

# Bundaberg Learning & Lifestyle Weekly Program



January-June 2026

**NDVR**  
Endeavour  
Foundation

# Bundaberg Learning and Lifestyle hub

Program dates: January 2026- June 2026

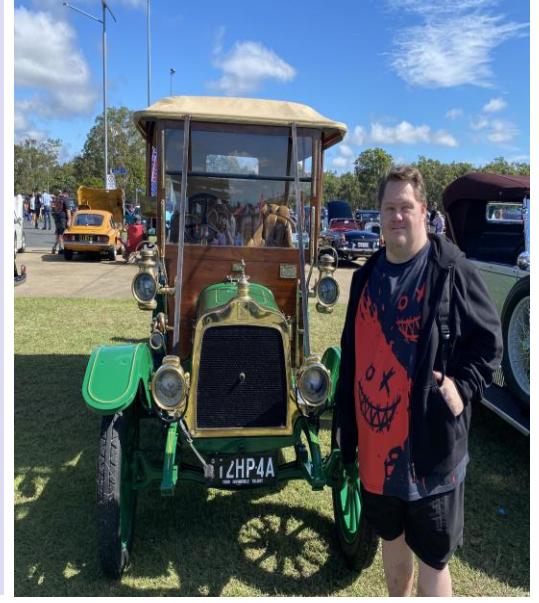
## Monday Morning (Morning tea @ 10am)

<b>Card Making and Letter Writing</b> 9.00am-12.30pm	<b>Computer with Numeracy and Literacy</b> 9.00am-12.30pm	<b>Community access and travel training</b> 9.00am-12.30pm	<b>Kitchen Skills – Lunch Prep</b> 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   	No matter where your skills lie, we can assist you to maintain, increase and learn new numeracy, literacy and computer skills   	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   	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 <i>Workbook followed with recipes and activities</i> \$6.00   
<b>Fitness Outing</b> 9.00am-12.30pm		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	
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.   			

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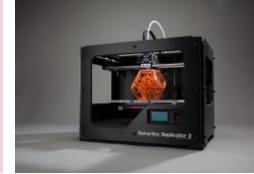
## Monday Afternoon (Lunch 12 – 12.30pm)

Craft and Macramé	Ladies Social outing group	Acoustic Beats	Out and About Social group
<b>Craft and Macramé</b> 12.30pm-3.30pm	<b>Ladies Social outing group</b> 12.30pm-3.30pm	<b>Acoustic Beats</b> 12.30pm-3.30pm	<b>Out and About Social group</b> 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    	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    	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.     	Enjoy the company of others while accessing different community events that are also of interest to others.     
<b>Kitchen Skills</b> 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    		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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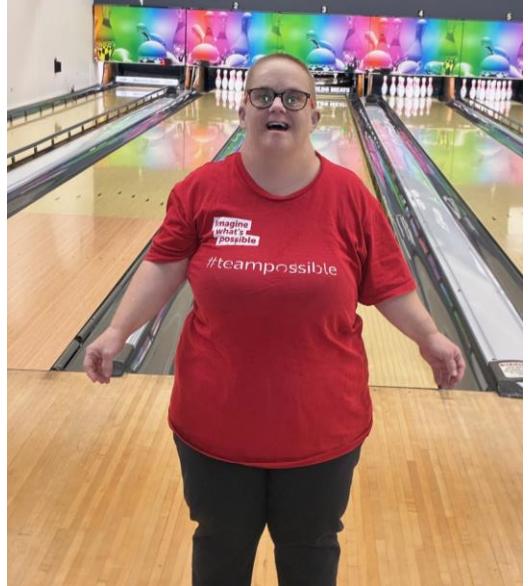
## Tuesday Morning (Morning tea @ 10am)

<b>Creative Craft</b> 9.00am-12.30pm	<b>Wolfpack Fitness group</b> 9.00am-12.30pm	<b>Community access and travel training</b> 9.00am-12.30pm	<b>3D printing, VR and electronics</b> 9.00am-12.30pm
Immerse yourself in an art or craft project. Social and friendly atmosphere while working on your creative side.  \$3.00	Supportive group working on basic fitness, hand eye coordination, and fitness with a difference to keep healthy.	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	Learn about electronics, robotics, 3D printing and VR at your own pace.
   	    	     	   
