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		Mon, 5 January	Tue, 6 January	Wed, 7 January	Thu, 8 January	Fri, 9 January
8:00 - 9:30		Morning Meeting; Morning Tea				
Wk 1 Morning Session 9:30am - 12pm	Social Morning Catch up and Service User Meeting   Join us for an open discussion where you can talk about what could be improved. Your input helps tp shape our activites and create a centre that reflects your goals and needs.	Op Shopping Spending Money optional   Participants visit different op shops to build confidence with budgeting, identifying value, and making independent choices, while enjoying a community outing.	Travel Training Go Card & \$5- \$10   Community outing where participants learn to safety use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.	Coffee Critics & Review Writing \$15   Social group where we discover local cafes together and share our thoughts on the experience. Participants learn to express their preferences and create simple café reviews.	Centre Outing Picnic, Swimming & Fishing Day  Food, fun and a splash! Socialise, swim or fish and enjoy the outdoors on a day out with your picnic lunch.	
	Centre Grocery Shopping Spending Money Optional   Prepare a shopping list, compare prices, and practise budgeting while purchasing items for the centre. Develops confidence with planning and money handling skills	Cinema Outing \$15.00   Join us for a relaxed movie session at the local cinema while building confidence with community access skills such asbuying tickets, navigating busy spaces and decision making.	Water Therapy @ the Pool \$7   Gentle exercises in the pool to improve strength, flexibility and overall wellbeing. A supportive and safe environment for fitness levels.	Rainforest or Beachfront Walk & Scavenger hunt   Join us for a nature outing whre we decide on the day whether to wander through the rainforest or stroll along the beachfront. A themed scavenger hunt adds extra engagement in the environment	Bowling \$7.50  Enjoy a fun day out at the bowling alley! Practice your aim, have a laugh and spend time with friends in a social and active environment.	
	Gardening   Get hands on with planting, watering and caring for our garden. A relaxing and rewarding activity that encourages connection wth nature.	Thrive Goal Setting   Health planning, dealing with dissapointment, coping strategies, staying fit, looking for work, goal setting.	Art & Craft \$5   Every session is a new adventure! Try different art and craft projects, make something unique and let your imagination run wild.	Memory & Board Games   Play, laugh, and challenge yourself with memory and board games. A social activity that encourages teamwork, conversation and fun.		
Afternoon Session 1:00pm - 2:00pm	Library / Literacy Skills   Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.	Thrive Fitness   Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility	Thrive Looking After Myself   Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself	Drama Club   Building self-esteem and confidence, literacy, and role playing.	Mindful Colouring   Take a break from the day and immerse yourself in mindful colouring. This activity promotes relaxation, concentration, and emotional wellbeing.	
	Car Care and Centre Reset   Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.	Car Care and Centre Reset   Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.	Lego/Model Building   Get creative with LEGO bricks and model kits! Build,design, and explore your imagination while developing fine motor skills, problem-solving and teamwork.	Karaoke   Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment	Group Discussion   Join in lively conversations on interesting topics chosen by the group. Share your thoughts, hear from others, and enjoy social interaction in a friendly environment.	















































