

# Gympie Learning and Lifestyle Hub



## Operating Hours

**Monday – Friday**  
8.00am – 4.00pm

### Contact Us for More Information

#### Client Support

Phone: 1800 112 112

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



# Gympie Learning and Lifestyle Hub

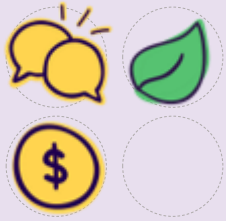
Program Dates: July – September 2026

## What's On!

## Monday

### All Abilities Golf 0900 - 1200

Golf is an inclusive game by design for all ages and abilities, including people with physical, sensory, or intellectual disabilities. It also includes social engagement and enhances skill and coordination.

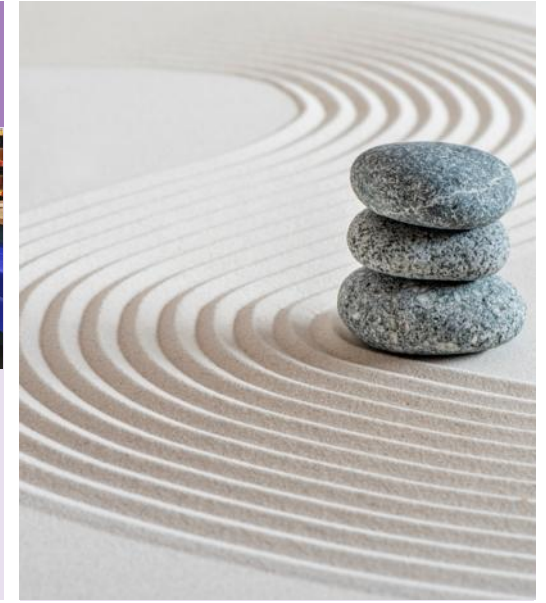
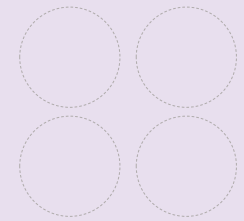


### Bunnings DIY 0900-1200

Art & crafts morning at Bunnings and enjoy a coffee while making beautiful creations

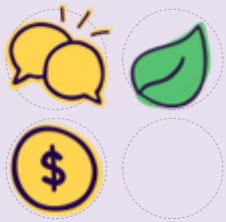


0900-1200



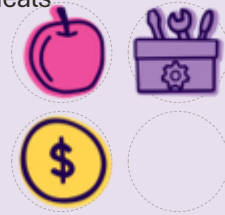
### All Abilities Golf 1230 - 1500

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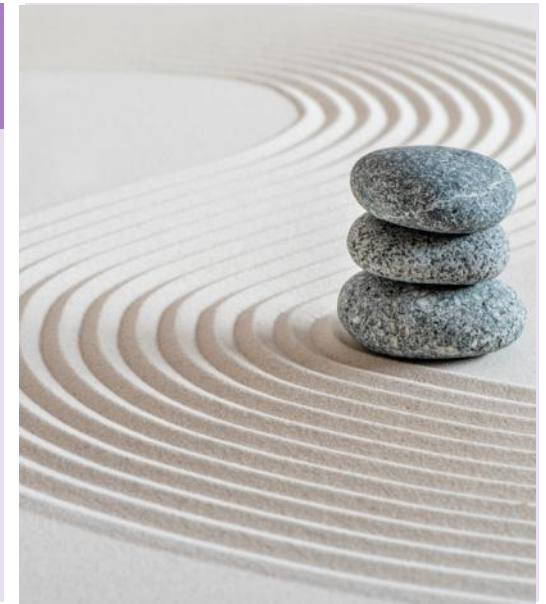
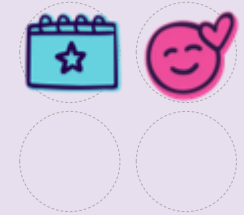
### Cooking 101 1230-1500

Clients participate in a range of practical activities like using tools and kitchen equipment, preparing shopping lists, money handling when paying and demonstrating safe and hygienic practices to understand and prepare simple, yet healthy meals



### Events Committee 1230-1500

Committee is made of staff and clients who meet to discuss programs and activities throughout the year that we can plan for.



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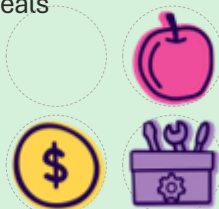
## What's On!

## Tuesday

### International Cooking

0900-1200

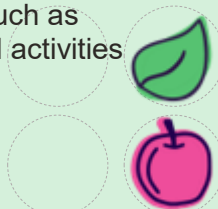
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### Lifeskills

0900-1200

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



### Ladies Social Club

0900-1200

Ladies' social clubs offer benefits like building genuine connections, fostering a supportive community for mental well-being, networking, personal growth through workshops and activities, and providing a safe, fun space to escape daily pressures, leading to enhanced **social, intellectual, and creative fulfillment.**



### Gardening

0900-1200

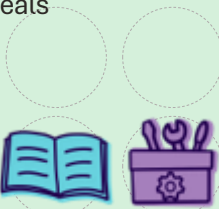
Gardening offers significant benefits for physical and mental health, including stress reduction, improved mood, and increased physical activity, while also promoting healthier eating habits and fostering social connections through a shared love of nature, leading to better overall wellbeing, stronger bodies, and a deeper sense of accomplishment. It combines gentle exercise with vitamin D exposure, boosting mood, strength, and bone health, while providing healthy food and a chance to connect with others



