

Bowen Hills Learning and Lifestyle Hub Program Calendar



Program Dates: October 2026 – December 2026

Operating Hours

Monday – Friday

8:00am – 3:00pm

Contact Us

Client Support

Phone: 1800 122 122

Email: clientsupport@endeavour.com.au



Bowen Hills Learning and Lifestyle Hub

April 2026 – July 2026

What's On!

Monday - Morning

Activity –Golf Time – 9:30am-12pm For just \$10, enjoy a fun and social golf experience! Your fee covers a bucket of balls at the driving range or a game of mini golf with friends. It's all about having fun and socialising! 	Activity – Morning Melodies Arana Leagues Club. Time – 9:30am-12pm Enjoying nice coffee while listening to band at Arana Leagues club. Join in the head or tails game. Bring your own \$\$ to purchase nice treat. 	Activity - Cooking Time – 9:30am-12pm For just \$10 per session. Build your cooking skills & independence while having fun preparing and enjoying delicious dishes. This program is capped at 8 participants. First in, first served. 	Activity – Men's Shed Redcliffe Time – 9:30am-12pm This year-round program is limited to 3 participants and currently full. No new intake will be available until 2026. 

Bowen Hills Learning and Lifestyle Hub

April 2026 – July 2026



What's On!

Monday - Afternoon

Activity – Computer & Technology skills Time 12:45pm-2:30pm Learn the basics of using computers, smartphones, and everyday technology. Build practical skills such as using email, browsing the internet, accessing apps, and staying connected in today’s digital world. 	Activity – Pets & Garden Maintenance Time 12:45pm-2:30pm Take part in caring for our adorable guinea pigs, nurturing our plants, and maintaining our beautiful L&L. This program is all about developing responsibility and connection with nature, while enjoying time with animals and plants. 	Self-care Time 12:45pm – 2.30pm Build confidence in self-care by learning healthy choices and developing positive daily routines. Explore personal hygiene, healthy eating, wellbeing, and practical habits that support a healthy and independent lifestyle. 	Bingo Time 12:45pm – 02:30pm Enjoy friendly competition, laughter, and social connection whilst playing a various themed bingo cards. 

Bowen Hills Learning and Lifestyle Hub

April 2026 – July 2026



What's On!

Tuesday - Morning

Disco Art 9.30am – 12pm Get creative with our Disco Art sessions! We'll be making a variety of colourful decorations, fun props, and creative pieces to bring our monthly disco theme to life. A fun way to get creative, try new activities, and help create the perfect disco atmosphere. 	Travel Smart – ALL DAY, must have GO card Build confidence and independence by learning to use public transport safely. Participants will practise using buses, trains and ferries, manage their Go Card, and build everyday travel skills. 	Activity - Bunnings DIY Cannon Hill Time 9:30-12pm Enjoy a fun, hands-on experience with DIY projects provided by Bunnings Warehouse! Build creativity while working on projects and develop independence by ordering your own coffee during the visit. This program will be capped at 9 participants. 	Activity – Cooking & Baking All Day Time 9:30-2:30pm Spend an entire day in the kitchen! Start with cooking a delicious lunch, then enjoy baking some sweet treats in the afternoon. For just \$13 you'll have a full day of fun and tasty creations. 

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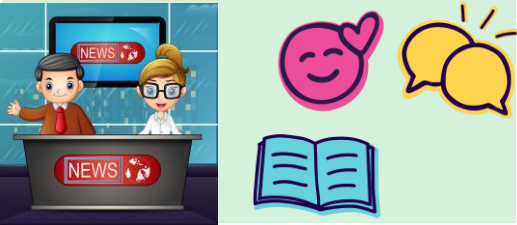


What's On!

Tuesday - Afternoon

Activity – English/Maths
Time 9:30am-2:30pm

Have fun while improving your English skills through engaging activities! Take charge of creating our newsletter, where you'll practice writing, editing, and sharing your ideas with others.



Activity – Cooking & Baking All Day
Time 9:30am-2:30pm

Spend an entire day in the kitchen! Start with cooking a delicious lunch, then enjoy baking some sweet treats in the afternoon. For just \$13 you'll have a full day of fun and tasty creations!



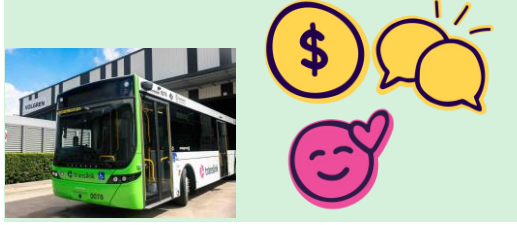
Activity - Library
Time 12:45pm-2:30pm

For all the book lovers, join us for a weekly trip to New Farm Library! Enjoy exploring a wide selection of books and take part in special activities hosted by the librarians, making each visit a new adventure.



Travel Smart – ALL DAY, must have GO card

Build confidence and independence by learning to use public transport safely. Participants will practise using buses, trains and ferries, manage their **Go Card**, and build everyday travel skills.



Around the world
12:45pm – 2.30pm

Explore different countries and cultures while learning how families live, connect, and celebrate around the world. Discover traditions, customs, food, and the different ways families work together in various cultures.



Bowen Hills Learning and Lifestyle Hub

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What's On!

Wednesday - Morning

Activity - Cooking Time 9:30am-12pm

For just \$10 per session. Build your cooking skills & independence while having fun preparing and enjoying delicious dishes. This program is capped at 8 participants. First in, first serve.



Activity – Fishing Time 9:30am – 2:30pm

For just \$10 per session. Build your cooking skills & independence while having fun preparing and enjoying delicious dishes. This program is capped at 8 participants. First in, first served.



