

# Bowen Hills Learning and Lifestyle Hub Program Calendar



Program Dates: April 2026 – July 2026

## Operating Hours

Monday – Friday

8:00am – 3:00pm

## Contact Us

Client Support

Phone: 1800 122 122

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



# Bowen Hills Learning and Lifestyle Hub

April 2026 – July 2026

## What's On! Monday - Morning

**Activity - Sailability**  
Time – All day

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 served.



**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.

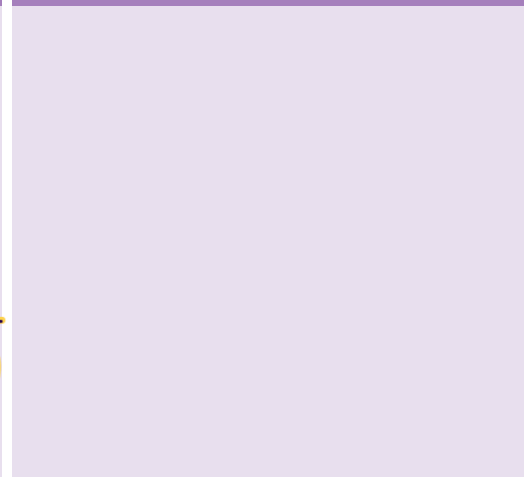


**Activity – Line Dancing, Music & Karaoke.**  
Time – 9:30am-12pm

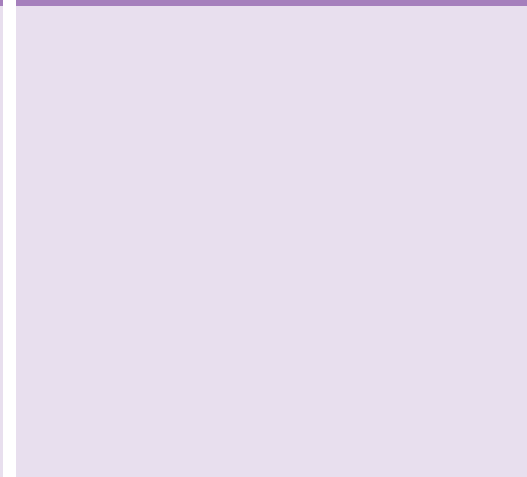
Line Dancing is a fun group program where participants learn different line dances and explore cultural dance activities, such as New Zealand poi poi, led by support staff.. Explore different music genres and get hands-on with a variety of instruments.



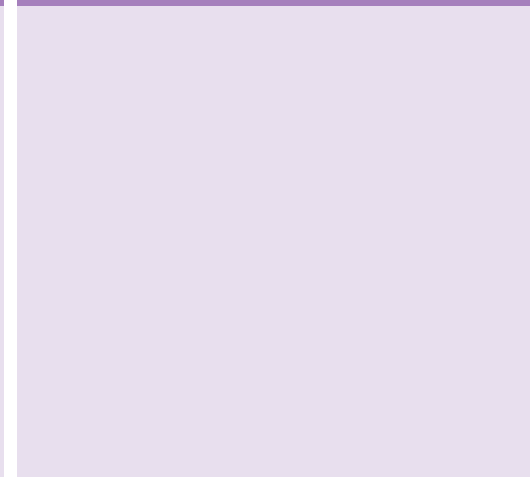
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# Bowen Hills Learning and Lifestyle Hub

April 2026 – July 2026

## What's On!

## Monday - Afternoon

### Activity - Sailability

Time All Day

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 served.



### Activity – Pets & Centre 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.



### Activity – Movie Club

Time 12:45pm-2:30pm

Movie Club is a relaxed & social program where participants watch a movie together & then take part in a group discussion about what they've seen. The group explores different aspects of the film such as characters, storyline, themes and messages.



### Activity – Bingo & Board Games

Time 12:45pm-2:30pm

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.



### Activity – Fitness in the Park

Time 12:45pm-2:30pm

*Fitness In the Park* 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.



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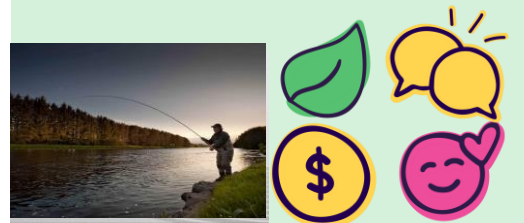
# Bowen Hills Learning and Lifestyle Hub

April 2026 – July 2026

## What's On! Tuesday - Morning

### Activity - Fishing Time All Day

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. \$5 per person, help cover the cost of bait and start reeling in some fun! This program will be capped at 9.