January 2026					
	Mon, 12 January	Tue, 13 January	Wed, 14 January	Thu, 15 January	Fri, 16 January
8:00 - 9:30	Morning Meeting; Morning Tea				
Wk 2 Morning Session 9:30am - 12pm	Travel Training Go Card & \$5- \$10   <p>Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.</p>	Twin Towns Issi Dye \$10   <p>Enjoy a lively daytime show featuring a variety of artists. Opportunities to socialise, listen to music and relax..</p>	Bowling \$7.50   <p>Practice your aim, have a laugh and spend time with friends in a social and active environment.</p>	Water Therapy @ the Pool \$7   <p>Gentle exercises in the pool to improve strength, flexibility and overall wellbeing. A supportive and safe environment for fitness levels.</p>	Lunch Outing \$20-\$25 OR Picnic Outing Please Bring your Picnic Lunch  <p>Community-Based</p> <p>An opportunity to practice choice making, positive social interactions and independent living skills in a supportive manner</p>
	Op Shopping Spending Money optional   <p>Participants visit different op shops to build confidence with budgeting, identifying value, and making independent choices, while enjoying a community outing.</p>	Morning Melodies @ Currumbin RSL \$5- \$10   <p>Enjoy a lively daytime show featuring a variety of artists every month. Opportunities to socialise, dance and purchase a tea or coffee.</p>	Golf Driving Range OR Mini Golf \$10   <p>Choose between practising long-range shots at the driving range or work on problem-solving with mini golf. Great for motor skills, confidence, and social connection.</p>	Scenic Strength & Cardio @ the park   <p>Outdoor fitness session involving light strength exercises, walking, low impact cardio and stretching. Supports physical wellbeing, and emotional regulation.</p>	Centre Games & Activities  <p>Play, laugh, and challenge yourself with memory and board games. A social activity that encourages teamwork, conversation and fun.</p>
	Gardening   <p>Get hands on with planting, watering and caring for our garden. A relaxing and rewarding activity that encourages connection with nature.</p>	Thrive Goal Setting   <p>Health planning, dealing with disappointment, coping strategies, staying fit, looking for work, goal setting.</p>	Lunch Club Cooking \$5   <p>Build practical life skills while preparing and enjoying a shared meal. Develop independence, healthy eating habits, confidence in the kitchen, and promotes sense of achievement.</p>	Photography & Scrapbooking \$3   <p>Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.</p>	 
	Thrive Looking After Myself   <p>Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself</p>	Sensory Exploration   <p>Support emotional regulation, focus, sensory processing and engagement. Interact with a range of sensory materials such as textured items, visual stimuli, calming sounds and scents.</p>	Library / Literacy Skills   <p>Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.</p>	Bingo / Trivia   <p>Improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.</p>	Meditation / Relaxation   <p>Take time to relax, breathe, and unwind from the week. Helps to reduce stress, increase focus, and promote a sense of calm and wellbeing.</p>
	Chair Yoga   <p>Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body awareness.</p>	Thrive Stay Ready for Life   <p>Health planning, dealing with disappointment, coping strategies, staying fit, looking for work, goal setting.</p>	Language & Culture Studies   <p>Build communication skills by exploring new vocabulary, cultural awareness and understanding of different traditions and customs from around the world.</p>	Remembrance Garden   <p>Get hands on with planting, watering and caring for our garden. A relaxing and rewarding activity that encourages connection with nature.</p>	Group Discussion   <p>Join in lively conversations on interesting topics chosen by the group. Share your thoughts, hear from others, and enjoy social interaction in a friendly environment.</p>















































January 2026						
Mon, 19 January		Tue, 20 January		Wed, 21 January	Thu, 22 January	Fri, 23 January
8:00 - 9:30 Morning Meeting; Morning Tea						
Wk 3 Morning Session 9:30am - 12pm	Centre Grocery & Personal Shopping Spending money optional   Prepare a shopping list, compare prices, and practise budgeting while purchasing items for the centre. Develops confidence with planning and money handling skills.	Twin Towns Show \$10   Enjoy a lively daytime show featuring a variety of artists. Opportunities to socialise, listen to music and relax..	Travel Training Go Card & \$5- \$10   Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.	Cinema Outing \$15.00   Join us for a relaxed movie session at the local cinema while building confidence with community access skills such as buying tickets, navigating busy spaces and decision making.	Crossroads  A welcoming and inclusive community program offering participation in a church service, morning tea and lunch followed by entertainment, and dancing. Supports meaningful participation in a friendly environment.	
	Bowling \$7.50   Practice your aim, have a laugh and spend time with friends in a social and active environment.	Cycling Without Age @ Paradise Point 4 Trishaws 10:45am   Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.	Cycling Without Age @The Spit 3 Trishaws 10:45am   Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.	Rainforest or Beachfront Walk & Scavenger hunt   Join us for a nature outing where we decide on the day whether to wander through the rainforest or stroll along the beachfront. A themed scavenger hunt adds extra engagement in the environment	Cycling Without Age @ The Spit 3 Trishaws 10:45am & Picnic Lunch  Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront. Paired with a picnic in the park afterwards.	