Activity Special Olympic Bowling Time 9:30am-2:30pm

This program requires a Go Card, as participants will be using public transport. Participants must be able-bodied, as the program involves walking from BH to the station and then to the venue.



Karaoke Jam/Music Time 9:30am-2:30pm

Grab the mic and sing your heart out to your favourite songs! Have fun with music, enjoy some laughs, and share your favourite tunes with friends.



Activity – Drama Club Lawnton L&L Time 9:30am-2:30pm

Our Drama Ensemble will build confidence, communication & creativity through drama, role-play & storytelling. Led by creative director Clark Crystal this program supports social connection & personal growth. \$22 per session. This is a full year commitment.



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What's On!

Wednesday - Afternoon

Activity – Knit & Stitch

Time 12:45pm-2:30pm

Discover the art of sewing! Whether you're learning the basics or honing your skills, this program lets you create your own projects, from simple repairs to stylish garments. A great way to unleash your creativity and develop practical skills.



Board games

Time 12:45pm - 2:30pm

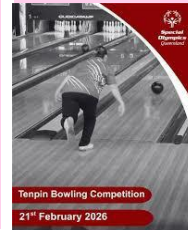
Enjoy some friendly competition with a variety of fun and engaging board games. Challenge your peers, test your skills and strategy, and most importantly, have fun playing together!



Activity – Special Olympic Bowling

Time 9:30am-2:30pm

This program requires a Go Card, as participants will be using public transport. Participants must be able-bodied, as the program involves walking from BH to the station and then to the venue..



Activity – Fishing

Time 9:30am – 2:30pm

For just \$10 per session. Build your cooking skills & independence while having fun preparing and enjoying delicious dishes. This program is capped at 8 participants. First in, first served.



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April 2026 – July 2026



What's On!

Thursday - Morning

Activity – Men's Shed Time 9:30am-12pm This year-round program is limited to 3 participants and currently full. No new intake will be available until 2027.	Activity – Bunnings DIY Newstead Time 9:30am-12pm Enjoy a fun, hands-on experience with DIY projects provided by Bunnings Warehouse! Build creativity while working on projects and develop independence by ordering your own coffee during the visit. This program will be capped at 9 participants.	Activity – In House Music & Rhythm Circle Time 9:30am-12:00pm Enjoy rhythm, music and a good fun of jamming. Enjoy playing various instruments and making our own music.	Activity – Swimming Time 9:30am-12pm Enjoy a refreshing morning swim at different local pools, followed by a change and a relaxing picnic lunch. Depending on the day, we'll enjoy our lunch by the pool or head to a nearby park.
Activity – Lawn Bowls Time 9:30am-12pm Enjoy a fun and social lawn bowls session, focusing on participation, coordination, and friendly competition for \$12 per session.			

Bowen Hills Learning and Lifestyle Hub

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What's On!

Thursday - Afternoon

Activity – Tea & Talk Time 9:30am-2:30pm This is a relaxed social program where participants come together over a cup of tea to enjoy meaningful conversations in a welcoming and supportive environment. Through discussions on a variety of topics, participants have the opportunity to build friendships, strengthen communication skills, share experiences and connect with their peers. 	Activity – Lego Legends Time 12:45pm-2:30pm This program focuses on building healthy relationships and practicing self-care. Participants will explore communication skills, personal boundaries, and strategies to maintain wellbeing in daily life. 	Activity – Pets & Car Maintenance Time 12:45pm-2:30pm Learn practical skills by helping keep our centre vehicles clean, tidy, and ready for the next group to use. We'll also care for our two guinea pigs by keeping their home clean, refilling their water, and making sure they are comfortable and well cared for. 	Activity – Swimming Time 9:30am-12pm Enjoy a refreshing morning swim at different local pools, followed by a change and a relaxing picnic lunch. Depending on the day, we'll enjoy our lunch by the pool or head to a nearby park. 
Activity – Clay craze Time 9:30am-12pm .Get creative with Clay Craze! Use clay to design and create your own small items, such as bracelets, keyrings, charms, and other fun creations. A hands-on activity where you can explore your creativity, learn new techniques, and take home something you've made yourself. 			

Bowen Hills Learning and Lifestyle Hub

April 2026 – July 2026



What's On!

Friday - Morning

Disco Art 9.30am – 12pm Continue our Disco Art creations while helping transform the centre for our monthly disco! We'll finish decorations and props from Tuesday, then put everything up to create a fun and colourful disco atmosphere. 	Activity – Sporting Wheelies Time 11am-12pm For \$15 per session, enjoy Sporting Wheelies from 11am–12pm! Before heading out, we'll start with some warm-up exercises at the centre before joining the Wheelies session for an active and fun workout. 	Activity - Cooking Time 9:30am-12pm For just \$15 per session. Build your cooking skills & independence while having fun preparing and enjoying delicious dishes. This program is capped at 8 participants. First in, first serve. . 	Activity - Bowling Time 9:30am-12pm For just \$6, enjoy a fun day of bowling while practicing independent skills like paying for your own game. Join in for some friendly competition and a great time with others! This program will be capped at 9 participants. 

Bowen Hills Learning and Lifestyle Hub

April 2026 – July 2026

What's On!		Friday - Afternoon	
Activity – Centre Maintenance & stock takers Time 12:45pm-2:30pm Learn practical skills by checking our centre resources and completing a stocktake. We'll identify what needs topping up, create a shopping list, and help prepare a WINC order to keep the centre well stocked and organised. 		Friday afternoon centre tidy up Work together to keep our centre clean, organised, and ready for the following week. The group will be divided into four smaller teams, with each team responsible for tidying and organising an allocated room while building practical life skills and learning to respect our shared spaces and belongings. On the last Friday of each month, all groups will come together for a fun movie or trivia afternoon! 	

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