

Bowen Hills Learning and Lifestyle hub

Operating Hours

Monday – Friday

8.30am – 5pm

Saturday

8am – 3pm

Contact Us for More Information

Phone: 1800 112 112

Email: hello@endeavour.com.au



Bowen Hills Learning and Lifestyle hub

Program dates: January – April 2026

What's on! Monday - Morning

Sailability ALL DAY, leave centre between 9.30am – 10am

Set sail for an exciting all-day adventure! For just \$10pp, you can choose to sail solo with a pro or join the fun on the big pontoon boat. Bring your own packed lunch. Don't miss out on this thrilling day on the water. This program is capped at 6 participants. First in, first serve.



- Activity fee
- Social engagement
- Recreation
- Passion & hobbies

Morning Melodies, leave centre between 9.30am – 10am

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 fee
- Social engagement

Cooking 09:30am – 12:00pm

For just \$7 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.



- Social engagement
- Activity fee
- Healthy
- Life skills

Men Shed 09:00am – 12:00pm

This year-round program is limited to 3 participants and currently full. No new intake will be available until 2026.



- Passion & hobbies
- Social engagement
- Life skills

Music & Karaoke 09:30am – 12:00pm

Explore different music genres and get hands-on with a variety of instruments. Whether you're new to music or looking to expand your skills, this class is all about having fun and discovering your musical talents!



- Technology
- Passion & hobbies
- Life skills
- Foundations

Aqua Aerobics ALL DAY, leave centre between 09:30am-10am

Enjoy attending community fitness clubs with alternating weekly sessions of Aqua Aerobics and Fitness 4 Seniors. Please note, this program is capped at 8 participants. First in, first serve. \$10



- Activity fee
- Recreation
- Healthy
- Life skills

Bowen Hills Learning and Lifestyle hub

Program dates: January – April 2026

What's on!

Monday - Afternoon

Sailability ALL DAY, return centre between 1pm – 2pm

Set sail for an exciting all-day adventure! For just \$10pp, you can choose to sail solo with a pro or join the fun on the big pontoon boat. Bring your own packed lunch. Don't miss out on this thrilling day on the water. This program is capped at 6 participants. First in, first serve.



Pets & Garden 01:00pm – 02:30pm

Take part in caring for our adorable guinea pigs, nurturing our plants, and maintaining the worm farm. This program is all about developing responsibility and connection with nature, while enjoying time with animals and plants.



Auslan 9:30am – 12:00pm

Learn Australian Sign Language (Auslan) at a comfortable, slow pace. Whether you're starting from scratch or looking to improve, this program offers a relaxed environment to develop your signing skills. This program will be capped at 6.



Board games 01:00pm – 02:30pm

Gather for a fun, playing a variety of tabletop games, whether it's classic strategy, cooperative teamwork, or lively activity games. Enjoy friendly competition, laughter, and social connection while sharpening thinking, memory, and communication skills!



Fitness is FUN 1pm-2:30pm

Fitness Is Fun is a group-based program that encourages participants to stay active through enjoyable and inclusive physical activities. Program promotes physical activity, wellbeing, and social interaction through fun and inclusive activities.



Aqua Aerobics ALL DAY, return centre between 1pm – 2pm

Enjoy attending community fitness clubs with alternating weekly sessions of Aqua Aerobics and Fitness 4 Seniors. Please note, this program is capped at 8 participants. First in, first serve. \$10



Bowen Hills Learning and Lifestyle hub

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What's on!

Tuesday - Morning

Swimming – ALL DAY, leave centre between 9.30am – 10am

For just \$7, enjoy a fun and refreshing swim session! Bring a packed lunch and dive into fitness, improving your skills while staying active in the pool. This program will be capped at 9 participants.



Line Dance 9.30am – 12pm

BH Line Dancing is a fun group program where participants learn different line dances and explore cultural dance activities, such as New Zealand poi poi, led by support staff..



Bunning, Cannon Hills leave centre between 9.30am – 10am

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.



Cooking & Baking – ALL day 09:00am – 12:00pm

Spend an entire day in the kitchen! Start with cooking a delicious lunch, then enjoy baking some sweet treats in the afternoon. For just \$10 all together, (\$10 for cooking and \$3 for sweet treats), you'll have a full day of fun and tasty creations!



