Bundaberg Learning & Lifestyle Weekly Program

June 2025

NDVR Endeavour Foundation

Bundaberg Learning and Lifestyle hub

Program dates: July 2025-December 2025

Monday Morning (Morning tea @ 10am)

Card Making and Letter Writing
9.00am-12.30pm

Creative arts and numeracy and literacy all rolled into one. Learn all the techniques of professional card making at your pace while working along site like minded people.

$3.00

Foundations · Social engagement · Activity fee

Computer with Numeracy and Literacy
9.00am-12.30pm

No matter where your skills lie, we can assist you to maintain, increase and learn new numeracy, literacy and computer skills

Technology · Foundations · Passion & hobbies

Community access and travel training
9.00am-12.30pm

A morning out accessing the community while learning to use public transport by catching the city buses. Visit a large range of community sites on the local bus route.

$3.00

Recreation · Life skills · Social engagement · Activity fee

Kitchen Skills – Lunch Prep
9.00am-12.30pm

Participate as part of a group in a range of practical activities to prepare simple lunch meals to enjoy onsite over lunch with others in your group

Workbook followed with recipes and activities

$6.00

Foundations · Healthy · Life skills · Activity fee

Fitness Outing
9.00am-12.30pm

Take an outing to a different community area like a beach or park for games, exercise or a walk. Great way to start the morning and the week.

Recreation · Healthy

All groups are based on a 1:3 ratio. Can also request 1:1 for more hands-on support, complex behaviour support to join a group environment with an activity of your choice

Bundaberg Learning and Lifestyle hub

Program dates: July 2025-December 2025

Monday Afternoon (Lunch 12 – 12.30pm)

Craft and Macramé
12.30pm-3.30pm

Learn the basics of Macramé and build skills towards collecting stock to sell at the local markets and display in the office to go towards managing costs of this microbusiness.

$3.00

Foundations · Social engagement · Activity fee

Ladies Social outing group
12.30pm-3.30pm

Enjoy the company of other ladies while accessing different community events that are also of interest to others. Flyer of weekly activities sent to participants.

Money per activity

Social engagement · Recreation · Passion & hobbies

Acoustic Beats
12.30pm-3.30pm

Ddedicated music lovers, band members and music teachers facilitate this activity. Learn some guitar, jam to the beats with some electric karaoke and sing along to your favourite songs.

Recreation · Social engagement · Passion & hobbies

Out and About Social group
12.30pm-3.30pm

Enjoy the company of others while accessing different community events that are also of interest to others.

Passion & hobbies · Life skills · Recreation

Kitchen Skills
12.30pm-3.30pm

Participate as part of a group in a range of practical activities to prepare simple evening meals to take home and enjoy or share with family.

Workbook followed with recipes and activities

$6.00

Activity fee · Recreation · Healthy

All groups are based on a 1:3 ratio. Can also request 1:1 for more hands-on support, complex behaviour support to join a group environment with an activity of your choice

Bundaberg Learning and Lifestyle hub

Program dates: July 2025-December 2025

Tuesday Morning (Morning tea @ 10am)

Creative Craft
9.00am-12.30pm

Immerse yourself in an art or craft project. Social and friendly atmosphere while working on your creative side.

$3.00

Foundations · Social engagement · Activity fee

Wolfpack Fitness group
9.00am-12.30pm

Supportive group working on basic fitness, hand eye coordination, and fitness with a difference to keep healthy.

Healthy · Foundations · Passion & hobbies

Community access and travel training
9.00am-12.30pm

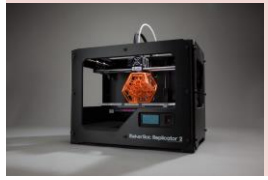
A morning out accessing the community while learning to use public transport by catching the city buses. Visit a large range of community sites on the local bus route.

$3.00

Recreation · Life skills · Social engagement · Activity fee

3D printing, VR and electronics
9.00am-12.30pm

Learn about electronics, robotics, 3D printing and VR at your own pace.



Life skills · Foundations

Social outing group
9.00am-12.30pm

Out and about outing to explore Bundaberg and the greater community. Different activity and destination each week.

