

# Cairns Learning and Lifestyle Hub Program Calendar

Program: 2026



## Operating Hours

Monday – Friday

9:00am – 3:00pm

## Contact Us

Client Support

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# Cairns Learning and Lifestyle Hub

## What's On!

## Monday

### Baking

9:00am-10:15am

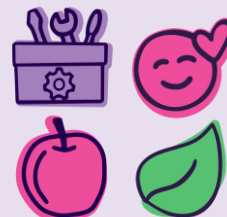
Join us for a morning of baking. Learn how to make some yummy and healthy snacks. (\$5 participation fee includes baking and cafe)



### Sustainable living home/garden

9:00am-10:15am

Join our sustainable living home and garden program where you can grow produce to use in cooking, checkout the hydroponics, watch your flowers flourish or sit back and enjoy the sensory garden.



### Morning tea

10:15am-10:45am

Take a break, relax and enjoy a delicious morning tea while developing social connections.



### Café skills

10:45am-12:00pm

Learning café skills is not just about brewing coffee; it's about the social experience. Come join us in learning how to make coffee, work on your customer service skills and work as part of a team. Let's brew up some fun together.



### Multimedia

10:45am-12:00pm

Join our multimedia program to unleash your creativity and develop new skills in video production, photo editing, 3D printing and more. Build confidence and have fun while learning.



### Lunch

12:00pm-13:00pm

Take a break, relax and enjoy a delicious lunch while developing social connections.



### Fitness

1:00pm-2:30pm

The fitness program is about helping you live your best healthiest life, from fun physical activities to practical tips on nutrition and wellness. It is designed to support you in feeling great.



### Bowling

1:00pm-2:3pm

Join us for a fun and social activity of Tenpin bowling! It's a great way to stay active, meet new people, and enjoy some friendly competition. (\$10 participation fee)



# Cairns Learning and Lifestyle Hub

## What's On!

Tuesday

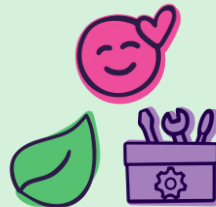
### Walking group 9:00am-10:15am

Join in for some light exercise while taking in the beautiful walking tracks around the local area and enjoying your friend's company.



### Sustainable living home/garden 9:00am-10:15am

Join our sustainable living home and garden program where you can grow produce to use in cooking, checkout the hydroponics, watch your flowers flourish or sit back and enjoy the sensory garden.



### Morning tea 10:15am-10:45am

Take a break, relax and enjoy a delicious morning tea while developing social connections



### Recycling and sustainability 10:45am-12:00

Join our recycling and sustainability program to make a difference in looking after our planet. Learn about sustainable living practices while reducing waste, saving water and more. All while having fun with your friends.



### Relaxation and meditation 10:45am-12:00pm

Relaxation and Meditation gives you a peaceful space to relax, unwind, and focus on yourself. The activities include guided sessions with breathing, body awareness and visualisation.



### Lunch 12:00pm-1:00pm

Take a break, relax and enjoy a delicious lunch while developing social connections.



### Sports/Recreation or Photography 1:00pm-2:30pm

**Sports and Recreation** is a fun activity to enjoy with friends while keeping fit.

**Photography** – Develop your creativity and skills by taking portrait and landscape pictures around your Community.



### Sailability (fortnightly) 1:00pm-2:30pm

Join the group to head out on the water for the afternoon. Either enjoy a bit of sailing or out on the pontoon boat. Then enjoy a cold beverage in the Yacht club with friends.



# Cairns Learning and Lifestyle Hub

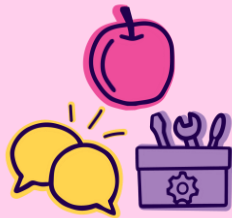
## What's On!

Wednesday

### Shopping (money handling and budgeting)

9:00am-10:15am

We head out to the local shopping centre and purchase the ingredients for our cooking program. Learning valuable life skills like money handling, finding the right produce, following a shopping list etc.