<b>Social outing group</b> 9.00am-12.30pm	<b>Basic Woodwork Skills</b> 9.00am-12.30pm	<p>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</p>	
   	   	<p><a href="#">This Photo</a> by Unknown Author is licensed under <a href="#">CC BY</a></p> 	

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**Tuesday Afternoon (Lunch 12 – 12.30pm)**

<b>Gentleman's Social BBQ group</b> 12.30pm-3.30pm	<b>Basic Woodwork</b> 12.30pm-3.30pm	<b>Bingo</b> 12.30pm-3.30pm	<b>Out and About Social group</b> 9.00am-12.30pm
<p>Social gentleman's BBQ afternoon group including lunch, a good banter, games and activities. \$6.00 includes lunch</p>  	<p>Woodwork basic skills and safe use of hand and electric tools. Create and build some great projects to enjoy at home. \$5.00</p>  	<p>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.</p>  	<p>Enjoy the company of others while accessing different community events that are also of interest to others.</p>  
<b>Thermomix Skills</b> 9.00am-12.30pm		<b>Computer skills</b> 12.30pm-3.30pm	 
<p>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. <i>Workbook followed with recipes and activities</i> \$6.00</p>  		<p>No matter where your skills lie, we can assist you to maintain, increase and learn new numeracy, literacy and computer skills</p> 	

# Bundaberg Learning and Lifestyle hub

Program dates: January 2026 - June 2026

## Wednesday Morning (Morning tea @ 10am)

<b>Film and videography</b> 9.00am-12.30pm	<b>Computer with Numeracy and Literacy</b> 9.00am-12.30pm	<b>Community access and travel training</b> 9.00am-12.30pm	<b>Drumming and music appreciation</b> 9.00am-12.30pm
<p>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.</p>  	<p>No matter where your skills lie, we can assist you to maintain, increase and learn new numeracy, literacy and computer skills</p>  	<p>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.</p> <p>\$3.00</p>  	<p>Learn drumming basics, keeping a beat and have a little bit of fun while making a whole lot of noise.</p>  
<b>Coffee shop and Barista Training</b> 9.00am-12.30pm		<p>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</p>	

# Bundaberg Learning and Lifestyle hub

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**Wednesday Afternoon (Lunch 12 – 12.30pm)**

<b>Macramé</b> 12.30pm-3.30pm	<b>Footy Tipping Club</b> 12.30pm-3.30pm	<b>Acoustic Beats</b> 12.30pm-3.30pm	<b>Out and About Social group</b> 12.30pm-3.30pm
<p>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.</p> <p>\$3.00</p>  <ul style="list-style-type: none"><li>Foundations</li><li>Social engagement</li><li>Activity fee</li></ul>	<p>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</p>  <ul style="list-style-type: none"><li>Social engagement</li><li>Recreation</li><li>Passion &amp; hobbies</li></ul>	<p>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.</p>  <ul style="list-style-type: none"><li>Recreation</li><li>Social engagement</li><li>Passion &amp; hobbies</li></ul>	<p>Enjoy the company of others while accessing different community events that are also of interest to others.</p>  <ul style="list-style-type: none"><li>Passion &amp; hobbies</li><li>Life skills</li><li>Recreation</li></ul>
<b>Kitchen Skills</b> 12.30pm-3.30pm		<b>Events and Volunteer Club</b> 12.30pm-3.30pm	
<p>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.</p> <p><i>Workbook followed with recipes and activities</i></p> <p>\$6.00</p>  <ul style="list-style-type: none"><li>Activity fee</li><li>Recreation</li><li>Healthy</li></ul>		<p>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.</p>  <ul style="list-style-type: none"><li>Social engagement</li></ul>	

# Bundaberg Learning and Lifestyle hub

Program dates: January 2026 - June 2026

Thursday Morning (Morning tea @ 10am)