### Activity – Art, Craft & Scrapbooking Time 9:30am-12pm

Get creative and preserve memories with scrapbooking! Design beautiful pages using photos, embellishments, and artistic touches to tell your unique story.



### 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.



### Activity – English/Newsletter Time 9:30-12pm

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 – Op Shopping & Coffee Outing Time 9:30-2:30pm

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



### Activity Time

### Activity Time

# Bowen Hills Learning and Lifestyle Hub

April 2026 – July 2026

## What's On!

## Tuesday - Afternoon

### Activity – Fish All Day Time 9:30am-2:30pm

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. \$5 per person, help cover the cost of bait and start reeling in some fun! This program will be capped at 9.



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

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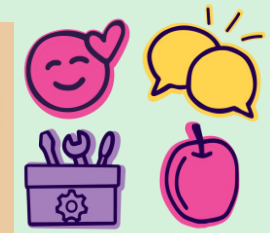
### Activity - Numeracy Time 12:45pm-2:30pm

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.



### Activity – Look Good, Feel Good Time 12:45pm-2:30pm

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.



### Activity – Op Shopping & Coffee Outing Time 9:30am-2:30pm

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



### 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.



### Activity Time

### Activity Time

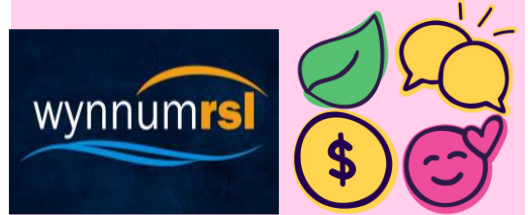
# Bowen Hills Learning and Lifestyle Hub

April 2026 – July 2026

## What's On! Wednesday - Morning

**Activity – Morning Melodies, Wynnum RSL**  
Time 9:30am-2:30pm

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.



**Activity – Travel Train Trips**  
Time 9:30am-2:30pm

Explore the best of Brisbane by train in one exciting trip. Build confidence with using public transport and learn how to read a timetable. Bring a packed lunch, water bottle and Go Card for a fun day out.



**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.



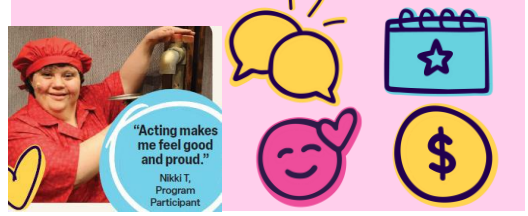
**Activity VR & Tech Lab (Computers/lpads)**  
Time 9:30am-12pm

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.



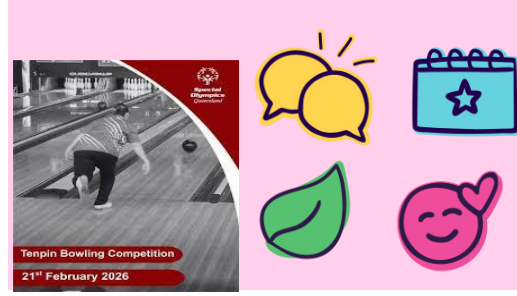
**Activity – Drama Club Lawnton L&L**  
Time 9:30am-2:30pm

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.



**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**  
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# Bowen Hills Learning and Lifestyle Hub

April 2026 – July 2026

## What's On! Wednesday - Afternoon

**Activity – Morning Melodies All Day**  
Time 9:30am-2:30pm

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.



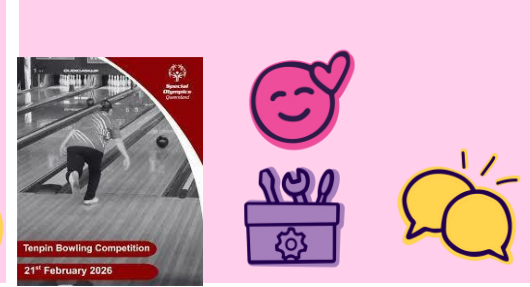
**Activity – Travel Training**  
Time 9:30am-2:30pm

Explore the best of Brisbane by train in one exciting trip. Build confidence with using public transport and learn how to read a timetable. Bring a packed lunch, water bottle and Go Card for a fun day out.



**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 – 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.



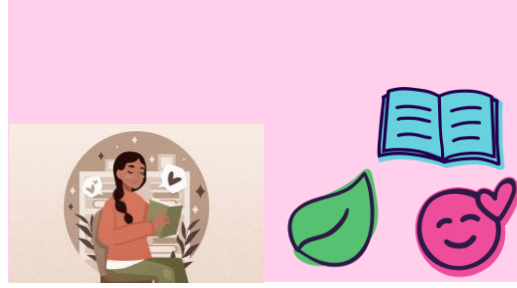
**Activity – Drama Club Lawnton L&L**  
Time 9:30am-2:30pm

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



**Activity – Reading & Mindfulness**  
Time 12:45pm-2:30pm

Relax and unwind with quiet time in our sensory room. Enjoy reading a book or listening to an audiobook and experience a peaceful escape that helps reduce stress and increases focus.



