

Castle Hill Learning and Lifestyle Hub Program Calendar



Program Dates: 12/10/2026 - 18/12/2026

Operating Hours

Monday – Friday

9:00am – 3:00pm

Contact Us

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Castle Hill Learning and Lifestyle Hub

12/10/2026 - 18/12/2026

What's On!

Monday

Gardening (Activity A)

09:30am – 11:00am

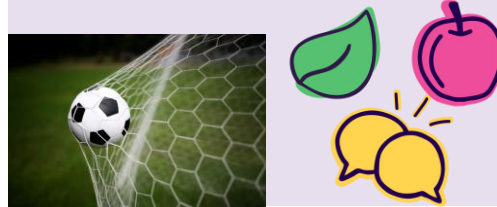
Head down to the Learning & Lifestyle garden and enjoy taking care of the plants and watching them grow throughout the season. You may even get to take some fresh L&L grown produce home!



Sports in the park (Activity B)

09:30am – 11:00am

Playing sports in the park is a healthy choices program all about helping you live your best and healthiest life by engaging in sports activities such as basketball, soccer or tennis in our local parks



Morning Tea

11:00am – 11:30am

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



Scrapbooking (Activity A)

11:30am – 1:00pm

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

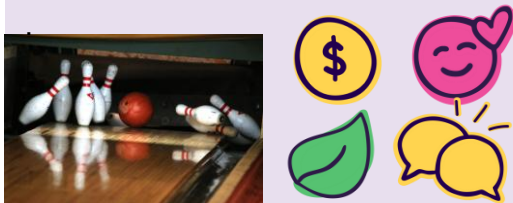


\$5

Bowling (Activity B)

11:30am – 1:00pm

Join us for a fun and social activity of bowling! It's a great way to stay active, socialise with others and enjoy some friendly competition. Whether you're a beginner or experienced, everyone is welcome to come and have some fun



Lunch

1:00pm – 1:30pm

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



Photography (Activity A)

1:30pm – 3:00pm

Get in touch with your creative side and learn all about photography, how to use a camera and get into the community and snap your best shots.



Drama (Activity B)

1:30pm – 3:00pm

Engage in an entertaining social based session that allows you to explore your creative side and try out your acting skills.



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What's On!

Tuesday

Money & Budgeting/Shopping (Activity A) 09:30am – 11:00am

In this session you will learn all about money, identifying it, how to use it and how to budget it. You will also get real life experience through shopping skills where you will be able to select items, stick to a budget, scan and pay.



Literacy & Comprehension – 'Animals of the world' (Activity B) 09:30am – 11:00am

In this fun & informative session you will be able to increase your reading and writing skills in a fun way learning about different exciting animals each week.



Morning Tea 11:00am – 11:30am

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



Healthy Choices Cooking (Activity A) 11:30am – 1:00pm

\$7

The Endeavour Foundation's cooking program is all about helping you feel confident in the kitchen, whether it's planning meals or learning to cook your favourites. Feel free not to bring lunch this day and eat what you cook!



Sewing/Knitting (Activity B) 11:30am – 1:00pm

\$5

In this session you will be able to learn to do some basic sewing and knitting and create some great little take home projects.



Lunch 1:00pm – 1:30pm

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



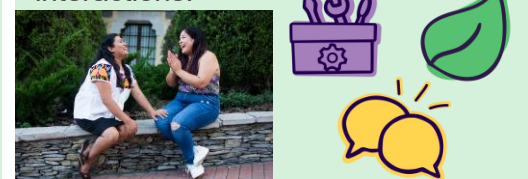
Independent Living Skills (Activity A) 1:30pm – 3:00pm

Engage in learning essential life skills, developing domestic skills and building independence for daily life. Participate in a range of practical and theory-based sessions



Relationships & Social Skills (Activity B) 1:30pm – 3:00pm

This activity is focused on building positive relationships and improving social skills through communication, teamwork and shared experiences. Participants learn to express themselves, listen to others and develop confidence in social interactions.



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What's On!

Wednesday

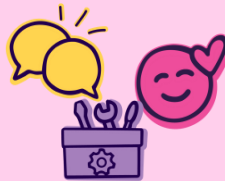
Bingo (Activity A) 09:30am – 11:00am

Learn to improve your numeracy and literacy skills by playing fun games of both number bingo and alphabet bingo with your friends at L&L.



Auslan (Activity B) 09:30am – 11:00am

Learn to use another form of communication also known as 'Sign Language' This can help you communicate your needs better if you have trouble speaking verbally or communicate with people with hearing impairments.



Morning Tea 11:00am – 11:30am

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



Bowling (Activity A) 11:30am – 1:00pm

\$7

Join us for a fun and social activity of bowling! It's a great way to stay active, socialise with others and enjoy some friendly competition. Whether you're a beginner or experienced, everyone is welcome to come and have some fun



Latte Lovers (Activity B) 11:30am – 1:00pm

\$7

Head out into the community and enjoy a drink or treat at a local café whilst you develop social connections and build independence in the community.



