

# Biloela Learning and Lifestyle Hub



## Operating Hours

Monday – Friday  
8.30am – 4.00pm

**Contact Us for More Information**

**Client Support**

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**NDVR**  
Endeavour  
Foundation

# Biloela Learning and Lifestyle Hub

Program Dates: 2 January 2026 – 12 April 2026

## What's On!

### Morning Catch up

8:30am - 9:30am

Grab a cuppa and get prepared for first activity.



### Lunch

12:00pm - 1:00pm

Bring a feed to sit down and enjoy.



### Monday Group

9:30am – 12:00pm

Catch up with friends across Biloela to participate in a variety of activities in the community.

Depending on weeks activity – there may be a fee.



## Monday



### Cooking

1:00pm - 3:00pm

Go shopping grab the needed ingredients and make something delicious to take home.

\$ 5



### About Endeavour Foundation

At Endeavour Foundation we focus on ability and making things happen. Whether it's learning life skills, living independently, socializing and making new friends, getting job ready or exploring interests and trying new things. We work with you to make your possibilities a reality

### Home Time



# Biloela Learning and Lifestyle Hub

Program Dates: 5 January 2026 – 12 April 2026

## What's On!

### Morning Catch Up

8:30am - 9:00am

Grab a cuppa and get prepared for first activity.



### Lunch

12:00pm - 12:45pm

Bring a feed to sit down and enjoy.



## Tuesday

### In Centre Activities

9:30am - 10:00am

- Craft
- Games
- Movies
- VR Machines
- Thrive Programs



### Morning Tea

10:00am - 10:30am

Have break and a recharge with a snack and a cuppa.



### Car Care

12:45pm – 2:00pm

Learn how to care for a vehicle – cleaning, maintenance, responsibilities.



# Biloela Learning and Lifestyle Hub

Program Dates: 5 January 2026 – 12 April 2026

## What's On!

## Wednesday

### Morning Catch Up

8:30am - 9:30am

Grab a cuppa and get prepared for first activity.



### Lunch

12:00pm - 12:45pm

Bring a feed to sit down and enjoy.



### Supports Available at Endeavour Foundation

- Learning & Lifestyle Hubs
- Supported Independent Living
- Supported Employment
- Community Access
- In home Supports

Support ratios are tailored to your needs – making possibilities a reality.

### Fitness

9:00am – 10:00am

Out for a walk? Dance Yoga?

Swim? Gym?

What will we do today?

Maybe a walk and morning tea at the Dam?



### Morning tea

10:00am - 10:30am

Enjoy a snack, drink and a relax that you have brought after your morning of exercise.



### Cooking

12:45pm - 3:00pm



Shop for ingredients, to make something delicious and healthy to take home or enjoy !

\$5



### In Centre Activities

12:45-3:00pm

- Craft
- Games
- Movies
- VR Machines
- Thrive Programs

# Biloela Learning and Lifestyle Hub

Program Dates: 5 January 2026 – 12 April 2026

## What's On!

## Thursday

Morning Catch Up 8:30am - 9:30am	Craft 9:30am - 10:00am	Morning Tea 10:00am - 10:30am	Games 10:30am - 12:00pm
Grab a cuppa and get prepared for first activity.  	Make something creative that you can take home to display or as a gift.  \$2  	Have break and a recharge with a snack and a cuppa.  	Choose electronic or board games to play with friends – or by yourself. <ul style="list-style-type: none"><li>• Wii</li><li>• VR headset</li><li>• Board Games</li><li>• Cards</li></ul> 
Lunch 12:00pm - 12:45pm	Swimming 12:45pm - 2:30pm		<b>Endeavour Foundation</b>  Our Group supports run at a 1:3 ratio. 1:1 supports can also be provided upon request.  If you need transport to the Learning & Lifestyle hub – talk to us about rostering a shift with mileage.  
Bring a feed to sit down and enjoy  	Head to the Pool for swim – great exercise and a chance to make new friends.  Don't forget your togs!  		

# Biloela Learning and Lifestyle Hub

Program Dates: 5 January 2026 – 12 April 2026

## What's On!

### Morning Catch Up

8:30am - 9:00am

Grab a cuppa and get prepared for first activity.



### Fun Friday Week 1

9:00am - 3:00pm

Barbecue day!

Decide what is for lunch, where you will go – write a shopping list then head to the shops to grab what you need! Then head back to the Hub for games in centre activities.

\$10



## Friday



### Fun Friday Week 2

8:30am - 3:00pm

Head to Rockhampton or Gladstone to have lunch and check out the shops?

Maybe pop into the local L&L hub and make some new friends.

\$30



### Endeavour Foundation

75 years

Endeavour Foundation began in 1959 with a simple but powerful belief: every person deserves the opportunity to learn, grow and belong



Celebrating the Power of Inclusion

### Home Time



# Biloela Learning and Lifestyle Hub

Program Dates: 5 January 2026 – 12 April 2026

## What's On!

## Special Events



### Movie Night – Once a Month

5:00pm – 8:00pm

Once a month activity.  
Come watch a movie at the Hub with friends.  
Enjoy a Pizza and Popcorn.  
\$5



## What is Thrive Learning?

Thrive Learning (or Thrive), designed by the Endeavour Foundation Service Design team, supports people with intellectual disability to build confidence, pursue interests and develop skills in:

- Finding and maintaining employment,
- Nurturing healthy relationships
- Building independence at work and home.

## Thrive Programs

Talk to us about taking part in one or more of our 12-week skill development programs:

- Thrive @work
- Thrive @ Life
- Online Safety
- Healthy Relationships
- Financial Literacy



# 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