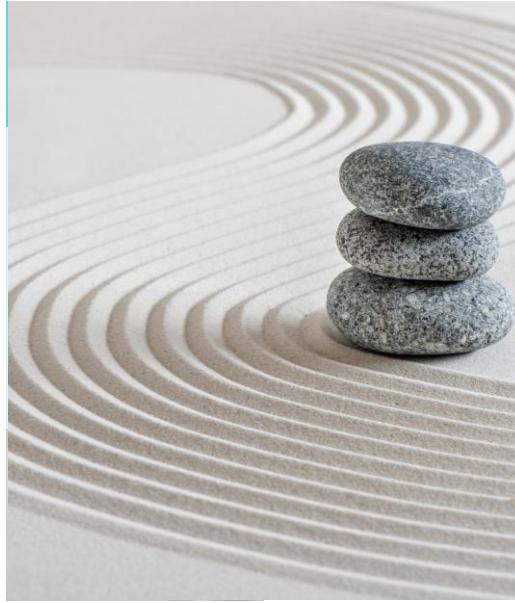
- Ten Pin Bowling



### Group 2: Skills and Knowledge

12:45 – 2:45

- Thrive learning modules



# Ayr Learning and Lifestyle Hub

Program Dates: 05.01.2026 – 30.04.2026

## What's On!

## Friday

### I like to move it move it

9:00 – 10:00  
(Morning tea 10am – 1030am)

- Karaoke
- Chair Dancing/Yoga
- Resistance Band strengthening
- Body Movement
- Disco.



### Group 1: Arts and Crafts

12:45 – 2:45

- Work on creations from rock art, diamond dots, paper mache, decoupage. This will include seasonal and special occasions activities also for example: Easter, Christmas, NAIDOC Week, Reconciliation Week, Valentines Day, Australia Day, St Patricks



### Library

10:30 – 12:00

- Reading
- Activities
- Book exchange
- Research for Skills and Knowledge sessions



### Group 2: Numeracy and Literacy

### Group 2: Numeracy and Literacy

12:45 – 2:45

- Thrive learning modules.



# 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