

# Gladstone Learning and Lifestyle Hub



**Monday – Friday**

**8.30am – 3pm**

**Tuesday, Wednesday, Thursday**

**8.30am-6.30pm**

**Once a month Saturday Social Group**

**Contact Us for More Information**

**Client Support**

Phone: 1800 112 112

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

# Gladstone Learning and Lifestyle Hub

Program Dates: 02.01.2026 - 12.04.2026

## What's On!

### Monday

Welcome 8:30am – 8.45am	Woodwork 8:45am - 12:00pm	Morning tea 10.00am – 10.30am	About Endeavour Foundation
<p>Have a cuppa while welcoming all our friends – pick your activities for the day.</p>  <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<p>Join our workshop program and learn about WHS while you create something special to take home.</p> <p>\$2</p>  <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<p>Time to take a break and recharge ready for the next activity.</p> <p>Week 1 of Timetable head out into the community for a delicious snack.</p>  <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<p><b>At Endeavour Foundation we focus on ability and making things happen. Whether it's learning life skills, living independently, socializing and making new friends, getting job ready or exploring interests and trying new things. We work with you to make your possibilities a reality</b></p>
<p>Gym 10.30am – 12.00pm</p> <p>Time to work up a sweat and work on health and fitness.</p> <p>Work out in the Gym, learn to use the equipment safely while improving your fitness levels.</p>  <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<p>Lunch 12.00pm – 12.45pm</p> <p>Take a break, relax and enjoy a delicious lunch while developing social connections.</p> <p>Work on your daily living skills keeping your kitchen and dining space clean.</p>  <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<p>Photography 12.45pm – 3.00pm</p> <p>Learn about photography – taking photos editing photos. Use our iPads or bring own camera. Create a portfolio of work, enter local photography competitions and take part in our annual exhibition.</p>  <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<p>Gardening 1:30pm - 3:00pm</p> <p>Learn about gardening - plant care, composting, worm farming in our great outdoor space.</p>  <div style="display: flex; justify-content: space-around; align-items: center;">   </div>

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## What's On!

## Tuesday

<b>Welcome</b> 8:30am – 8.45am	<b>GPaws Collections or Recycling</b> 8.45am-10am	<b>Morning tea</b> 10.00am – 10.30am	<b>Baking Shopping / Baking</b> 8.45am-10am
Have a cuppa while welcoming all our friends – pick your activities for the day.   	Help us support our local charity GPaws to do the great work they do for our furry friends, collect and store donations for dispensing to the amazing animal foster carers. Recycle cans and bottles, use funds to buy fun things for the centre!     	Time to take a break and recharge ready for the next activity   	While learning about budgeting, kitchen safety you will bake some delicious treats to have for morning tea, take home and to be used in our café on Wednesday.  \$3      
<b>Lunch</b> 12.00pm – 12.45pm	<b>Pen Pals Program</b> 12.45pm – 2.00pm	<b>Music Appreciation</b> 2.00pm – 3.00pm	
Take a break, relax and enjoy a delicious lunch while developing social connections.  Work on your daily living skills keeping your kitchen and dining space clean.    	Make friends while maintaining literacy skills, exchange letters with participants at other Learning & Lifestyle Hubs – use the map to see how far your letters have gone!    	Play Musical Bingo while listening to tunes and learning about different artists and genres.  Feel like joining in?     	 <b>Celebrating the Power of Inclusion</b>

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## What's On!

## Wednesday

Welcome 8:30am – 8.45am	Cafe 8.45am – 11.00am	Craft 10.30am – 12.00pm	Supports Available at Endeavour Foundation
<p>Put things away and get ready for Café.</p>  	<p>Learn employability skills in our Open-Door Café – Setting up tables, money handling, barista skills, Safe work practices.</p> <p>\$2</p>  	<p>Spend time with friends working on a craft project to take home and show off.</p> <p>\$2</p>  	<ul style="list-style-type: none"><li>• Learning &amp; Lifestyle Hubs</li><li>• Supported Independent Living</li><li>• Supported Employment</li><li>• Community Access</li><li>• In home Supports</li></ul> <p>Support ratios are tailored to your needs – making possibilities a reality.</p>
<p>Lunch 12.00pm -12.45pm</p>  	<p>Bowling/Darts 1.00pm – 3.00pm</p>  	<p>Woodwork 3:30pm - 6:00pm</p>  	
<p>Take a break, relax and enjoy a delicious lunch while developing social connections.</p> <p>Work on your daily living skills keeping your kitchen and dining space clean.</p>  	<p>Head to the Central Lane Hotel to do bowling or have a game of electronic darts. Alternate weeks between Darts &amp; Bowling. Engage with friends for some friendly competition.</p> 	<p>Join our workshop program and learn about WHS while you create something special to take home.</p> <p>\$2</p>	

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## What's On!