English/Newsletter 09:30am – 12:00pm

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.



Op shopping & Coffee shop ALL DAY, leave centre between 9.30am – 10am

Participants enjoy a full day exploring local op shops, having lunch out, and visiting different coffee shops, while practising independence and community skills.



Bowen Hills Learning and Lifestyle hub

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What's on!

Tuesday - Afternoon

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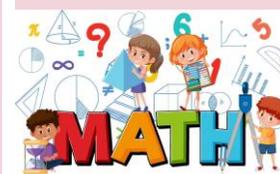
Cooking & Baking – ALL day 09:00am – 12:00pm

Spend an entire day in the kitchen! Start with cooking a delicious lunch, then enjoy baking some sweet treats in the afternoon. For just \$10 all together, (\$10 for cooking and \$3 for sweet treats), you'll have a full day of fun and tasty creations!



Maths 01:00pm – 02:30pm

Whether you're learning basic math or advancing your skills, this program is perfect for improving your number and budgeting abilities. We focus on practical applications to help you manage money and build confidence with everyday math.



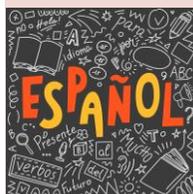
Beauty Lab 01:00pm – 02:30pm

Learn all about beauty and self-care in a fun, hands-on environment! Bring your own makeup bag and nail polish and enjoy pampering yourself while discovering new beauty tips and techniques.



Around the world/Spanish 01:00pm – 02:30pm

Dive into the vibrant world of Spanish! We'll make learning fun with a mix of language lessons and listening to Spanish music, helping you connect with the culture while mastering the language. We will also learn about other countries.



Library 01:00pm – 02:30pm

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.



Bowen Hills Learning and Lifestyle hub

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What's on!

Wednesday - Morning

Morning Melodies, ALL DAY, leave centre between 9.30am – 10am

Join us every week at Wynnum RSL for a fun-filled morning of live music & musical bingo! Enjoy the tunes, participate in the game, & you could be lucky enough to win a cash prize. The program is just \$10, and if you'd like to grab a drink, it's \$7. This program will be capped at 9.



Fishing, ALL DAY, leave centre between 9.30am – 10am

Expert or beginner, it's never too late to learn! Join us for a relaxing day of fishing where you'll pick up the basics and enjoy the outdoors. \$4 per person, help cover the cost of bait and start reeling in some fun! This program will be capped at 9.



Cooking 09:30am – 12:00pm

For just \$7 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.



Tech Lab (Computers, iPad) 09:30 – 12:00pm

Step into the future with VR and 3D printing! Learn how to use virtual reality to experience what it's like working in a café, while also mastering the basics of 3D printing. An exciting hands-on experience that blends technology and creativity!



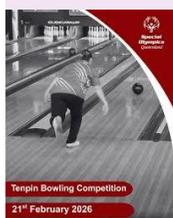
Bingo & board games 09:30am – 12:00pm

Join in the fun with a variety of bingo games—whether it's music-themed, number bingo, English word bingo, or movie character bingo! Enjoy the friendly banter, compete for exciting prizes, and have a great time with others.



Special Olympic Bowling ALL DAY, leave centre between 9.30am – 10am

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.



Bowen Hills Learning and Lifestyle hub

Program dates: January – April 2026

What's on! Wednesday - Afternoon

Morning Melodies, ALL DAY, return centre between 1:00pm – 2:00pm

Join us every week at Wynnum RSL for a fun-filled morning of live music & musical bingo! Enjoy the tunes, participate in the game, & you could be lucky enough to win a cash prize. The program is just \$10, and if you'd like to grab a drink, it's \$7. This program will be capped at 9.



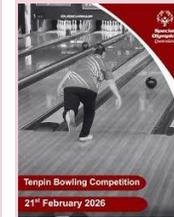
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Special Olympic Bowling ALL DAY return centre between 1:00pm – 2:00pm

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.



Knit & Stitch 01:00pm – 02:30pm

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.



Weird Science 01:00pm – 02:30pm

Explore the fascinating world of science through hands-on experiments and exciting discoveries! From simple reactions to learning about the natural world, this program makes science fun and accessible for all. \$5 each week to help buy materials.