<b>Basic Woodwork Skills</b> 9.00am-12.30pm	<b>Computer with Numeracy and Literacy</b> 9.00am-12.30pm	<b>Out and About community access</b> 9.00am-12.30pm	<b>Out and About</b> 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.   	No matter where your skills lie, we can assist you to maintain, increase and learn new numeracy, literacy and computer skills   	Enjoy the company of others while accessing different community events that are also of interest to others.   	Enjoy the company of others while accessing different community events that are also of interest to others.   
<b>Coffee shop and Barista Training</b> 9.00am-12.30pm		<b>Kitchen Skills</b> 9.00am-12.30pm	<b>Meals on Wheels</b> 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.   	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 <i>Workbook followed with recipes and activities</i> \$6.00   	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: January 2026 - June 2026

Thursday Afternoon (Lunch 12 – 12.30pm)

<p><b>Darts Social Group</b> 12.30pm-3.30pm</p> <p>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</p>	<p><b>Ten Pin Bowling</b> 12.30pm-3.30pm</p> <p>Join in for a fun afternoon of Ten Pin Bowling. \$9.00</p>	<p><b>Acoustic Beats</b> 12.30pm-3.30pm</p> <p>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.</p>	<p><b>Out and About Social group</b> 12.30pm-3.30pm</p> <p>Enjoy the company of others while accessing different community events that are also of interest to others.</p>
<p><b>Thermomix Skills</b> 12.30pm-3.30pm</p> <p>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. <i>Workbook followed with recipes and activities \$6.00</i></p>		<p><b>Computer skills</b> 12.30pm-3.30pm</p> <p>No matter where your skills lie, we can assist you to maintain, increase and learn new numeracy, literacy and computer skills</p>	

# Bundaberg Learning and Lifestyle hub

Program dates: January 2026 - June 2026

**Friday Morning (Morning tea @ 10am)**

<b>Movie Making and Theatre group</b> 9.00am-12.30pm	<b>Computer with Numeracy and Literacy</b> 9.00am-12.30pm	<b>Out and About community access</b> 9.00am-12.30pm	<b>Drumming and music appreciation</b> 9.00am-12.30pm
<p>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 viewing.</p>  	<p>No matter where your skills lie, we can assist you to maintain, increase and learn new numeracy, literacy and computer skills</p>  	<p>Enjoy the company of others while accessing different community events that are also of interest to others.</p>  	<p>Learn drumming basics, keeping a beat and have a little bit of fun while making a whole lot of noise.</p>  
<b>Coffee shop and Barista Training</b> 9.00am-12.30pm		<b>Kitchen Skills</b> 9.00am-12.30pm	<b>Beading and design</b> 9.00am-12.30pm
<p>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.</p>  		<p>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</p> <p><i>Workbook followed with recipes and activities</i></p> <p><i>\$6.00</i></p>  	<p>Work on delivery of Meals to local household as a volunteer of Meals on Wheels. Learn new and social skills.</p>  

# Bundaberg Learning and Lifestyle hub

Program dates: January 2026 - June 2026

**Friday Afternoon (Lunch 12 – 12.30pm)**

Darts Social Group 12.30pm-3.30pm	Baking group 12.30pm-3.30pm	Computer skills 12.30pm-3.30pm	Out and About Social and Craft group 12.30pm-3.30pm
<p>Enjoy a game of Darts in a community setting with others who love to catch up and have a good game.</p> <p>\$money for a drink</p>  	<p>Participate as part of a group in a range of practical activities to prepare simple baking recipes to take home and enjoy or share with family.</p> <p>\$3.00</p>  	<p>No matter where your skills lie, we can assist you to maintain, increase and learn new numeracy, literacy and computer skills</p>  	<p>Enjoy the company of others while accessing different community events that are also of interest to others.</p> <p>There is a FLYER each quarter Listing outings and projects with cost</p>  





## Ladies Social Friday or Saturday Club

Bundaberg L&L  
Endeavour Foundation



## Gentleman's Social Friday or Saturday Club

Bundaberg L&L  
Endeavour Foundation



## Pageant of Lights 2025



## Groups and Clubs

**NDVR**  
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## 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



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BUNDABERG L&L  
MACRAMÉ FOR SALE  
\$5.00 SANTA AND RED BELL  
DECORATION