Recreation · Healthy

Basic Woodwork Skills
9.00am-12.30pm

Woodwork basic skills and safe use of hand and electric tools. Create and build some great projects to enjoy at home.

Passion & hobbies · Activity fee

All groups are based on a 1:3 ratio. Can also request 1:1 for more hands-on support, complex behaviour support to join a group environment with an activity of your choice

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Bundaberg Learning and Lifestyle hub

Program dates: July 2025-December 2025

Tuesday Afternoon (Lunch 12 – 12.30pm)

Gentleman's Social BBQ group
12.30pm-3.30pm

Social gentleman's BBQ afternoon group including lunch, a good banter, games and activities.

$6.00 includes lunch

Recreation · Social engagement · Activity fee

Basic Woodwork
12.30pm-3.30pm

Woodwork basic skills and safe use of hand and electric tools. Create and build some great projects to enjoy at home.

$5.00

Social engagement · Activity fee · Recreation · Passion & hobbies

Bingo
12.30pm-3.30pm

Ddedicated music lovers, band members and music teachers facilitate this activity. Learn some guitar, jam to the beats with some electric karaoke and sing along to your favourite songs.

Recreation · Activity fee · Social engagement · Passion & hobbies

Out and About Social group
9.00am-12.30pm

Enjoy the company of others while accessing different community events that are also of interest to others.

Passion & hobbies · Life skills · Recreation

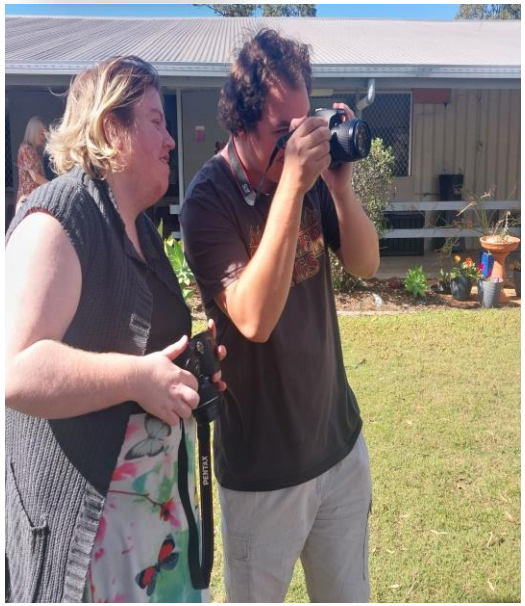
Thermomix Skills
9.00am-12.30pm

Participate as part of a group in a range of practical activities to prepare simple evening meals to take home and enjoy or share with family.

Workbook followed with recipes and activities

$6.00

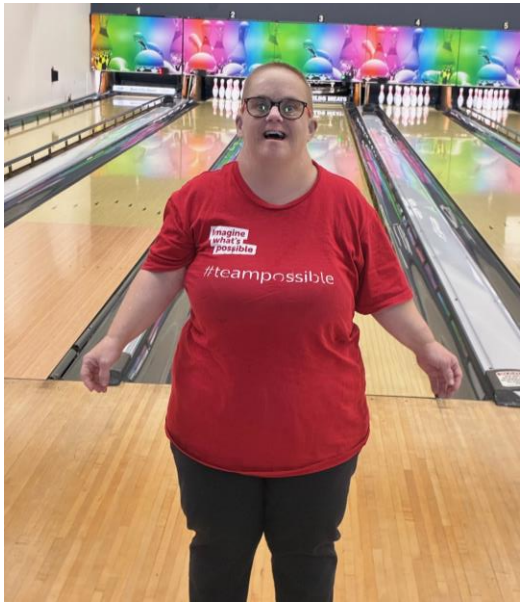
Activity fee · Recreation · Healthy



Computer skills
12.30pm-3.30pm

No matter where your skills lie, we can assist you to maintain, increase and learn new numeracy, literacy and computer skills

Life skills · Technology



Bundaberg Learning and Lifestyle hub

Program dates: July 2025-December 2025

Wednesday Morning (Morning tea @ 10am)

Film and videography
9.00am-12.30pm

Learn to use cameras, edit film and put together short films. Movie clip is used as part of our end of year 'Red Carpet' Tic awards movie day.