### Rugby clinic (Brothers leagues club)

9:30am-10:15am

Come join a group at the local Rugby club for some skills and drills. Meet new people and exercise while having loads of fun.



### Morning tea

10:15am-10:45am

Take a break, relax and enjoy a delicious morning tea while developing social connections.



### Cooking program

10:45am-12:00pm

Come join in the cooking program where you will learn food safety, hygiene, knife skills and more. After all the hard work we sit down and enjoy what we have cooked with our friends. (\$10 participation fee)



### What's your culture

10:45am-12:00pm

Our What's your culture program runs along side cooking. We will look at a different country each month and learn a little about that countries culture through fun activities and videos.



### Lunch

12:00pm-1:00pm

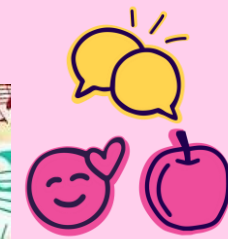
Take a break, relax and enjoy a delicious lunch while developing social connections.



### Music and dance

1:00pm-2:30pm

Get your groove on. Enjoy a variety of music. Step on the dance floor and have fun while dancing the afternoon away.



### Arts and craft

1:00pm-2:30pm

Get creative and explore your artistic side with our arts and crafts activity! Here you can enjoy painting, drawing, or making unique crafts. This session is a great way to relax, express yourself and have fun



# Cairns Learning and Lifestyle Hub

## What's On!

Thursday

### Public transport 09:15am-10:15am

Take a trip with public transport and gain skills in reading a timetable, money handling and socialising with friends and community members.



### Morning tea out in community 10:15am-10:45am

Take a break, relax and enjoy a delicious morning tea while developing social connections while out in the community.



### Public transport 10:45am-12:00pm

Continue the trip on public transport and gain skills in reading a timetable, money handling and socialising with friends.



### Lunch 12:00pm-1:00pm

Take a break, relax and enjoy a delicious lunch while developing social connections.



### Arts and crafts 1:00pm- 2:30pm

Get creative and explore the different types of painting techniques. This is a great way to relax, express yourself and have fun.



### Puzzles and boardgames 1:00pm-2:30pm

Come and enjoy time with the group playing boardgames and having fun. Some friendly competition and a great way to make new friends.



# Cairns Learning and Lifestyle Hub

## What's On!

## Friday

<p><b>Shopping (money handling and budgeting)</b> 9:00am-10:15am</p> <p>We head out to the local shopping centre and purchase the ingredients for our BBQ. Learning valuable life skills like money handling, finding the right produce, following a shopping list etc.</p>    	<p><b>Sustainable living home/garden</b> 9:00am-10:15am</p> <p>Join our sustainable living home and garden program where you can grow produce to use in cooking, checkout the hydroponics, watch your flowers flourish or sit back and enjoy the sensory garden.</p>    	<p><b>Morning tea</b> 10:15am-10:45am</p> <p>Take a break, relax and enjoy a delicious morning tea while developing social connections.</p>   	<p><b>BBQ meal preparation</b> 10:45am-11:00am</p> <p>Join in and prepare the food for our BBQ out in the community. Where you will learn food safety, hygiene, knife skills and more.</p>   
<p><b>BBQ</b> 11:30am-1:30pm</p> <p>Join us as we head out into the community and cook a BBQ at one of the many beautiful spots and tropical beaches around Cairns. (\$5 participation fee)</p>    	<p><b>Woodworking</b> 1:00pm-2:30pm</p> <p>Come join in and enjoy the art of woodwork. Nothing better than created items using your own hands. Learning new skills with a variety of hand tools.</p>   	<p><b>Free choice-wind down</b> 1:00pm-2:30pm</p> <p>This is a time to choose from many different activities. Relax and wind down from the week. It might be finishing off a project or listening to music, a colouring activity or just sitting chatting to friends.</p>    	Empty cell

# 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