Lunch 1:00pm – 1:30pm

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



Yoga/Meditation (Activity A) 1:30pm – 3:00pm

This welcoming yoga and meditation class is designed for all abilities, featuring gentle movements and guided breathing. Participants can release tension, build strength and develop mindfulness in a safe and supportive environment.



BTN (Behind the news) (Activity B) 1:30pm – 3:00pm

Catch up on the current events by watching the latest episode of Behind the News each week and work on your literacy and comprehension skills through worksheets related to what you have learned.



Castle Hill Learning and Lifestyle Hub

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What's On!

Thursday

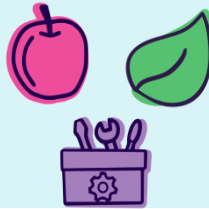
Walking group (Activity A) 09:30am – 11:00am

The walking group at Endeavour Foundation is all about helping you live your best and healthiest life by staying active and going for nice walks around the local parks in our community.



Gardening (Activity B) 09:30am – 11:00am

Head down to the Learning & Lifestyle garden and enjoy taking care of the plants and watching them grow throughout the season. You may even get to take some fresh L&L grown produce home!



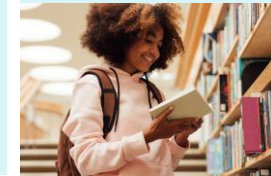
Morning Tea 11:00am – 11:30am

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



Library Visit (Activity A) 11:30am – 1:00pm

Travel to a local library and enjoy time in the community, browsing through books and developing social connections.



Arts & Craft (Activity B) 11:30am – 1:00pm

\$5

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



Lunch 1:00pm – 1:30pm

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



Games, Puzzles & Lego (Activity A) 1:30pm – 3:00pm

Have a relaxing afternoon playing some games from our huge collection, unwinding with a puzzle or building some Lego! Feel free to bring in your own Lego, puzzles, games or activities.



Music, Karaoke & Dancing (Activity B) 1:30pm – 3:00pm

Engage in a fun music session, playing instruments, dancing and singing along to your favourite songs with karaoke!



Castle Hill L&L Friday Funday!

12/10/2026 - 18/12/2026

What's On!

Friday Outings Week 1 - 8

Movies – Reading Rouse Hill
09:00am – 3:00pm
16/10/26

Activity Cost – \$18 (extra for snack bar optional)

What To Bring – Morning Tea, lunch, water bottle, companion card, concession card



Bowling/Timezone/Lazer tag
09:00am – 3:00pm
23/10/26 (Choice of any)

Activity Cost – Laser Tag \$10
Bowling \$7.50
Timezone \$20

What To Bring – Morning Tea, water bottle, lunch, concession card, companion card



Halloween Disco
09:00am – 3:00pm
30/10/26

Activity Cost – \$5 toward food and drink

What To Bring – Morning Tea, water bottle



Blacktown Sports Club Buffet
09:00am – 3:00pm
06/11/26

Activity Cost – \$27.50

What To Bring – Morning Tea, water bottle, concession card



Hawkesbury River & Ice cream
09:00am – 3:00pm
13/11/26

Activity Cost – \$10

What To Bring – Morning Tea, water bottle, hat, lunch



Beach Picnic
09:00am – 3:00pm
20/11/26

Activity Cost – \$5 toward picnic lunch

What To Bring – Morning Tea, water bottle, hat, sunscreen



Ferry to Parramatta & Cafe
09:00am – 3:00pm
27/11/26

Activity Cost – \$10 on opal card and \$10 for cafe

What To Bring – Morning Tea, water bottle, lunch, opal card



Scrapbooking & Pizza Day
09:00am – 3:00pm
04/12/26

Activity Cost – \$10

Theme – International day of disability

What To Bring – Morning Tea, water bottle



Castle Hill L&L Friday Funday!

12/10/2026 - 18/12/2026

What's On!

Friday Outings Week 9 - 10

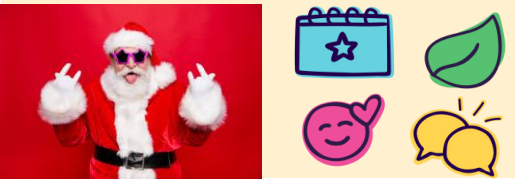
Vineyard Hotel Xmas Display
09:00am – 3:00pm
11/12/26

Activity Cost – \$25 for lunch (optional)
What To Bring – Morning Tea, water bottle



Endeavour Christmas PARTY!
08:00am – 13:00pm
18/12/26

Activity Cost – FREE
What To Bring – N/a - All food & drink will be provided.



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