	Healthy Baking \$3   Learn simple, nutritious baking skills. Supports skill building in fine motor coordination, sequencing, problem solving and confidence with everyday living skills.	Art & Craft \$5   Every session is a new adventure! Try different art and craft projects, make something unique and let your imagination run wild.	Jewellery Making \$5   Creative and engaging opportunity to design and craft jewellery pieces. Encourages fine motor skills, creativity, concentration and self expression.	Memory & Board Games   Play, laugh, and challenge yourself with memory and board games. A social activity that encourages teamwork, conversation and fun.		
Afternoon Session 1:00pm - 2:00pm	Library / Literacy Skills   Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.	Thrive Fitness   Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility	Thrive Looking After Myself   Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself	Drama Club   Building self-esteem and confidence, literacy, and role playing.	Mindful Colouring   Take a break from the day and immerse yourself in mindful colouring. This activity promotes relaxation, concentration, and emotional wellbeing.	
	Car Care and Centre Reset   Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.	Car Care and Centre Reset   Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.	Lego/Model Building   Get creative with LEGO bricks and model kits! Build, design, and explore your imagination while developing fine motor skills, problem-solving and teamwork.	Karaoke   Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment	Group Discussion   Join in lively conversations on interesting topics chosen by the group. Share your thoughts, hear from others, and enjoy social interaction in a friendly environment.	















































NDVR Endeavour Foundation		January 2026				
		Mon, 26 January	Tue, 27 January	Wed, 28 January	Thu, 29 January	Fri, 30 January
8:00 - 9:30		Morning Meeting; Morning Tea				
Wk 4 Morning Session 9:30am - 12pm		<p>Twin Towns Show The Seekers Experience \$10.00</p> <div><div>Activity fee \$</div><div> Community-Based</div></div> <p>Enjoy a lively daytime show featuring a variety of artists. Opportunities to socialise, listen to music and relax.</p>	<p>Travel Training Go Card & \$5- \$10</p> <div><div>Activity fee \$</div><div><div>Life skills </div></div></div> <p>Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.</p>	<p>Water Therapy @ the Pool \$7</p> <div><div>Activity fee \$</div><div> Community-Based</div></div> <p>Gentle exercises in the pool to improve strength, flexibility and overall wellbeing. A supportive and safe environment for fitness levels.</p>	<p>Crossroads</p> <div> Community-Based</div> <p>A welcoming and inclusive community program offering participation in a church service, morning tea and lunch followed by entertainment, and dancing. Supports meaningful participation in a friendly environment.</p>	
		<p>Sailability \$15</p> <div><div>Activity fee \$</div><div><div>Recreation </div></div></div> <p>Take part in guided sailing sessions on adapted boats, developing teamwork, coordination and water safety skills in a safe, supportive environment.</p>	<p>Theme Parks Please bring Annual Pass & picnic lunch</p> <div><div>Passion & hobbies </div><div> Community-Based</div></div> <p>Take part in guided outings to Gold Coast theme parks, enjoying rides, attractions and social interactions focusing on leisure participation.</p>	<p>Scenic Strength & Cardio @ the Park</p> <div><div>Healthy </div><div><div>Recreation </div></div></div> <p>Outdoor fitness session involving light strength exercises, walking, low impact cardio and stretching. Supports physical wellbeing, and emotional regulation.</p>	<p>Lunch Outing \$20-\$25</p> <div> Community-Based</div> <p>An opportunity to practice choice making, positive social interactions and independent living skills in a supportive manner</p>	
	<p>Public Holiday</p> <p>Australia Day</p>	<p>Memory Games & Puzzles</p> <div><div>Passion & hobbies </div><div><div>Life skills </div></div></div> <p>Play, laugh, and challenge yourself with memory and board games. A social activity that encourages teamwork, conversation and fun.</p>	<p>Photography & Scrapbooking \$3</p> <div><div>Passion & hobbies </div><div> Centre-Based</div></div> <p>Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.</p>	<p>Photography & Scrapbooking \$3</p> <div><div>Social engagement </div><div> Centre-Based</div></div> <p>Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.</p>	<p>Activity fee \$</p> <p>Passion & hobbies </p>	
