

Caboolture Learning and Lifestyle Hub Program Calendar



Program Dates: 20/04/2026 – 26/06/2026

Operating Hours

Monday – Friday

8:30am – 3:00pm

Contact Us

Client Support

Phone: 1800 122 122

Email: clientsupport@endeavour.com.au



Caboolture Learning and Lifestyle Hub

April – June 2026

What's On!

Monday

Car washing
8:30-9.30

Car washing can improve coordination, balance, strength and flexibility, while learning new skills and socialising.



Service shopping
8.45-9.30

Learn daily living skills and improve independence when shopping to replenish items for the service.



Chair exercise
8.45-9.30

Low impact exercise for all fitness levels.



Thrive learning
10am – 12pm

Thrive learning modules improve people's skills and boosts confidence.



Cognifit
10am-12pm

Cognifit helps improve and maintain cognitive functions like memory and attention.



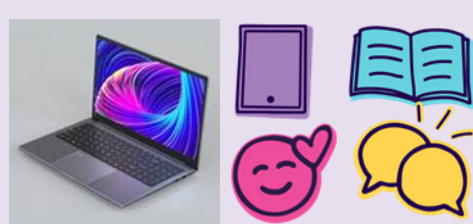
Nature walk
10am – 2.45pm

Walking program improves health and fitness.



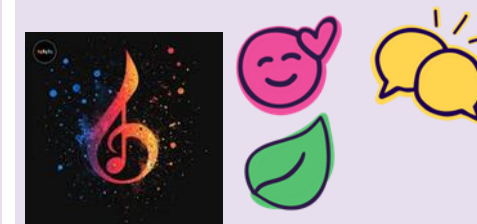
Technology
12.30pm-2.45pm

All things technology, learn the basics of computers, have fun on the VR, build on the 3D printers and play with Cosmo.



Music through the years
12.30pm-2.45pm

Enjoy the music through the decades from the 60's to now.



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Tuesday

Communication/Reading/CPen 8.30-9.30

Enhance your ability to connect with others. Practice reading and using a Cpen.



Games/Gardening 8.30-9.30

A mixture of games for people to socialise, improve skills and stimulate the brain.
Gardening combines physical activity



Gentle exercise 8.30-9.30

Low impact exercise for all fitness levels.



Cooking 10-2.30

Learn essential life skills and build your independence while creating delicious experiences.



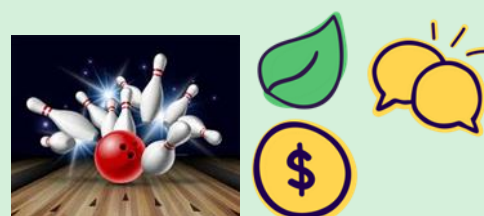
Armchair travel 10-12

Explore new places, cultures and history without having to leave your comfortable chair.



Bowling 10-2.30

Come along for some fun, exercise and social connection with a little friendly competition.



Train travel 10-2.30

Enjoy scenic travel experiences while learning a valuable life skill.



Arts/crafts 12.30-2.30

Create master pieces while improving cognitive skills and fine motor skills.



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What's On!

Wednesday

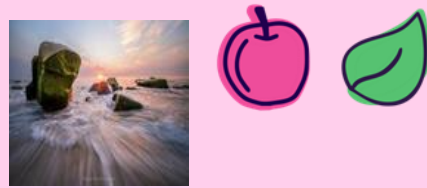
Games 8.30-9.30

Mixture of games for people to socialise, improve skills and stimulate the brain.



Mindfulness 8.30-9.30

Reduce stress and anxiety.



Drama Ensemble 8.30-2.30

Drama focuses on creativity, confidence and fun. Build social and communication skills.



Dolphins Club Time

Socialise, dance, listen to music, meet new people and have lunch



Redcliffe Leagues Club Time

Socialise, dance, listen to music, meet new people and have lunch



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What's On!

Thursday

Car wash 8.30-9.30

Join us for a fun and engaging bowling session! Whether you are a seasoned pro or a first-timer, this activity offers a fantastic opportunity to socialise, stay active, and enjoy some friendly competition.



Music & movement 8.30-9.30

A fun way to promote physical coordination and cognitive growth while being active.



Technology 8.30-9.30

All things technology, learn the basics of computers, have fun on the VR, build on the 3D printers and play with Cosmo.



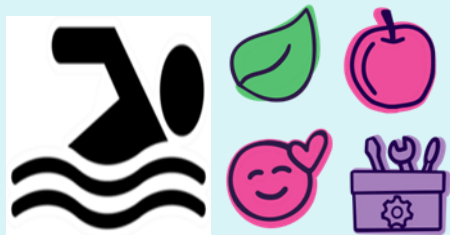
Games 8.30-9.30

Mixture of games for people to socialise, improve skills and stimulate the brain.



Swimming 10-2.30

Improve your fitness while enjoying



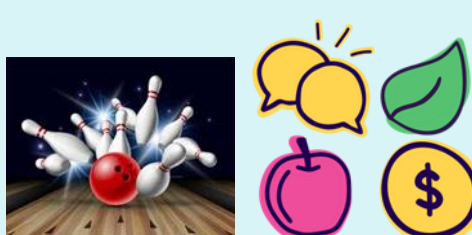
Drumming 9.30-2.30

Informal gathering of people requiring no musical experience. Relieve stress and have some fun.



Bowling 10-2.30

Come along for some fun, exercise and social connection with a little friendly competition.



Art/Craft 10-2.30

Create master pieces while improving cognitive skills and fine motor skills.



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What's On!

Friday

Sailing
8.30-2.30

Sailability provides a unique and safe environment for everyone to experience the freedom of being on the water.



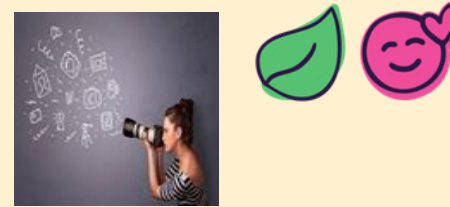
Music & movement
8.30-9.30

A fun way to promote physical coordination and cognitive growth while being active.



Photography
10- 12

Develop an artistic voice.



Art/craft
12.30-2.30

Create master pieces while improving cognitive and fine motor skills.



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