Trivia & Brain Training 01:00pm – 02:30pm

Enjoy a fun and interactive session filled with trivia and brain-training games that challenge your thinking, boost memory, and keep things lively.



Bowen Hills Learning and Lifestyle hub

Program dates: January – April 2026

What's on!

Thursday - Morning

Men Shed
09:00am – 12:00pm

This year-round program is limited to 3 participants and currently full. No new intake will be available until 2026.



Bunning, New Farm leave centre
between 9.30am – 10am

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.



Lego
09:30am – 12:00pm

Unleash your creativity with Lego! Build anything from simple structures to elaborate designs in this fun and hands-on activity. Perfect for all ages, it's a great way to challenge your imagination and problem-solving skills.



Centre Maintenance, Pets, containers for change
09:30am – 12:00pm

This program focuses on basic independent living skills, including centre maintenance, caring for our pet guinea pigs, and collecting and returning cans to earn money, which is put towards our Christmas party.



Sailability
ALL DAY, leave centre between 9.30am – 10am

Set sail for an exciting all-day adventure! For just \$10pp, you can choose to sail solo with a pro or join the fun on the big pontoon boat. Bring your own packed lunch. Don't miss out on this thrilling day on the water. This program is capped at 6 participants. First in, first serve.



Lawn Bowls
10:30am – 01:30am

Enjoy a fun and social lawn bowls session, focusing on participation, coordination, and friendly competition..



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What's on!

Thursday - Afternoon

Sailability ALL DAY, leave centre between 9.30am – 10am

Set sail for an exciting all-day adventure! For just \$10pp, you can choose to sail solo with a pro or join the fun on the big pontoon boat. Bring your own packed lunch. Don't miss out on this thrilling day on the water. This program is capped at 6 participants. First in, first serve.



Self care & healthy relationships 01:00pm – 02:30pm

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.



Sensory Studio 01:00pm – 02:30pm

Sensory Studio is a hands-on program where participants explore textures, lights, and sounds while engaging in peaceful activities that encourage mindfulness, focus, creativity, and relaxation.



Creative artists 01:00pm – 02:30pm

Creative Artist is a program where participants explore different art forms, express their creativity, and develop new skills through painting, drawing, and other hands-on projects in a supportive environment.



First aid 1pm – 02:30pm

First Aid is a practical program where participants learn essential first aid skills, including how to respond to emergencies, manage injuries, and provide basic care to keep themselves and others safe.



Bowen Hills Learning and Lifestyle hub

Program dates: January – April 2026

What's on!

Friday - Morning

Arts Club 09:30am – 12:00pm

Unleash your creativity with a variety of art forms! From painting and drawing to crafting and sculpture, explore different techniques and styles to create unique, beautiful pieces. Perfect for expressing yourself and discovering new artistic talents!



Discover Brisbane, ALL DAY, leave centre between 9.30am – 10am

Explore the best of Brisbane in one exciting trip! Bring a packed lunch, water bottle, hat, and **at least \$20** for entry fees or optional fun. This outing is **capped at 13 participants** to keep things friendly and immersive.



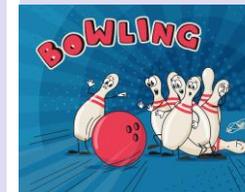
Cooking 09:30am – 12:00pm

For just \$7 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.



Bowling leave centre between 9.30am – 10am

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

Program dates: January – April 2026

What's on!

Friday - Afternoon

Movie Club 01:00pm – 02:30pm

Movie Club is a group program where participants watch a film and explore it in two ways. One group discusses the storyline, while the other focuses on characters and emotions. After some time, the groups swap, giving everyone a chance to engage in both discussions and share their thoughts.



Discover Brisbane, ALL DAY, return centre between 01:00pm – 02:30pm

Explore the best of Brisbane in one exciting trip! Bring a packed lunch, water bottle, hat, and **at least \$20** for entry fees or optional fun. This outing is **capped at 13 participants** to keep things friendly and immersive.



Centre Maintenance 01:00pm – 02:30pm

Centre Maintenance focuses on keeping the centre running smoothly by restocking items, maintaining a tidy environment, and ensuring the outdoor areas are clean and well-presented.



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