

# Labrador Learning and Lifestyle Hub Program Calendar



Program Dates: 4 May 2026 - 31 May 2026

## Operating Hours

Monday – Friday

8.00am – 3pm

(we offer additional support hours upon request)

## Contact Us

Labrador L&L












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# Labrador Learning and Lifestyle Hub

Week 1: 4 May 2026 – 8 May 2026

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Morning</b> 8am – 12pm</p>	<p><b>Closed for Labour Day Public Holiday</b></p>	<p><b>Cycling/walking</b> Gold Coin donation</p> 	<p><b>International cooking</b> \$5</p> 	<p><b>Indoor swimming</b> \$5.70</p> 	<p><b>Crossroads</b> \$35 entry \$15 cash for food</p> 
<p><b>Afternoon</b> 1pm – 3pm</p>		<p><b>Lunch Break (12pm – 1pm)</b></p>	<p><b>Recycling</b></p> 	<p><b>Bingo</b> \$3</p> 	<p><b>Self-care practice</b></p> 
		<p><b>Car cleaning</b> 313 BH5</p> 	<p><b>Relationship building</b></p> 	<p><b>Lego building</b></p> 	<p><b>Basketball</b></p> 





















# Labrador Learning and Lifestyle Hub

Week 2: 11 May 2026 – 15 May 2026

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Morning</b> 8am – 12pm</p>	<p><b>Op shopping</b> \$5- \$15 recommended </p> <p><b>Thrive club</b> NDIS goals </p>	<p><b>Dancing/ walking club</b> Dancing \$8 </p> <p><b>Photography</b> Bring a camera if you have one </p>	<p><b>Animal encounters</b> </p> <p><b>Gym</b> Membership \$5 pw / \$20 casual </p>	<p><b>Indoor swimming</b> \$5.70 </p> <p><b>High tea</b> \$5 </p>	<p><b>Blues on Broadbeach 15<sup>th</sup> May</b> Bring a picnic lunch or buy lunch  </p>
<p><b>Lunch Break (12pm – 1pm)</b></p>					
<p><b>Afternoon</b> 1pm – 3pm</p>	<p><b>Basketball</b> </p> <p><b>Mindful colouring</b> </p>	<p><b>Car cleaning</b> 028 AZ6 </p> <p><b>Mental health conversation</b> </p>	<p><b>Bingo</b> \$3 </p> <p><b>Technology</b> </p>	<p><b>Resume writing</b> </p> <p><b>Lego building</b> </p>	<p><b>Centre reset</b> Get ready for social night </p> <p><b>Social night</b> 2:30-7:30pm </p>





















# Labrador Learning and Lifestyle Hub

Week 3: 18 May 2026 – 22 May 2026

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Morning</b> 8am – 12pm</p>	<p><b>Bowling</b> \$7</p>  <p><b>Thrive club</b> NDIS goals</p> 	<p><b>Cycling/walking</b> Gold Coin donation</p>  <p><b>Photography</b> Bring a camera if you have one</p> 	<p><b>International cooking</b> \$5</p>  <p><b>Gym</b> Membership \$5 pw / \$20 casual</p> 	<p><b>Indoor swimming</b> \$5.70</p>  <p><b>High Tea</b> \$5</p> 	<p><b>Jet Boating</b> \$80 pp</p>  <p><b>Explore Q1</b> \$20 entry + drink</p> 
<p><b>Lunch Break (12pm – 1pm)</b></p>					
<p><b>Afternoon</b> 1pm – 3pm</p>	<p><b>Technology</b></p>  <p><b>Foundational skills</b></p> 	<p><b>Car cleaning</b> 588 YPY</p>  <p><b>Basketball</b></p> 	<p><b>Bingo</b> \$3</p>  <p><b>Self-care practice</b></p> 	<p><b>Resume writing</b></p>  <p><b>Lego building</b></p> 	<p><b>Mindful colouring</b></p>  <p><b>Centre tidy up</b></p> 