Afternoon Session 1:00pm - 2:00pm	<p>Centre Closed</p>	<p>Sensory Exploration</p> <div><div>Healthy </div><div> Centre-Based</div></div> <p>Support emotional regulation, focus, sensory processing and engagement. Interact with a range of sensory materials such as textured items, visual stimuli, calming sounds and scents.</p>	<p>Thrive Goal Settings</p> <div><div>Life skills </div><div> Centre-Based</div></div> <p>Health planning, dealing with dissatisfaction, coping strategies, staying fit, looking for work, goal setting.</p>	<p>Bingo / Trivia</p> <div><div>Social engagement </div><div> Centre-Based</div></div> <p>Improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.</p>	<p>Meditation / Relaxation</p> <div><div>Passion & hobbies </div><div> Centre-Based</div></div> <p>Take time to relax, breathe, and unwind from the week. Helps to reduce stress, increase focus, and promote a sense of calm and wellbeing.</p>	
		<p>Thrive Stay Ready for Life</p> <div><div> Centre-Based</div><div><div>Employment </div></div></div> <p>Health planning, dealing with dissatisfaction, coping strategies, staying fit, looking for work, goal setting.</p>	<p>Language & Culture Studies</p> <div><div>Life skills </div><div> Centre-Based</div></div> <p>Build communication skills by exploring new vocabulary, cultural awareness and understanding of different traditions and customs from around the world.</p>	<p>Remembrance Garden</p> <div><div> Centre-Based</div><div><div>Passion & hobbies </div></div></div> <p>Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment.</p>	<p>Group Discussion</p> <div><div>Life skills </div><div> Centre-Based</div></div> <p>Join in lively conversations on interesting topics chosen by the group. Share your thoughts, hear from others, and enjoy social interaction in a friendly environment.</p>	


































February 2026						
Mon, 2 February		Tue, 3 February		Wed, 4 February	Thu, 5 February	Fri, 6 February
8:00 - 9:30 Morning Meeting; Morning Tea						
Wk 5 Morning Session 9:30am - 12pm	Centre Grocery & Personal Shopping Spending money optional   Prepare a shopping list, compare prices, and practise budgeting while purchasing items for the centre. Develops confidence with planning and money handling skills.	Cinema Outing \$15   Join us for a relaxed movie session at the local cinema while building confidence with community access skills such as buying tickets, navigating busy spaces and decision making.	Travel Training Go Card & \$5- \$10   Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.	Coffee Critics & Review Writing \$15   Social group where we discover local cafes together and share our thoughts on the experience. Participants learn to express their preferences and create simple café reviews.	Crossroads  A welcoming and inclusive community program offering participation in a church service, morning tea and lunch followed by entertainment, and dancing. Supports meaningful participation in a friendly environment.	
	Bowling \$7.50   Practice your aim, have a laugh and spend time with friends in a social and active environment.	Cycling Without Age @ Paradise Point 4 Trishaws 10:45am   Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.	Cycling Without Age @The Spit 3 Trishaws 10:45am   Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.	Rainforest or Beachfront Walk & Scavenger hunt   Join us for a nature outing where we decide on the day whether to wander through the rainforest or stroll along the beachfront. A themed scavenger hunt adds extra engagement in the environment	Picnic Outing  Supports social inclusion, wellbeing, communication and light physical exercise while enjoying a connection in nature and shared meals.	
	Healthy Baking \$3   Learn simple, nutritious baking skills. Supports skill building in fine motor coordination, sequencing, problem solving and confidence with everyday living skills.	Thrive Goal Setting   Every session is a new adventure! Try different art and craft projects, make something unique and let your imagination run wild.	Art & Craft \$5   Every session is a new adventure! Try different art and craft projects, make something unique and let your imagination run wild.	Memory & Board Games   Play, laugh, and challenge yourself with memory and board games. A social activity that encourages teamwork, conversation and fun.		
Afternoon Session 1:00pm - 2:00pm	Library / Literacy Skills   Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.	Thrive Fitness   Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility	Thrive Looking After Myself   Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself	Drama Club   Building self-esteem and confidence, literacy, and role playing.	Mindful Colouring   Take a break from the day and immerse yourself in mindful colouring. This activity promotes relaxation, concentration, and emotional wellbeing.	
