

# Kearney Springs Learning and Lifestyle Hub



## Operating Hours

Monday – Friday  
9:00am – 3:30pm

**Contact Us for More Information**

**Client Support**

Phone: 1800 112 112

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

**NDVR**  
Endeavour  
Foundation

# Kearney Springs Learning and Lifestyle Hub

Program Dates: 05/01/2026- 27/03/2026

## Monday

<b>COMAC Cruisers</b> 10:30am - 2:30pm
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An exciting day out where you get to choose a destination and activity, but the bus route will always be:

**BUS 906 -10.46am**

**Activity Fee: \$10.00**



<b>Dancing with Dom</b> 10:00am - 12:00pm
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Stay active, healthy, and full of energy with this fun activity! Cardio and dance can boost your coordination, build stamina, and help reduce tiredness.

**Activity Fee: \$9.00**



<b>Gourmet Gang</b> 10:00am - 12:00pm
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Cooking sessions at the L&L Hub are a great way to learn new skills and explore delicious food. Each month we have a new menu – keep an eye out for your email.

**Activity Fee: \$5.00**



<b>Mad Hatters Club</b> 1:00pm - 2:30pm
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Get ready for wacky experiments, crazy discoveries, and loads of hands-on fun! The Mad Hatters Science Group is all about exploring, creating, and having a blast with science.

**Activity Fee: \$5.00**



<b>Life Skills Lab</b> 1:00pm - 2:30pm
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A practical, supportive group focused on building everyday independence through budgeting, shopping, life planning, and daily living skills.

**Activity Fee: \$5.00**



<b>Creative Minds Club</b> 1:00pm - 2:30pm
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Get creative and have a blast! Join our Art Group to paint, draw, make cool crafts, and let your imagination run wild with friends. Every session is colourful, relaxed, and full of fun!

**Activity Fee: may apply**



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## What's On!

## Tuesday

### Big Screen Buddies

10:00am - 12:00pm

\*subject to change depending on the movie

Grab your popcorn, kick back, and let the big screen adventures begin! Join your friends at the cinema for laughs, thrills, and pure movie magic.

**Activity Fee: \$12.00**



### EFI Morning Connect

10:00am – 12:00pm

Tea, treats, and friendly conversation to brighten the morning and enjoy time together.

**Activity Fee: \$5.00**



### Sweat & Smile Club

10:00am - 12:00pm

Get moving at FIT LAB! Join us for light weightlifting and a bit of cardio on the bikes — a great way to stay active, have fun, and feel energized!

**Activity Fee: \$5.00**



### The Rolling Pins

1:00pm - 2:30pm

Get ready to roll, laugh, and strike! Join our Ten Pin Bowling group for fun, friendly competition, and a chance to meet new friends — gutter balls are optional, good times are guaranteed!

**Activity Fee: \$10.00**



### Paws & Friends

1:00pm - 2:30pm

\*This activity is capped at 6 people

Get ready for tail wags, furry cuddles, and lots of smiles! Our dog program is all about connecting with lovable pups, making new friends, and enjoying the joy and companionship that only dogs can bring.



### Green Thumbs Club

1:00pm - 2:30pm

Dig in and get your hands (and minds) busy! In this group, you'll learn how to grow, nurture, and care for vegetables and plants, with a mix of hands-on fun, easy-to-follow theory, and inspiring videos to guide you along the way.

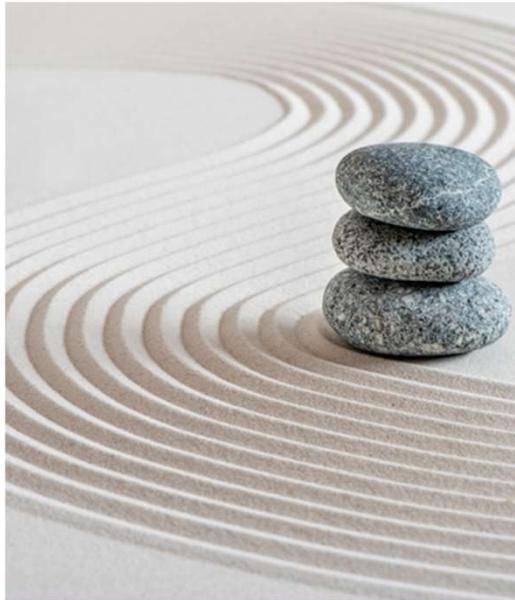


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## What's On!