Foundations · Social engagement · Technology

Computer with Numeracy and Literacy
9.00am-12.30pm

No matter where your skills lie, we can assist you to maintain, increase and learn new numeracy, literacy and computer skills

Technology · Foundations · Passion & hobbies

Community access and travel training
9.00am-12.30pm

A morning out accessing the community while learning to use public transport by catching the city buses. Visit a large range of community sites on the local bus route.

$3.00

Recreation · Life skills · Social engagement · Activity fee

Drumming and music appreciation
9.00am-12.30pm

Learn drumming basics, keeping a beat and have a little bit of fun while making a whole lot of noise.

Social engagement · Passion & hobbies · Foundations · Healthy

Coffee shop and Barista Training
9.00am-12.30pm

Learn the skills of a Barista and learning all required skills of working in a coffee shop. Friendly and safe working environment to gain confidence and skills.

Life skills · Technology · Social engagement

All groups are based on a 1:3 ratio. Can also request 1:1 for more hands-on support, complex behaviour support to join a group environment with an activity of your choice

Bundaberg Learning and Lifestyle hub

Program dates: July 2025-December 2025

Wednesday Afternoon (Lunch 12 – 12.30pm)

Macramé
12.30pm-3.30pm

Learn the basics of Macramé and build skills towards collecting stock to sell at the local markets and display in the office to go towards managing costs of this microbusiness.

$3.00

Footy Tipping Club
12.30pm-3.30pm

Prepare and organise the yearly Footy tipping competition with a fun and friendly social group. Organise and prepare for the end of year presentation day

Acoustic Beats
12.30pm-3.30pm

Dedicated music lovers, band members and music teachers facilitate this activity. Learn some guitar, jam to the beats with some electric karaoke and sing along to your favourite songs.

Out and About Social group
12.30pm-3.30pm

Enjoy the company of others while accessing different community events that are also of interest to others.

Kitchen Skills
12.30pm-3.30pm

Participate as part of a group in a range of practical activities to prepare simple evening meals to take home and enjoy or share with family.

Workbook followed with recipes and activities

$6.00

Events and Volunteer Club
12.30pm-3.30pm

Weekly meeting social group who organise all the yearly community events and social days for everyone to enjoy. Build skills in organising, computer, budgeting while preparing our annual fun days.

Bundaberg Learning and Lifestyle hub

Program dates: July 2025-December 2025

Thursday Morning (Morning tea @ 10am)

Basic Woodwork Skills
9.00am-12.30pm

Woodwork basic skills and safe use of hand and electric tools. Create and build some great projects to enjoy at home.

Computer with Numeracy and Literacy
9.00am-12.30pm

No matter where your skills lie, we can assist you to maintain, increase and learn new numeracy, literacy and computer skills

Out and About community access
9.00am-12.30pm

Enjoy the company of others while accessing different community events that are also of interest to others.

Out and About
9.00am-12.30pm

Learn drumming basics, keeping a beat and have a little bit of fun while making a whole lot of noise.

Coffee shop and Barista Training
9.00am-12.30pm

Learn the skills of a Barista and learning all required skills of working in a coffee shop. Friendly and safe working environment to gain confidence and skills.

Kitchen Skills
9.00am-12.30pm

Participate as part of a group in a range of practical activities to prepare simple lunch meals to enjoy onsite over lunch with others in your group

Workbook followed with recipes and activities

$6.00

Meals on Wheels
9.00am-12.30pm

Work on delivery of Meals to local household as a volunteer of Meals on Wheels. Learn new and social skills.

Bundaberg Learning and Lifestyle hub

Program dates: July 2025-December 2025

Thursday Afternoon (Lunch 12 – 12.30pm)

Darts Social Group
12.30pm-3.30pm

Enjoy a game of Darts in a community setting with others who love to catch up and have a good game.

$money for a drink

Recreation · Social engagement · Activity fee

Ten Pin Bowling
12.30pm-3.30pm

Join in for a fun afternoon of Ten Pin Bowling.