	Car Care and Centre Reset   Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.	Car Care and Centre Reset   Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.	Lego/Model Building   Get creative with LEGO bricks and model kits! Build, design, and explore your imagination while developing fine motor skills, problem-solving and teamwork.	Karaoke   Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment	Group Discussion   Join in lively conversations on interesting topics chosen by the group. Share your thoughts, hear from others, and enjoy social interaction in a friendly environment.	

February 2026						
NDVr Endeavour Foundation		Mon, 9 February	Tue, 10 February	Wed, 11 February	Thu, 12 February	Fri, 13 February
8:00 - 9:30 Morning Meeting; Morning Tea						
Wk 6 Morning Session 9:30am - 12pm	Travel Training Go Card & \$5- \$10   Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.	Morning Melodies @ Currumbin RSL \$5-\$10   Enjoy a lively daytime show featuring a variety of artists every month. Opportunities to socialise, dance and purchase a tea or coffee.	Bowling \$7.50   Practice your aim, have a laugh and spend time with friends in a social and active environment.	Water Therapy @ the Pool \$7   Gentle exercises in the pool to improve strength, flexibility and overall wellbeing. A supportive and safe environment for fitness levels.	Crossroads  Community-Based A welcoming and inclusive community program offering participation in a church service, morning tea and lunch followed by entertainment, and dancing. Supports meaningful participation in a friendly environment.	
	Healing Hooves \$10.00   An equine assisted program that provides opportunities to interact with horses in a safe, therapeutic and supportive environment to foster a connection with animals.	Sailability \$15   Take part in guided sailing sessions on adapted boats, developing teamwork, coordination and water safety skills in a safe, supportive environment.	Golf Driving Range OR Mini Golf \$10   Choose between practising long-range shots at the driving range or work on problem-solving with mini golf. Great for motor skills, confidence, and social connection.	Scenic Strength & Cardio @ the park   Outdoor fitness session involving light strength exercises, walking, low impact cardio and stretching. Supports physical wellbeing, and emotional regulation.	Lunch Outing \$20-\$25  An opportunity to practice choice making, positive social interactions and independent living skills in a supportive manner	
	Art & Craft \$5   Every session is a new adventure! Try different art and craft projects, make something unique and let your imagination run wild.	Thrive Goal Setting   Health planning, dealing with dissatisfaction, coping strategies, staying fit, looking for work, goal setting.	Lunch Club Cooking \$5   Build practical life skills while preparing and enjoying a shared meal. Develop independence, healthy eating habits, confidence in the kitchen, and promotes sense of achievement.	Photography & Scrapbooking \$3   Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.	 	
Afternoon Session 1:00pm - 2:00pm	Thrive Looking After Myself   Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself	Sensory Exploration   Support emotional regulation, focus, sensory processing and engagement. Interact with a range of sensory materials such as textured items, visual stimuli, calming sounds and scents.	Library / Literacy Skills   Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.	Bingo / Trivia   Improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.	Meditation / Relaxation   Take time to relax, breathe, and unwind from the week. Helps to reduce stress, increase focus, and promote a sense of calm and wellbeing.	
	Chair Yoga   Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body awareness.	Thrive Stay Ready for Life   Health planning, dealing with dissatisfaction, coping strategies, staying fit, looking for work, goal setting.	Language & Culture Studies   Build communication skills by exploring new vocabulary, cultural awareness and understanding of different traditions and customs from around the world.	Remembrance Garden   Get hands on with planting, watering and caring for our garden. A relaxing and rewarding activity that encourages connection with nature.	Group Discussion   Join in lively conversations on interesting topics chosen by the group. Share your thoughts, hear from others, and enjoy social interaction in a friendly environment.	