## Events and Day Trips

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# Events and Day Trips

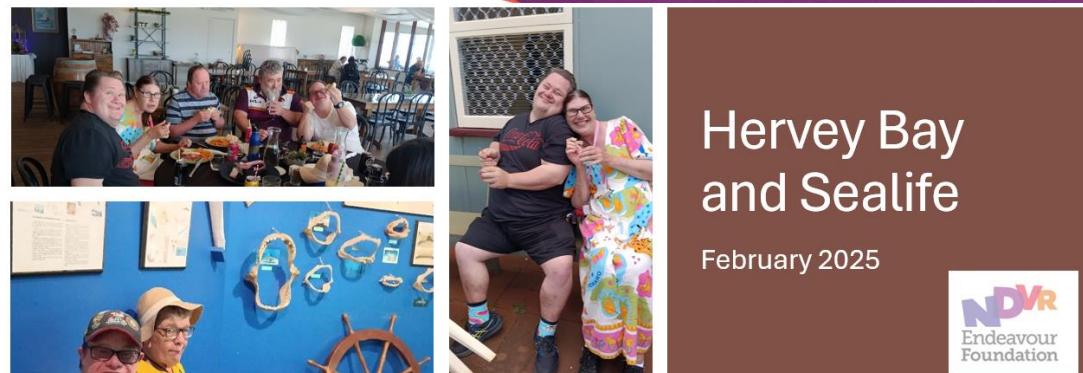


## Australia Day

January 2025

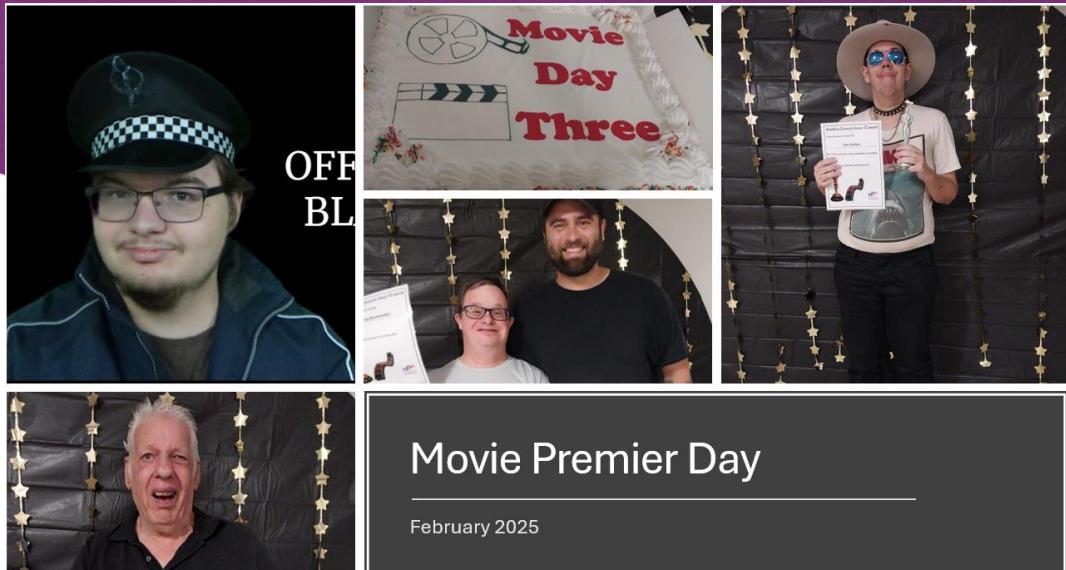
## Mothers Day Flowerpots

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



## Hervey Bay and Sealife

February 2025



## 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.



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# 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



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# Bundaberg Learning and Lifestyle hub

## Operating Hours

Monday – Friday

8.30am – 5pm



## Local Contact

Phone: Nicole Novak 0438743324

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

## Contact Us for More Information

Phone: 1800 112 112

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

# 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