

NDVR Endeavour Foundation		January 2026				
		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	<u>Social Morning Catch up and Service User Meeting</u>   <p>Join us for an open discussion where you can talk about what could be improved. Your input helps to shape our activities and create a centre that reflects your goals and needs.</p>		<u>Op Shopping Spending Money optional</u>   <p>Participants visit different op shops to build confidence with budgeting, identifying value, and making independent choices, while enjoying a community outing.</p>	<u>Travel Training Go Card & \$5- \$10</u>   <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>	<u>Coffee Critics & Review Writing \$15</u>   <p>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.</p>	<u>Centre Outing Picnic, Swimming & Fishing Day</u>  <p>Food, fun and a splash! Socialise, swim or fish and enjoy the outdoors on a day out with your picnic lunch.</p>
	<u>Centre Grocery Shopping Spending Money Optional</u>   <p>Prepare a shopping list, compare prices, and practise budgeting while purchasing items for the centre. Develops confidence with planning and money handling skills</p>		<u>Cinema Outing \$15.00</u>   <p>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.</p>	<u>Water Therapy @ the Pool \$7</u>   <p>Gentle exercises in the pool to improve strength, flexibility and overall wellbeing. A supportive and safe environment for fitness levels.</p>	<u>Rainforest or Beachfront Walk & Scavenger hunt</u>   <p>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</p>	 <p>Bowling \$7.50  <p>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.</p> </p>
	<u>Gardening</u>   <p>Get hands on with planting, watering and caring for our garden. A relaxing and rewarding activity that encourages connection with nature.</p>		<u>Thrive Goal Setting</u>   <p>Health planning, dealing with disappointment, coping strategies, staying fit, looking for work, goal setting.</p>	<u>Art & Craft \$5</u>   <p>Every session is a new adventure! Try different art and craft projects, make something unique and let your imagination run wild.</p>	<u>Memory & Board Games</u>   <p>Play, laugh, and challenge yourself with memory and board games. A social activity that encourages teamwork, conversation and fun.</p>	 
Afternoon Session 1:00pm - 2:00pm	<u>Library / Literacy Skills</u>   <p>Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.</p>		<u>Thrive Fitness</u>   <p>Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility</p>	<u>Thrive Looking After Myself</u>   <p>Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself</p>	<u>Drama Club</u>   <p>Building self-esteem and confidence, literacy, and role playing.</p>	<u>Mindful Colouring</u>   <p>Take a break from the day and immerse yourself in mindful colouring. This activity promotes relaxation, concentration, and emotional wellbeing.</p>
	<u>Car Care and Centre Reset</u>   <p>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.</p>		<u>Car Care and Centre Reset</u>   <p>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.</p>	<u>Lego/Model Building</u>   <p>Get creative with LEGO bricks and model kits! Build, design, and explore your imagination while developing fine motor skills, problem-solving and teamwork.</p>	<u>Karaoke</u>   <p>Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment</p>	<u>Group Discussion</u>   <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>

Endeavour Foundation	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   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 Issi Dye \$10   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  An opportunity to practice choice making, positive social interactions and independent living skills in a supportive manner
	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.	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.	Centre Games & Activities 
	Gardening   Get hands on with planting, watering and caring for our garden. A relaxing and rewarding activity that encourages connection with nature.	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.	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	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 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.	Rememberance 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.

Endeavour Foundation	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	Twin Towns Show \$10	Travel Training Go Card & \$5- \$10	Cinema Outing \$15.00	Crossroads
	Prepare a shopping list, compare prices, and practise budgeting while purchasing items for the centre. Develops confidence with planning and money handling skills.	Activity fee  Community-Based	Activity fee  Life skills 	Activity fee  Recreation 	 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.
	Bowling \$7.50	Cycling Without Age @ Paradise Point 4 Trishaws	Cycling Without Age @The Spit 3 Trishaws	Rainforest or Beachfront Walk & Scavenger hunt	Cycling Without Age @ The Spit 3 Trishaws 10:45am & Picnic Lunch
	Practice your aim, have a laugh and spend time with friends in a social and active environment.	Activity fee  Community-Based	Activity fee  Recreation 	Activity fee  Recreation 	 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
	Healthy Baking \$3	Art & Craft \$5	Jewellery Making \$5	Memory & Board Games	 Centre-Based Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.
	Learn simple, nutritious baking skills. Supports skill building in fine motor coordination, sequencing, problem solving and confidence with everyday living skills.	Passion & hobbies  Employment 	Passion & hobbies  Centre-Based	Social engagement  Centre-Based	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	Thrive Fitness	Thrive Looking After Myself	Drama Club	Mindful Colouring
	Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.	Healthy  Centre-Based	Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility	Life skills  Centre-Based	Social engagement  Centre-Based 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	Car Care and Centre Reset	Lego/Model Building	Karaoke	Group Discussion
	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.	Centre-Based  Employment 	Centre-Based  Employment 	Centre-Based  Passion & hobbies 	Centre-Based  Centre-Based 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.