February 2026						
NDVr Endeavour Foundation		Mon, 16 February	Tue, 17 February	Wed, 18 February	Thu, 19 February	Fri, 20 February
8:00 - 9:30 Morning Meeting; Morning Tea						
Wk 7 Morning Session 9:30am - 12pm	Centre Grocery & Personal Shopping Spending money optional   Prepare a shopping list, compare prices, and practise budgeting while purchasing items for the centre. Develops confidence with planning and money handling skills.	Op Shopping Spending money optional   Participants visit different op shops to build confidence with budgeting, identifying value, and making independent choices, while enjoying a community outing.	Travel Training Go Card & \$5- \$10   Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.	Cinema Outing \$15.00   Join us for a relaxed movie session at the local cinema while building confidence with community access skills such as buying tickets, navigating busy spaces and decision making.	Crossroads  A welcoming and inclusive community program offering participation in a church service, morning tea and lunch followed by entertainment, and dancing. Supports meaningful participation in a friendly environment.	
	Bowling \$7.50   Practice your aim, have a laugh and spend time with friends in a social and active environment.	Cycling Without Age @ Paradise Point 4 Trishaws 10:45am   Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.	Cycling Without Age @The Spit 3 Trishaws 10:45am   Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.	Rainforest or Beachfront Walk & Scavenger hunt   Join us for a nature outing where we decide on the day whether to wander through the rainforest or stroll along the beachfront. A themed scavenger hunt adds extra engagement in the environment	Cycling Without Age @ The Spit 3 Trishaws 10:45am & Picnic Lunch  Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront. Paired with a picnic in the park afterwards.	
	Healthy Baking \$3   Learn simple, nutritious baking skills. Supports skill building in fine motor coordination, sequencing, problem solving and confidence with everyday living skills.	Art & Craft \$5   Every session is a new adventure! Try different art and craft projects, make something unique and let your imagination run wild.	Jewellery Making \$5   Creative and engaging opportunity to design and craft jewellery pieces. Encourages fine motor skills, creativity, concentration and self expression.	Memory & Board Games   Play, laugh, and challenge yourself with memory and board games. A social activity that encourages teamwork, conversation and fun.		
Afternoon Session 1:00pm - 2:00pm	Library / Literacy Skills   Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.	Thrive Fitness   Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility	Thrive Looking After Myself   Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself	Drama Club   Building self-esteem and confidence, literacy, and role playing.	Mindful Colouring   Take a break from the day and immerse yourself in mindful colouring. This activity promotes relaxation, concentration, and emotional wellbeing.	
	Car Care and Centre Reset   Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.	Car Care and Centre Reset   Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.	Lego/Model Building   Get creative with LEGO bricks and model kits! Build, design, and explore your imagination while developing fine motor skills, problem-solving and teamwork.	Karaoke   Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment	Group Discussion   Join in lively conversations on interesting topics chosen by the group. Share your thoughts, hear from others, and enjoy social interaction in a friendly environment.	

February 2026						
Mon, 23 February		Tue, 24 February		Wed, 25 February	Thu, 26 February	Fri, 27 February
8:00 - 9:30 Morning Meeting; Morning Tea						
Wk 8 Morning Session 9:30am - 12pm	Travel Training Go Card & \$5- \$10   Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.	Twin Towns Show Lonnie Lee - \$10.00   Enjoy a lively daytime show featuring a variety of artists. Opportunities to socialise, listen to music and relax.	Centre Outing, Picnic, Swimming, Fishing   Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.	Water Therapy @ the Pool \$7   Gentle exercises in the pool to improve strength, flexibility and overall wellbeing. A supportive and safe environment for fitness levels.	Crossroads  A welcoming and inclusive community program offering participation in a church service, morning tea and lunch followed by entertainment, and dancing. Supports meaningful participation in a friendly environment.	
	Op Shopping Spending Money optional   Participants visit different op shops to build confidence with budgeting, identifying value, and making independent choices, while enjoying a community outing.	Sailability \$15   Take part in guided sailing sessions on adapted boats, developing teamwork, coordination and water safety skills in a safe, supportive environment.	Theme Parks Please bring Annual Pass & picnic lunch   Take part in guided outings to Gold Coast theme parks, enjoying rides, attractions and social interactions focusing on leisure participation.	Scenic Strength & Cardio @ the Park   Outdoor fitness session involving light strength exercises, walking, low impact cardio and stretching. Supports physical wellbeing, and emotional regulation.	Lunch Outing \$20-\$25  An opportunity to practice choice making, positive social interactions and independent living skills in a supportive manner	
	Gardening   Get hands on with planting, watering and caring for our garden. A relaxing and rewarding activity that encourages connection with nature.	Memory Games & Puzzles   Play, laugh, and challenge yourself with memory and board games. A social activity that encourages teamwork, conversation and fun.	Memory Games & Puzzles   Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.	Photography & Scrapbooking \$3   Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.		