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# Bowen Hills Learning and Lifestyle Hub

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.



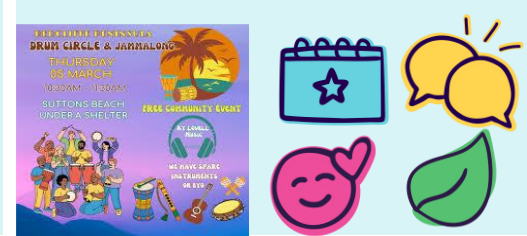
### Activity – Bunnings DIY Newstead Time 9:30am-12pm

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 – Redcliffe Drumming Circle Time 9:30am-2:30pm

Enjoy rhythm, music and a good fun jammalong at Suttons Beach Redcliffe. From 10:30am-11:30am enjoy playing various instruments and make some new friends while doing it. Enjoy a BYO lunch by the beach after before returning to the L&L.



### Activity – Gymnastics @ Albany Creek Gymnastics Time 9:30am-12pm

Enjoy a fun morning at Albany Creek Gymnastics where you will build strength, mobility and confidence. \$15 per session.



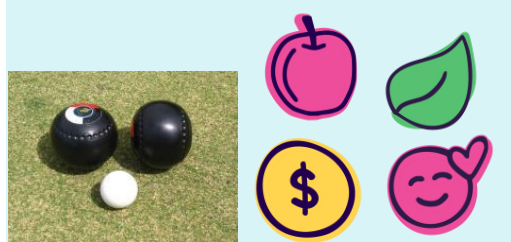
### Activity – creative Clay Time 9:30am-12pm

Get creative with polymer clay. Make your own clay creations and turn them into beautiful keepsakes. \$20 for the term to cover the cost of your very own polymer clay kit.



### Activity – Lawn Bowls Time 9:30am-12pm

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



### Activity Time

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## What's On!

## Thursday - Afternoon

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Enjoy rhythm, music and a good fun jammalong at Suttons Beach Redcliffe. From 10:30am-11:30am enjoy playing various instruments and make some new friends while doing it. Enjoy a BYO lunch by the beach after before returning to the L&L.



### Activity – Self Care & Healthy Relationships

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 & Centre Maintenance

Time 12:45pm-2:30pm

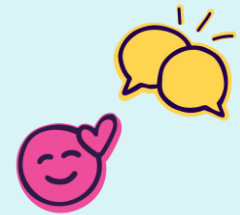
*Centre Maintenance* focuses on keeping the centre running smoothly by restocking items, maintaining a tidy environment, and ensuring the outdoor areas are clean and well-presented.



### Activity – Board Games

Time 12:45pm-2:30pm

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.



### Activity – Lego Legends

Time 12:45pm-2:30pm

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.



### Activity Time

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# Bowen Hills Learning and Lifestyle Hub

April 2026 – July 2026

## What's On!

## Friday - Morning

### Activity – Art Club Time 9:30am-12pm

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.



### Activity – Fishing All Day Time 9:30am-2:30pm

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. \$5 per person, help cover the cost of bait and start reeling in some fun! This program will be capped at 9.



### 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.



### Activity - Op Shopping & Coffee Outing Time 9:30am-2:30pm

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



### Activity Time

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# Bowen Hills Learning and Lifestyle Hub

April 2026 – July 2026

## What's On!

## Friday - Afternoon

### Activity – Sensory Art Time 12:45pm-2:30pm

*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.



### Activity – Fishing All Day Time 9:30am-2:30pm

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. \$5 per person, help cover the cost of bait and start reeling in some fun! This program will be capped at 9.



### Activity – Centre Maintenance Time 12:45pm-2:30pm

*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..



### Activity – Op Shopping & Coffee Outing Time 9:30am-2:30pm

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



### Activity – Recycling, Containers for Change Time 12:45pm-2:30pm

End of the week and it's time to cash in all our cans and bottles that have been collected for the week. Help sort all the recycling and get our centre looking spick and span for Monday.



### Activity Time

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### Activity Time

# 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.



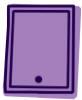
Utilising local connections and support, **Social Engagement** supports people to attend and interact with local people, areas and events. It also means that those interactions can also occur at a local Endeavour site.



**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