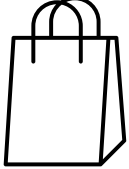

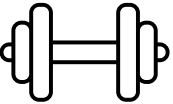





# Labrador Learning and Lifestyle Hub

Week 4: 25 May 2026 – 29 May 2026

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Morning</b> 8am – 12pm</p>	<p><b>Op shopping</b> \$5- \$15 recommended </p> <p><b>Thrive club</b> NDIS goals </p>	<p><b>Dancing/ walking club</b> Dancing \$8 </p> <p><b>Photography</b> Bring a camera if you have one </p>	<p><b>Animal encounters</b> </p> <p><b>Gym</b> Membership \$5 pw / \$20 casual </p>	<p><b>Indoor swimming</b> \$5.70 </p> <p><b>High tea</b> \$5 </p>	<p><b>Theme parks</b> \$60 casual/ yearly pass </p> <p><b>Explore GC</b> Pack a picnic lunch or buy </p>
<p><b>Lunch Break (12pm – 1pm)</b></p>					
<p><b>Afternoon</b> 1pm – 3pm</p>	<p><b>Basketball</b> </p> <p><b>Mindful colouring</b> </p>	<p><b>Car cleaning</b> 860 IB8 </p> <p><b>Mental health conversation</b> </p>	<p><b>Bingo</b> \$3 </p> <p><b>Technology</b> </p>	<p><b>Resume writing</b> </p> <p><b>Lego building</b> </p>	<p><b>Centre reset</b> Get ready for social night </p> <p><b>Social night</b> 2:30-7:30pm </p>



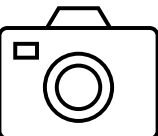





# Labrador Learning and Lifestyle Hub

## Activity Descriptions

Activity	Description	Related Skills	Cost
<p>Op shopping</p> 	<p>Our op-shopping program visits local thrift stores to browse and buy second-hand items, promoting sustainability while discovering unique finds.</p>		<p>\$5-15 recommended.</p>
<p>Gym</p> 	<p>Our gym program involves regular visits to Planet Fitness Australia Fair, where participants build fitness, confidence, and healthy routines in a supportive environment.</p>		<p>\$5 per week for a membership or \$20 for a casual visit.</p>
<p>Cycling</p> 	<p>Our cycling program involves visiting Cycling Without Age Gold Coast, where participants enjoy relaxed rides in a carriage, taking in the outdoors and connecting with the community.</p>		<p>Gold coin donation.</p>
<p>Thrive club</p> 	<p>Our Thrive Club program supports participants in working towards their NDIS goals through tailored activities that build independence, skills, and confidence.</p>		<p>No cost for this program.</p>




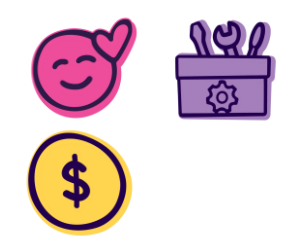




# Labrador Learning and Lifestyle Hub

## Activity Descriptions

Activity	Description	Related Skills	Cost
<p>Dancing</p> 	<p>We attend Zumba at the Broadwater from 11-12pm. The class is taken by instructors.</p>		<p>\$8 per person.</p>
<p>Photography</p> 	<p>We head out to different locations to take photos of nature and landscapes.</p>		<p>No cost for this program.</p>
<p>Walking</p> 	<p>We have a walking club; this is to promote healthy exercise and getting outdoors walking in new areas.</p>		<p>No cost for this program.</p>
<p>Indoor swimming</p> 	<p>We go to public pools to swim; This promotes healthy exercise and social engagement.</p>		<p>\$5.70 entry.</p>

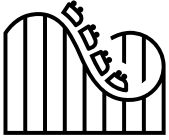


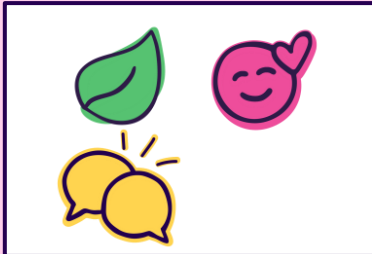


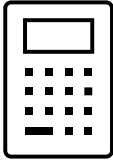

# Labrador Learning and Lifestyle Hub

## Activity Descriptions

Activity	Description	Related Skills	Cost
<p>Animal Encounters</p> 	<p>We attend different locations to interact with all kinds of animals. Farms, gardens, reserves etc.</p>		<p>No cost for this program.</p>
<p>International cooking</p> 	<p>We choose a different country to inspire the days cooking. Please bring a container if you would like to take food home.</p>		<p>\$5 to eat food/ take home.</p>
<p>High tea</p> 	<p>This is a café and dining experience. Customers bake a treat of choice and make themselves a drink, customers will also practice money handling on our till.</p>		<p>\$5 includes a drink and treat.</p>
<p>Technology</p> 	<p>This program includes everything tech. Ipads, computers, 3D printer, interactive boards and our Wii.</p>		<p>No cost for this program.</p>