Afternoon Session 1:00pm - 2:00pm	Thrive Looking After Myself   Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself	Sensory Exploration   Support emotional regulation, focus, sensory processing and engagement. Interact with a range of sensory materials such as textured items, visual stimuli, calming sounds and scents.	Thrive Goal Settings   Health planning, dealing with dissatisfaction, coping strategies, staying fit, looking for work, goal setting.	Remembrance Garden   Get hands on with planting, watering and caring for our garden. A relaxing and rewarding activity that encourages connection with nature..	Meditation / Relaxation   Take time to relax, breathe, and unwind from the week. Helps to reduce stress, increase focus, and promote a sense of calm and wellbeing.	
	Chair Yoga   Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body awareness.	Thrive Stay Ready for Life   Health planning, dealing with dissatisfaction, coping strategies, staying fit, looking for work, goal setting.	Language & Culture Studies   Build communication skills by exploring new vocabulary, cultural awareness and understanding of different traditions and customs from around the world.	Bingo / Thrive   Improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.	Group Discussion   Join in lively conversations on interesting topics chosen by the group. Share your thoughts, hear from others, and enjoy social interaction in a friendly environment.	

NDVr Endeavour Foundation		March 2026				
		Mon, 2 March	Tue, 3 March	Wed, 4 March	Thu, 5 March	Fri, 6 March
8:00 - 9:30		Morning Meeting; Morning Tea				
Wk 9 Morning Session 9:30am - 12pm	<u>Centre Grocery & Personal Shopping</u> Spending money optional   Prepare a shopping list, compare prices, and practise budgeting while purchasing items for the centre. Develops confidence with planning and money handling skills.	<u>Twin Towns Show \$10</u>   Enjoy a lively daytime show featuring a variety of artists. Opportunities to socialise, listen to music and relax..	<u>Travel Training</u> <u>Go Card & \$5- \$10</u>   Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.	<u>Coffee Critics & Review</u> <u>Writing \$15</u>   Social group where we discover local cafes together and share our thoughts on the experience. Participants learn to express their preferences and create simple café reviews.	<u>Crossroads</u>  A welcoming and inclusive community program offering participation in a church service, morning tea and lunch followed by entertainment, and dancing. Supports meaningful participation in a friendly environment.	
	<u>Bowling</u> <u>\$7.50</u>   Practice your aim, have a laugh and spend time with friends in a social and active environment.	<u>Cycling Without Age @ Paradise Point 4 Trishaws</u> <u>10:45am</u>   Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.	<u>Cycling Without Age @The Spit 3 Trishaws</u> <u>10:45am</u>   Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.	<u>Rainforest or Beachfront Walk & Scavenger hunt</u>   Join us for a nature outing where we decide on the day whether to wander through the rainforest or stroll along the beachfront. A themed scavenger hunt adds extra engagement in the environment	<u>Picnic Outing</u>  Supports social inclusion, wellbeing, communication and light physical exercise while enjoying a connection in nature and shared meals.	
	<u>Healthy Baking \$3</u>   Learn simple, nutritious baking skills. Supports skill building in fine motor coordination, sequencing, problem solving and confidence with everyday living skills.	<u>Art & Craft \$5</u>   Every session is a new adventure! Try different art and craft projects, make something unique and let your imagination run wild.	<u>Jewellery Making \$5</u>   Creative and engaging opportunity to design and craft jewellery pieces. Encourages fine motor skills, creativity, concentration and self expression.	<u>Memory & Board Games</u>   Play, laugh, and challenge yourself with memory and board games. A social activity that encourages teamwork, conversation and fun.		
Afternoon Session 1:00pm - 2:00pm	<u>Library / Literacy Skills</u>   Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.	<u>Thrive Fitness</u>   Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility	<u>Thrive Looking After Myself</u>   Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself	<u>Drama Club</u>   Building self-esteem and confidence, literacy, and role playing.	<u>Mindful Colouring</u>   Take a break from the day and immerse yourself in mindful colouring. This activity promotes relaxation, concentration, and emotional wellbeing.	
