

Mackay Learning and Lifestyle Hub Program Calendar



Program Dates: 21.09.26 – 24.12.26

Operating Hours

Monday – Friday
9.00am - 3.00pm

Contact Us

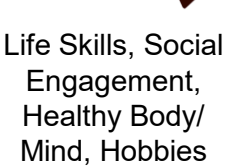
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Mackay Learning and Lifestyle Hub

21.09.26 – 24.12.26

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 9.00am - 12.00pm	Community Connections 	School Initiative Building Skills, Confidence and Independence 	Cooking Basics 	School Initiative Building Skills, Confidence and Independence 	Bingo Surprise! 
	Oasis Lounge 	Life Skills, Social Engagement, Healthy Body/ Mind, Hobbies 	Oasis Lounge 	Life Skills, Social Engagement, Healthy Body/ Mind, Hobbies 	Bingo Surprise! 
Lunch Break (12.00pm – 12.30pm)					
Afternoon 12.30pm - 3.00pm	Art Exploration 	Thrive Learning The Thrive modules support activities relating to life skills development 	Paper Craft Scrap Booking Quilling Origami Paper Planes 	Thrive Learning The Thrive modules support activities relating to life skills development 	Music & Rythm 
	Sweet Treats 		Music & Rythm 		Music & Rythm 

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Activity Descriptions

Activity	Description	Related Skills	Cost
Community Connections 	Ten Pin Bowling Mini Golf Morning Teas Blacks Beach Basketball	Social & Communication Independence Capacity Building Activities Navigating Community Environments	\$10
Oasis L&L 	Social Interaction for older participants (40+ years) Cooking Games Music Art & Craft	Social & Communication Independence Capacity Building Activities	\$5
School Initiative 	The School Initiative is designed for years 10 to 12 Neurodivergent students. To build skills, confidence and independence	Life Skills, Foundation Skills, Social Engagement, Healthy Body & Mind, Recreational Activities, Employment Support & Hobbies	Free
Rhythm & Music 	Meet up with friends and have an afternoon of dancing or just enjoying the music. Maybe even a little bit of karaoke	Communication & Language Emotional Regulation Motor Skills & Mobility Cognition & Attention Social Connection	Free

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Activity Descriptions

Activity	Description	Related Skills	Cost
Garden Club 	Herb Garden Bird Feeder Propagate Cuttings Pot Paintings Tea Cup Creations	Executive Functioning & Planning Physical & Motor Control Routine & Emotional Regulation	Free
Sweet Treats 	Slices Cakes Pies Confectionery	Fine Motor Control & Coordination Executive Functioning Independent Living	\$5
Art Exploration 	Freestyle Drawing Beading Chinese Brush Painting Macrame	Fine Motor Control & Coordination Cognitive & Executive Function Social & Communication Capacity Building	\$5
Bingo Surprise! 	Have fun, laugh and win prizes. 1st session (9.30am-10.30am). BYO morning tea (10.30am-11.00am). 2nd session (11.00am – 12.00pm)	Social & Communication Emotional Regulation & Well Being Cognitive & Educational Motor & Functional	\$10

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