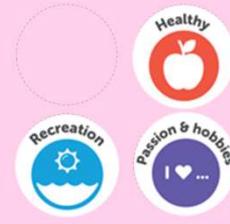
## Wednesday



### Wander & Discover

10:00am - 12:00pm

A welcoming group that brings people together to enjoy activities, explore the community, and stay active in a fun, supportive way.



### The Game Changers

1:00pm - 2:30pm

Get ready for an afternoon of, laughter, and friendly competition! Join in on exciting games that boost your brain, build teamwork, and keep everyone smiling from start to finish – we will be going to a new local pub each week.

**Activity Fee: \$5.00**



### Walk & Roll Crew

1:00pm - 2:30pm

A fun and inclusive group getting out and about at everyone's own pace. Whether you walk or roll, don't forget your water bottle, hat, and sun-smart clothing so we can move safely and enjoy the fresh air together!



### The Bake Bosses

10:00am - 2:30pm

Get ready to whisk, bake, and have fun! Our fortnightly baking group is all about creating delicious treats, learning new skills, and sharing laughs with friends. Plus, every bake helps support fundraising for the L&L!



### The Rolling Pins

10:00pm - 12:00pm

Get ready to roll, laugh, and strike! Join our Ten Pin Bowling group for fun, friendly competition, and a chance to meet new friends — gutter balls are optional, good times are guaranteed!



### Creative Minds Club

1:00pm - 2:30pm

Get creative and have a blast! Join our Art Group to paint, draw, make cool crafts, and let your imagination run wild with friends. Every session is colourful, relaxed, and full of fun!

**Activity Fee: may apply**



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## What's On!

## Thursday

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An exciting day out where you get to choose a destination and activity, but the bus route will always be:

**BUS 906 -10.46am**  
**Activity Fee: \$10.00**



### Ray's Melody Crew 10:00am - 12:00pm

Every week, get ready to rock out like a superstar and dance like nobody's watching! Join Ray for an amazing open mic session, where everyone gets a chance to sing, laugh, and shine together.

**Activity Fee: \$5.00**



### The Baking Boss Sale 10:00am - 2:30pm

Every fortnight, our Baking Bosses are back with a bake sale—don't miss your chance to grab a tasty sweet treat!



### Tech Explorers 1:00pm - 2:30pm

Learn the basics, boost your skills, and connect with friendly, like-minded people — all in a fun, relaxed environment.



### All Abilities Yoga 1:00pm - 2:30pm

Dan will be leading an adaptive yoga and meditation group celebrating all abilities, encouraging movement, calmness, and confidence at your own pace.



### Life Skills Lab 1:00pm - 2:30pm

A practical, supportive group focused on building everyday independence through budgeting, shopping, life planning, and daily living skills.

**Activity Fee: \$5.00**



environment.

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## What's On!



### Splash Squad

1:00pm - 2:30pm

\*Price Increase as per communication

Relax, splash, and enjoy! With friendly staff on hand to help in and out of the pool, you can feel safe while making a splash and having fun in the water.

Don't forget to bring your swimmers!

**Activity Fee: \$7.00**



### Art Harlaxton

10:00am - 12:00pm

Join NDVR for a fun-filled Arts & Crafts morning at Harlaxton Community Centre!

**Activity Fee: \$2.00**



## Friday

### Gourmet Gang

10:00am - 12:00pm

Cooking sessions at the L&L Hub are a great way to learn new skills and explore delicious food.

Each month we have a new menu – keep an eye out for your email.

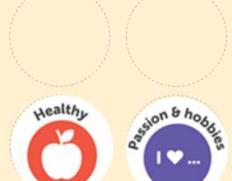
**Activity Fee: \$5.00**



### Nature Safari

10:00am - 12:00pm

What an exciting day awaits! Explore natural spots, discover fascinating small animals and insects, and choose your own adventures along the way. Learn, explore, and have fun as you connect with nature and all its little wonders!



### The Karaoke Crashers

1:00pm - 2:30pm

Our Karaoke Group is all about fun, confidence, and having a go! This is a safe and supportive space where everyone—regardless of ability—can grab the mic, sing their heart out, and enjoy the music.



### Creative Minds Winddown

1:00pm - 2:30pm

Bring along your arts and crafts from home, enjoy a cuppa and a bic, and share plenty of laughs with friends. Creative Minds Winddown is the perfect Friday afternoon extension of our Art Program — relaxed, social, and full of creativity!



# 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