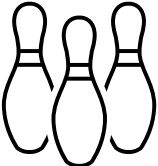






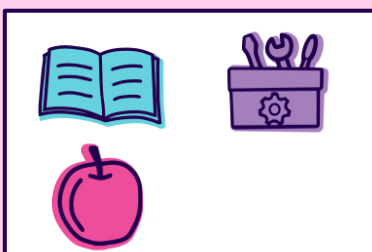
# Labrador Learning and Lifestyle Hub

## Activity Descriptions

Activity	Description	Related Skills	Cost
<p>Theme parks</p> 	<p>We visit Village road Show group theme parks for a day out in the community promoting physical activity and social interaction.</p>		<p>Casual entry \$60, or an annual pass to be purchased externally.</p>
<p>Explore GC</p> 	<p>This involves visiting different locations around the GC, promoting community engagement, exploration and social engagement.</p>		<p>Purchasing lunch or a drink out is optional.</p>
<p>Social night</p> 	<p>Social night occurs once a fortnight on Friday nights, involving group outings that encourage social interaction, connection, and shared enjoyment in the community.</p>		<p>Cost changes depending on activity.</p>
<p>Foundational skills</p> 	<p>This program focuses on building everyday life skills, supporting independence, confidence, and personal development.</p>		<p>No cost for this program.</p>

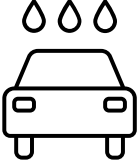

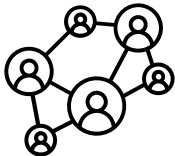

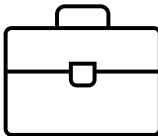


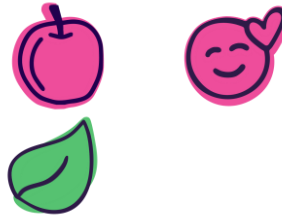
# Labrador Learning and Lifestyle Hub

## Activity Descriptions

Activity	Description	Related Skills	Cost
<p><b>Bowling</b></p> 	<p>Bowling is a fun, social activity where participants visit a bowling venue to build coordination, teamwork, and community engagement.</p>		<p>\$8 cost.</p>
<p><b>Crossroads</b></p> 	<p>Crossroads is held at a church and focuses on community connection, support, and personal growth through group activities, discussion and music.</p>		<p>Entry \$35 (can be invoiced through NDIS) Food \$15 cash.</p>
<p><b>Recycling</b></p> 	<p>This involves recycling bottles and cans we collect and take to a recycling centre. The funds raised are used towards the end of year Christmas party.</p>		<p>No cost. Money raised goes towards Christmas party at the end of the year.</p>
<p><b>Selfcare practice</b></p> 	<p>This focuses on developing personal wellbeing skills such as hygiene, healthy routines, and emotional regulation to support independence and confidence.</p>		<p>No cost.</p>

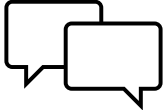
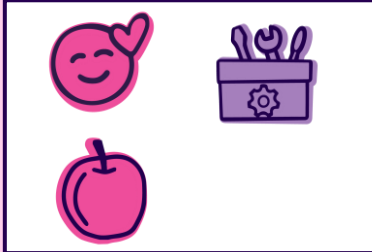
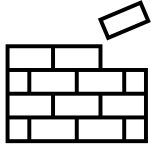

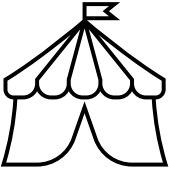





# Labrador Learning and Lifestyle Hub

## Activity Descriptions

Activity	Description	Related Skills	Cost
<p>Car cleaning</p> 	<p>We maintain and clean the vehicles used to access the community, helping build responsibility, teamwork, and care for shared resources.</p>		<p>No cost.</p>
<p>Relationship building</p> 	<p>This focuses on developing positive communication, trust, and social skills to strengthen connections with peers and the community.</p>		<p>No cost.</p>
<p>Resume writing</p> 	<p>This supports participants to create and improve their resumes, building skills for employment readiness and future job opportunities.</p>		<p>No cost.</p>
<p>Basketball</p> 	<p>This program aims to promote teamwork, fitness, coordination and social interaction.</p>		<p>No cost.</p>

# Labrador Learning and Lifestyle Hub

## Activity Descriptions

Activity	Description	Related Skills	Cost
<p data-bbox="219 352 405 432">Mental health conversation</p> 	<p data-bbox="701 331 994 580">This focuses on supporting emotional wellbeing, building coping strategies, and promoting positive mental health through group discussions and activities.</p>		<p data-bbox="1865 443 1984 469">No cost.</p>
<p data-bbox="215 655 405 681">Lego building</p> 	<p data-bbox="689 644 1010 874">This program encourages creativity, problem-solving, and teamwork through structured and free building activities using Lego.</p>		<p data-bbox="1865 746 1984 772">No cost.</p>
<p data-bbox="210 959 409 984">Special events</p> 	<p data-bbox="689 963 1010 1161">Special events are seasonal activities promoting social connection, inclusion and enjoyment through shared experiences.</p>		<p data-bbox="1765 1007 2085 1070">Cost differs depending on the event.</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