$9.00

Social engagement · Activity fee · Recreation · Passion & hobbies

Acoustic Beats
12.30pm-3.30pm

Ddedicated music lovers, band members and music teachers facilitate this activity. Learn some guitar, jam to the beats with some electric karaoke and sing along to your favourite songs.

Recreation · Activity fee · Social engagement · Passion & hobbies

Out and About Social group
9.00am-12.30pm

Enjoy the company of others while accessing different community events that are also of interest to others.

Passion & hobbies · Life skills · Recreation

Thermomix Skills
9.00am-12.30pm

Participate as part of a group in a range of practical activities to prepare simple evening meals to take home and enjoy or share with family.

Workbook followed with recipes and activities

$6.00

Activity fee · Recreation · Healthy

Computer skills
12.30pm-3.30pm

No matter where your skills lie, we can assist you to maintain, increase and learn new numeracy, literacy and computer skills

Life skills · Technology

Bundaberg Learning and Lifestyle hub

Program dates: July 2025-December 2025

Friday Morning (Morning tea @ 10am)

Movie Making and Theatre group
9.00am-12.30pm

Basics of acting, script writing, video editing, using a green screen. Great for confidence building, hand eye coordination and memory activities. Friendly atmosphere to make a film for end of year veiwing.

Foundations, Recreation, Technology

Computer with Numeracy and Literacy
9.00am-12.30pm

No matter where your skills lie, we can assist you to maintain, increase and learn new numeracy, literacy and computer skills

Technology, Foundations, Passion & hobbies

Out and About community access
9.00am-12.30pm

Enjoy the company of others while accessing different community events that are also of interest to others.

Recreation, Life skills, Social engagement, Activity fee

Drumming and music appreciation
9.00am-12.30pm

Learn drumming basics, keeping a beat and have a little bit of fun while making a whole lot of noise.

Social engagement, Passion & hobbies, Foundations, Healthy

Coffee shop and Barista Training
9.00am-12.30pm

Learn the skills of a Barista and learning all required skills of working in a coffee shop. Friendly and safe working environment to gain confidence and skills.

Life skills, Technology, Social engagement

Kitchen Skills
9.00am-12.30pm

Participate as part of a group in a range of practical activities to prepare simple lunch meals to enjoy onsite over lunch with others in your group

Workbook followed with recipes and activities

$6.00

Activity fee, Foundations, Life skills

Beading and design
9.00am-12.30pm

Work on delivery of Meals to local household as a volunteer of Meals on Wheels. Learn new and social skills.