	<u>Car Care and Centre Reset</u>   Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.	<u>Car Care and Centre Reset</u>   Builds practical independence and confidence. It teaches responsibility, problem-solving, and organization while helping create a safer, cleaner space and promoting a sense of control over daily life.	<u>Lego/Model Building</u>   Get creative with LEGO bricks and model kits! Build, design, and explore your imagination while developing fine motor skills, problem-solving and teamwork.	<u>Karaoke</u>   Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment	<u>Group Discussion</u>   Join in lively conversations on interesting topics chosen by the group. Share your thoughts, hear from others, and enjoy social interaction in a friendly environment.	

March 2026					
	Mon, 9 March	Tue, 10 March	Wed, 11 March	Thu, 12 March	Fri, 13 March
8:00 - 9:30	Morning Meeting; Morning Tea				
Wk 10 Morning Session 9:30am - 12pm	Travel Training Go Card & \$5- \$10   Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.	Morning Melodies @ Currumbin RSL   Enjoy a lively daytime show featuring a variety of artists. Opportunities to socialise, listen to music and relax..	Bowling \$7.50   Practice your aim, have a laugh and spend time with friends in a social and active environment.	Water Therapy @ the Pool \$7   Gentle exercises in the pool to improve strength, flexibility and overall wellbeing. A supportive and safe environment for fitness levels.	Lunch Outing \$20-\$25 OR Picnic Outing Please Bring your Picnic Lunch  Community-Based An opportunity to practice choice making, positive social interactions and independent living skills in a supportive manner
	Healing Hooves \$10.00   An equine assisted program that provides opportunities to interact with horses in a safe, therapeutic and supportive environment to foster a connection with animals.	Morning Melodies @ Currumbin RSL \$5- \$10   Enjoy a lively daytime show featuring a variety of artists every month. Opportunities to socialise, dance and purchase a tea or coffee.	Golf Driving Range OR Mini Golf \$10   Choose between practising long-range shots at the driving range or work on problem-solving with mini golf. Great for motor skills, confidence, and social connection.	Scenic Strength & Cardio @ the park   Outdoor fitness session involving light strength exercises, walking, low impact cardio and stretching. Supports physical wellbeing, and emotional regulation.	Lunch Outing \$20-\$25  An opportunity to practice choice making, positive social interactions and independent living skills in a supportive manner
	Art & Craft \$5   Every session is a new adventure! Try different art and craft projects, make something unique and let your imagination run wild.	Thrive Goal Setting   Health planning, dealing with disappointment, coping strategies, staying fit, looking for work, goal setting.	Lunch Club Cooking \$5   Build practical life skills while preparing and enjoying a shared meal. Develop independence, healthy eating habits, confidence in the kitchen, and promotes sense of achievement.	Photography & Scrapbooking \$3   Encourages self-expression, boosts creativity, improves fine motor skills, and supports emotional well-being by reflecting on meaningful moments.	Lunch Outing \$20-\$25   An opportunity to practice choice making, positive social interactions and independent living skills in a supportive manner
	Thrive Looking After Myself   Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself	Sensory Exploration   Support emotional regulation, focus, sensory processing and engagement. Interact with a range of sensory materials such as textured items, visual stimuli, calming sounds and scents.	Library / Literacy Skills   Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.	Bingo / Trivia   Improve concentration, number recognition, and hand-eye coordination while providing a fun, low-pressure way to connect with others.	Meditation / Relaxation   Take time to relax, breathe, and unwind from the week. Helps to reduce stress, increase focus, and promote a sense of calm and wellbeing.
Afternoon Session 1:00pm - 2:00pm	Chair Yoga   Gentle, accessible form of yoga that improves flexibility, strength, and balance while reducing stress. It supports relaxation, and enhances body awareness.	Thrive Stay Ready for Life   Health planning, dealing with disappointment, coping strategies, staying fit, looking for work, goal setting.	Language & Culture Studies   Build communication skills by exploring new vocabulary, cultural awareness and understanding of different traditions and customs from around the world.	Remembrance Garden   Get hands on with planting, watering and caring for our garden. A relaxing and rewarding activity that encourages connection with nature.	Group Discussion   Join in lively conversations on interesting topics chosen by the group. Share your thoughts, hear from others, and enjoy social interaction in a friendly environment.