### International Cooking + Recipe Book

1230-1500

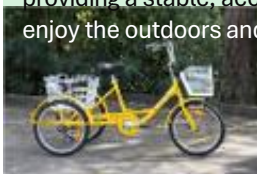
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### Trike Riding

1230-1500

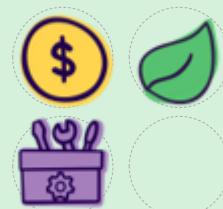
Trike riding offers significant benefits for people with disabilities, boosting **physical health** (strength, balance, coordination, cardiovascular fitness), **mental well-being** (reduced stress, increased confidence, sense of achievement, fun), and **independence**, allowing for social inclusion and community engagement by providing a stable, accessible way to enjoy the outdoors and exercise



### Bingo

1230-1500

Playing bingo offers numerous benefits for individuals with disabilities, including enhanced cognitive functions, improved social interaction, better mood, and maintenance of motor skills



### Tech Time inc. VR

1230-1500

Technology offers immense benefits for people with disabilities by boosting **independence, inclusion, and quality of life** through tools that improve communication (AAC devices, text-to-speech), mobility, daily living, learning (audiobooks, educational apps), and employment access (screen readers, voice recognition)



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## What's On!

## Wednesday

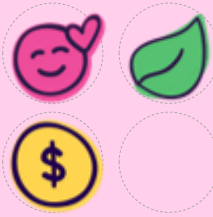
### Fun Fitness 0900-1200

Fitness, with a bit of fun! Using our on-site gym, clients can move more, tone muscles, build strength and endurance.



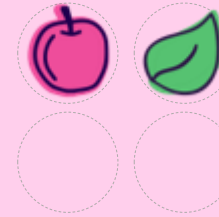
### Men's Social Club 0900-1200

Social get together weekly in the community, doing a different activity, then enjoying game of pool and lunch at a local establishment



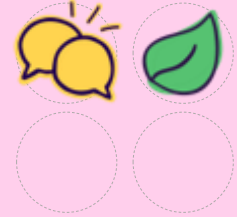
### Community walk and Puzzle Mania 0900-1200

A morning walk in the community, coffee and then back to the L&L hub for puzzle time.



### Bunnings DIY – Once a Month 0900-1200

Fourth Wednesday of each month, Bunnings puts on a DIY session just for our wonderful clients to attend and create DIY projects



### Repair Shack 1230-1500

Turn metal into Art! Bike repairs and metal art/ garden ornaments



### Men's Social Club 1230-1500

Social lunch and games of pool at a local establishment



### Baking 1230-1500

Clients participate in a range of practical activities like using tools and kitchen equipment, preparing shopping lists, money handling when paying and demonstrating safe and hygienic practices to understand and prepare simple, yet healthy meals



# Gympie Learning and Lifestyle Hub

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## What's On!

## Thursday

### Honey Bee Creative

0900-1200

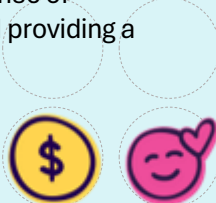
Creative participation through organizations like **Honeybee Creative** offers significant benefits for people with disabilities, focusing on emotional well-being, social skills, and creative expression. These programs, often supported by NDIS funding in Australia, aim to enhance overall quality of life and provide opportunities for community engagement.



### Scrapbook Club

0900-1200

Sewing offers significant benefits for people with disabilities, boosting fine motor skills, hand-eye coordination, cognitive function, and independence, while also reducing stress and anxiety through repetitive motions, improving self-esteem with a sense of accomplishment, and providing a creative outlet



### Woodworking Basics

0900-1200

Learn basic safety, operate hand and power tools to develop and create wood pieces.



### Meals on Wheels

0900-1200

Meals on Wheels participation provides people with disabilities a wide range of benefits beyond just food, encompassing **improved nutrition, enhanced independence, and crucial social connection**



### Ten Pin Bowling

1230-1500

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### Gardening Skills

1230-1500

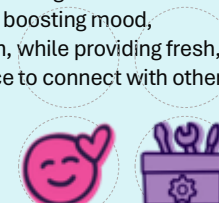
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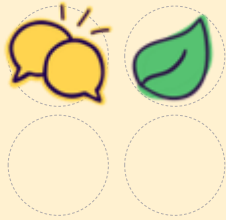
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## What's On!

Friday

### Mystery Tour 0900-1200

Out and About on a Mystery tour each Friday to a different location, exploring the local community. Clients choose where to go each week, deciding on picnics, swimming or national parks.



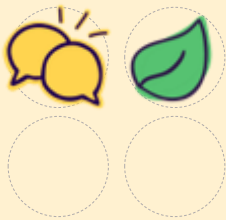
### Social BBQ & Games 0900-1200

Social BBQ at the hub 4<sup>th</sup> Friday of each month – we invite peers, friends and family, and members of the community to get together, enjoy good food and good company



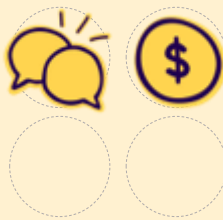
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# Learning and Life Skills Icons and Definitions



**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