Social engagement, Life skills

Bundaberg L&L

Endeavour Foundation

Ladies Social Friday or Saturday Club

Gentleman's Social Friday or Saturday Club

Bundaberg L&L

Endeavour Foundation

Friday Theatre and Movie Making group

Bundaberg L&L

Endeavour Foundation

Bundaberg L&L

Endeavour Foundation

Wolf Pack Fitness Club 2023

Groups and Clubs

Endeavour Foundation

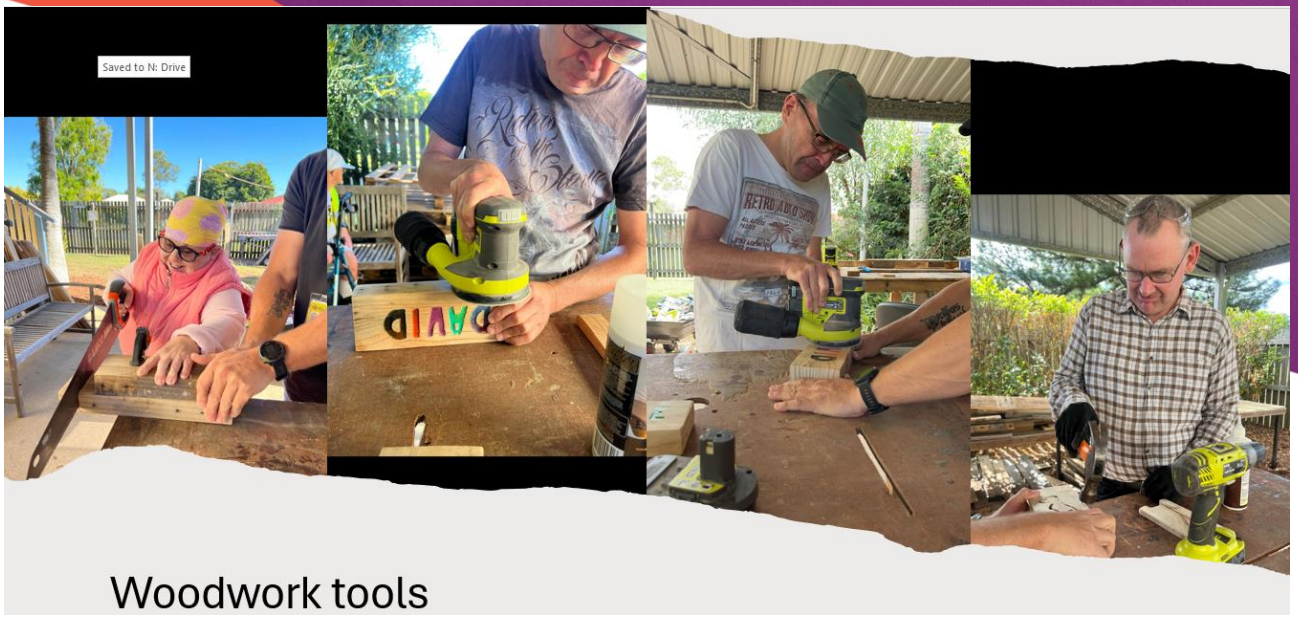
Supporting the Rally car from Bundaberg

A few customers and their support staff volunteered to man the BBQ at the Bundaberg golf Club rally car entry Charity Fold Day.

Thank you to Matthew Dingle and Michael Moran

St Patrick's Day 2025

Go Green



Woodwork tools

Endeavour Foundation

BUNDABERG L&L

MACRAMÉ FOR SALE

$5.00 SANTA AND RED BELL DECORATION

Events and Day Trips

NDVR Endeavour Foundation

Events and Day Trips

Australia Day

January 2025

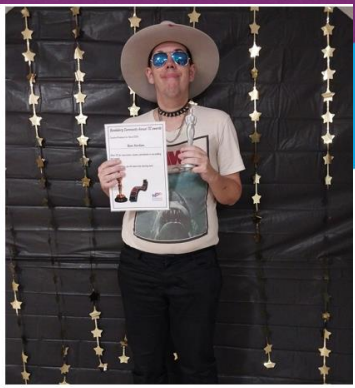
Mothers Day Flowerpots

We just had to show of these beauties. Woodwork runs every Tuesday morning and afternoon and Thursday morning.

Hervey Bay and Sealife

February 2025

Endeavour Foundation



Movie Premier Day

February 2025

Dungeons and Dragons group
Monthly Tuesday evening 5.00pm-8.00pm ratio 1:3
$12.00 per session
Includes evening meal

Social group and skill building, problem solving, working as a team, Creation and imagination, Interactive communication, Using a dice and adding each throw (numeracy), Keeping notes of your adventure (literacy), Role playing.

About Dungeons and Dragons

The game of **Dungeons** & **Dragons** is a place of magic and monsters, of brave warriors and spectacular adventures. They begin with a foundation of medieval fantasy and then add the creatures, places, and magic that make these worlds unique. This is a game of imagination, communication and teamwork and is also highly focused on using numeracy and literacy skills as well as being a great social group to be apart of.

NDVR Endeavour Foundation

Evening Kitchen Skills and Food Safety

Every Tuesday 4.30pm-8.30pm

Meal Included

$8.00 p/w

Support ratio 1:3

Learn how to prepare a full meal, cook with friends, learn food hygiene and kitchen safety and share an evening meal together as a group

- Fine Motor skills
- Communications
- Budgeting
- Shopping skills
- Kitchen safety
- Food safety
- Numeracy
- Literacy

Endeavour Foundation

Bundaberg Learning and Lifestyle hub

Operating Hours

Monday – Friday

8.30am – 5pm

Local Contact

Phone: Nicole Novak 0438743324

Email: Nicole.Novak@endeavour.com.au

Contact Us for More Information

Phone: 1800 112 112

Email: hello@endeavour.com.au

NDVR Endeavour Foundation

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