## Thursday

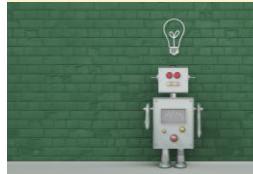
<p><b>Welcome</b> 8:30am – 8.45am</p> <p>Have a cuppa while welcoming all our friends – pick your activities for the day.</p>  	<p><b>Fitness</b> 8:45m – 9:45am</p> <p>Time to work up a sweat and work on health and fitness.</p> <ul style="list-style-type: none"> <li>• Work out in the Gym</li> <li>• Dance your heart out</li> <li>• Switch Fitness Games</li> </ul>  	<p><b>Morning tea</b> 9.45am – 10.15am</p> <p>Time to take a break and recharge ready for the next activity.</p>  	<p><b>Lunch Cooking – Cuisines of the World</b> 10:15am - 12:00pm</p> <p>Prepare and cook a meal to share eat at the Centre for lunch.</p> <p>Learn to stick to a budget, all about food &amp; kitchen safety. Explore foods from around the world.</p> <p>\$5</p>  
<p><b>Lunch</b> 12:00pm - 12:45pm</p> <p>Enjoy the delicious meal you have prepared!</p>  	<p><b>Woodwork</b> 12:45pm - 3:00pm</p> <p>Join our workshop program and learn about WHS while you create something special to take home.</p> <p>\$2</p>  	<p><b>In Centre Activities</b> 12:45pm - 3:00pm</p> <p>What do you feel like doing?</p> <ul style="list-style-type: none"> <li>• Games/Puzzles</li> <li>• Movies</li> <li>• Craft /Colouring</li> <li>• Switch Games</li> <li>• Fitness Games</li> </ul>  	<p><b>Cooking Cuisines of the World</b> 3:30pm - 6:30pm</p> <p>Make a meal to take home and share with your family/house mates or use this as an opportunity to meal prep for the week.</p> <p>Learn about food preparation and food safety.</p> <p>\$10</p>  

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## What's On!

## Friday

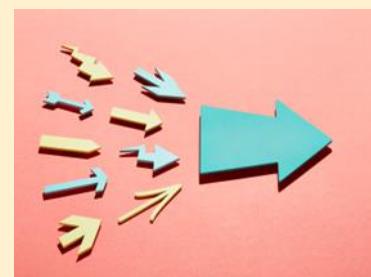
Week 1	Week 1	Week 1	Week 1
<b>Welcome</b> 8:30am – 8.45am	<b>Technology/Client Meeting</b> 8:45am - 10:00am	<b>BBQ Shopping</b> 10:00am – 11.30am	<b>BBQ Lunch</b> 11:30am - 1:30pm
Have a cuppa while welcoming all our friends – pick your activities for the day.	Learn about different aspects of technology - How to use it safely and have fun!  Have a meeting to decide on lunch options and decisions regarding the Centre.	Now that you have decided what is for lunch it is time to learn budgeting while purchasing ingredients for your BBQ lunch.  \$6	At one of the fabulous local BBQ areas, learn all about food safety while cooking up a feed to share with friends.
  	      	      	      
<b>Week 2</b> <b>Op Shopping</b> 10:00am – 11:45am	<b>Week 2</b> <b>Pub lunch</b> 11:45am – 1:30pm	<b>In Centre Activities</b> 1:30pm - 3:00pm	<b>Gardening</b> 1:30pm - 3:00pm
See who can find a bargain! Great opportunity to socialise and develop budgeting and communication skills.  Set your own budget for the outing – can you stick to it?	Head out with friends to one of our local eateries to have a meal and socialise – while building your daily living skills around money handling and social inclusion.  \$30	What do you feel like doing? <ul style="list-style-type: none"><li>• Games/Puzzles</li><li>• Movies</li><li>• Craft/Colouring</li><li>• Fitness Games</li><li>• Computer Games</li></ul>	Learn about gardening - plant care, composting, worm farming in our great outdoor space.
        	      	      	      

# Gladstone Learning and Lifestyle Hub

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## What's On!

## Saturday Once a Month Social Group

This Term	17 <sup>th</sup> January Movie & Lunch Time TBC	14 <sup>th</sup> February Bowling/Darts and Lunch Time TBC	7 <sup>th</sup> March BAM Markets & Dinner 4pm-8pm
<p><b>If you are interested in any of our services, contact our Client Support Team 1800 112 112 or <a href="mailto:clientsupport@endeavour.com.au">clientsupport@endeavour.com.au</a> to arrange a Site Tour.</b></p> 	<p>Watch a movie with friends - then go out for lunch - where to? \$19 + money for lunch</p>  	<p>Out for a few games then a feed at the Central Lane Hotel.</p>  	<p>Head down to Tannum Sands to have a look at the markets and listen to some local musicians.</p>  
<p><b>11<sup>th</sup> April Alkoomi Farm Visit 8am-3pm</b></p>	<p><b>Next Term</b></p> 	<p><b>2<sup>nd</sup> May - Boyne Tannum Hook Up/ BAM/ Lunch 11am-3pm</b></p>	<p><b>20<sup>th</sup> June Mt Larcom Show 9am-3pm</b></p>
<p>Day trip and BBQ at Alkoomi Farm. Find out how they care for all the animals</p>  	 	<p>Head down and check out the fishing competition. Grab some lunch then check out the markets at BAM.</p>	<p>Head out to Mt Larcom for the ultimate country show. Try the rides, have a look at the country crafts, check out the animals.</p>  

# 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