

# Ipswich Learning and Lifestyle Hub Program Calendar

Program Dates: April - July 2026



## Operating Hours

Monday – Friday

8:00am – 2:30pm

## Contact Us

Client Support

Phone: 1800 122 122

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



# Ipswich Learning and Lifestyle Hub

April – July 2026

## What's On!

## Monday

### Community Explorers Train travel

Explore our local community whilst gaining confidence and independence on public transport.

Go card/\$2 for transport

Morning tea and lunch or money to purchase.



### Bremer River Club

Connect and build friendships whilst enjoying a number of fun and accessible activities.

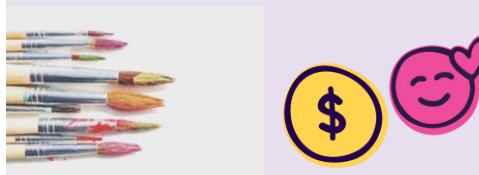
**\$16**



### Paint by numbers

Unleash your creativity with our relaxing Paint by numbers activity.

**\$10 to purchase project**



### Active Buddies

Build on fitness and friendships through movement base sessions and walks in the local community. .



### Op Shopping

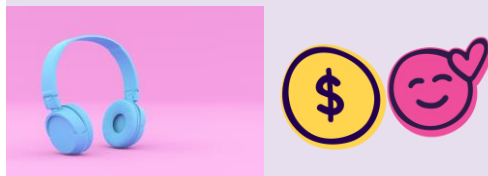
Enjoy getting out into the community through up shopping turning each trip into a fun and social outing. From browsing hidden treasures and bargain hunting up shopping offers a relaxed way to build independence decision making skills and connection.



### Music with Trevor

Sing, play instruments or simply listen and move to the beat with Trevor's inclusive music group

**\$10**



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## What's On!

Tuesday

### Social Group- Leichardt Community Center

Come and build on your social skills with the lovely team at like our community centre offering a range of activities including cooking an arts and crafts



### Bowling

Enjoy a friendly game of bowling while staying active, building on coordination and connecting with others.

**\$10 and Companion Card**



### Cooking

Our cooking group is a hands on, fun way to learn kitchen skills whilst making delicious, healthy meals together.

**\$10 Plus container for leftovers!**



### Baking

Plan, prepare and create baked goods to share with the centre



### Pen pals

Keeping connected with others across QLD whilst practising our literacy and communication skills. Throwing in some creative ideas as we design our own letters and cards.

**\$5 one off payment for materials.**



### Chair yoga

This guided session includes simple movements, stretches and breathing exercises to support physical and mental well being.



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## What's On!

## Wednesday

### Sewing

A fun, creative space to learn and practise sewing skills at your own pace. Enjoy making simple projects like cushions, bags, dream catchers and more.

**\$5 Material donations welcomed!**



### Bowling

Enjoy a friendly game of bowling while staying active, building on coordination and connecting with others.

**\$10 plus companion card**



### Get active

A fun movement based group designed to keep you moving, healthy and energised



### Men's group

Escape rooms, laser tag, shopping come have fun!



### Uno challenge

Let's come together through fun, connection, and friendly competition. Whether it's stacking cards, calling Uno at just the right moment, or sharing a laugh over a wild card, it's a great way to socialise, build skills, and relax together!



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## What's On!

## Thursday

### Our Kitchen Rules

Our cooking group is a hands-on, fun way to learn kitchen skills whilst making delicious, healthy meals together.

**\$10 plus container for leftovers.**



### Great southeast

Get out and explore what our local community has to offer. Parks, museums, cafes, and local events.

**Morning tea and lunch or money to purchase**



### Brothers leagues club lunch and dancing

Enjoy a delicious lunch followed by live music and dancing. Sit back and enjoy the music or show off your best moves on the dance floor

**\$20**



### Bingo @ Leichardt

Enjoy some friendly competition and be in the running to win a prize at bingo.

**\$10**



### Recycled art

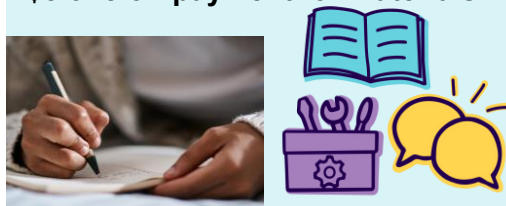
Design, build and create your own art pieces using materials like wood cardboard paint and recycled items



### Pen pals

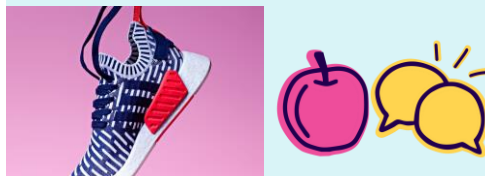
Keeping connected with other Ellen else across QLD whilst practising our literacy and communication skills. Throwing in some creative ideas as we design our own letters and cards.

**\$5 one off payment for materials.**



### Zumba

An upbeat dance-based fitness session to improve fitness and energize.



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## What's On!

Friday

### Train Travel

Explore our local community whilst gaining confidence and independence on public transport.

Go Card/\$2 for transport

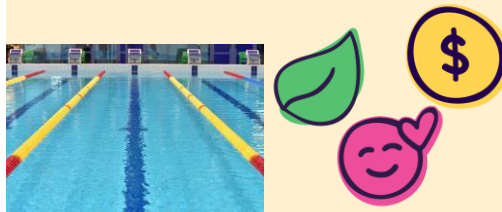
Morning tea and lunch or money to purchase.



### Swimming and BBQ

Cool off in the pool with friends. Swim, splash or relax in a fun, safe environment followed by a BBQ lunch.

\$10



### Art and crafts project

Design, build and create your own art pieces using materials like wood, cardboard, paint and recycled items



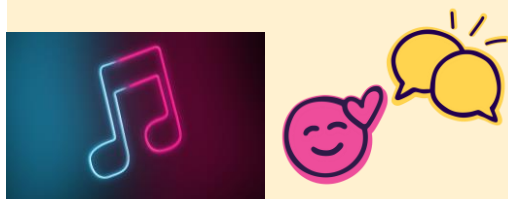
### Movie

The L&L offers a comfy, relaxing space to hang out with friends and enjoy popular movies, classics or new releases- it's a great way to unwind.



### Music

End off the week with music. Listen, play, sing or dance it's up to you. But be sure to have fun!



# 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.



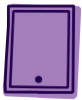
Utilising local connections and support, **Social Engagement** supports people to attend and interact with local people, areas and events. It also means that those interactions can also occur at a local Endeavour site.



**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