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	  Public Holiday Australia Day	Twin Towns Show The Seekers Experience \$10.00   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.	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.	
		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 	
		Memory Games & Puzzles   Play, laugh, and challenge yourself with memory and board games. A social activity that encourages teamwork, conversation and fun.	Photography & Scrapbooking \$3   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.	An opportunity to practice choice making, positive social interactions and independent living skills in a supportive manner	
Afternoon Session 1:00pm - 2:00pm	Centre Closed	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 disappointment, coping strategies, staying fit, looking for work, goal setting.	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.	
		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.	Rememberance Garden   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.	

Endeavour Foundation	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	Cinema Outing \$15 Community-Based	Travel Training Go Card & \$5- \$10 Activity fee Community-Based	Coffee Critics & Review Writing \$15 Activity fee Recreation	Crossroads  Community-Based
	Prepare a shopping list, compare prices, and practise budgeting while purchasing items for the centre. Develops confidence with planning and money handling skills.	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.	Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.	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.	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 Activity fee Community-Based	Cycling Without Age @ Paradise Point 4 Trishaws 10:45am Activity fee Recreation	Cycling Without Age @The Spit 3 Trishaws 10:45am Activity fee Recreation	Rainforest or Beachfront Walk & Scavenger hunt Healthy Recreation	Picnic Outing  Community-Based
	Practice your aim, have a laugh and spend time with friends in a social and active environment.	Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.	Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.	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	Supports social inclusion, wellbeing, communication and light physical exercise while enjoying a connection in nature and shared meals.
	Healthy Baking \$3 Life skills Centre-Based	Thrive Goal Setting Employment Centre-Based	Art & Craft \$5 Passion & hobbies Centre-Based	Memory & Board Games Social engagement Centre-Based	
	Learn simple, nutritious baking skills. Supports skill building in fine motor coordination, sequencing, problem solving and confidence with everyday living skills.	Every session is a new adventure! Try different art and craft projects, make something unique and let your imagination run wild.	Every session is a new adventure! Try different art and craft projects, make something unique and let your imagination run wild.	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 Centre-Based Social engagement	Thrive Fitness Healthy Centre-Based	Thrive Looking After Myself Life skills Centre-Based	Drama Club Social engagement Centre-Based	Mindful Colouring Social engagement Centre-Based
	Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.	Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility	Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself	Building self-esteem and confidence, literacy, and role playing.	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 Centre-Based Employment	Car Care and Centre Reset Centre-Based Employment	Lego/Model Building Life skills Centre-Based	Karaoke Centre-Based Passion & hobbies	Group Discussion Life skills Centre-Based
	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.	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.	Get creative with LEGO bricks and model kits! Build, design, and explore your imagination while developing fine motor skills, problem-solving and teamwork.	Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment	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.

Endeavour Foundation	February 2026				
	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   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 
	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.	An opportunity to practice choice making, positive social interactions and independent living skills in a supportive manner  
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 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.	Rememberance 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.

8:00 - 9:30	February 2026				
	Mon, 16 February	Tue, 17 February	Wed, 18 February	Thu, 19 February	Fri, 20 February
Morning Meeting; Morning Tea					
Wk 7 Morning Session 9:30am - 12pm	Centre Grocery & Personal Shopping Spending money optional	Op Shopping Spending money optional	Travel Training Go Card & \$5- \$10	Cinema Outing \$15.00	Crossroads
	  <p>Prepare a shopping list, compare prices, and practise budgeting while purchasing items for the centre. Develops confidence with planning and money handling skills.</p>	  <p>Participants visit different op shops to build confidence with budgeting, identifying value, and making independent choices, while enjoying a community outing.</p>	  <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>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.</p>	 <p>Community-Based</p> <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>
	Bowling \$7.50	Cycling Without Age @ Paradise Point 4 Trishaws 10:45am	Cycling Without Age @The Spit 3 Trishaws 10:45am	Rainforest or Beachfront Walk & Scavenger hunt	Cycling Without Age @ The Spit 3 Trishaws 10:45am & Picnic Lunch
Wk 7 Morning Session 9:30am - 12pm	  <p>Practice your aim, have a laugh and spend time with friends in a social and active environment.</p>	  <p>Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.</p>	  <p>Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.</p>	  <p>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</p>	 <p>Community-Based</p> <p>Cycling Without Age @ The Spit 3 Trishaws 10:45am & Picnic Lunch</p>
	Healthy Baking \$3	Art & Craft \$5	Jewellery Making \$5	Memory & Board Games	 <p>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.</p>
Afternoon Session 1:00pm - 2:00pm	Library / Literacy Skills	Thrive Fitness	Thrive Looking After Myself	Drama Club	Mindful Colouring
	  <p>Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.</p>	  <p>Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility</p>	  <p>Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself</p>	  <p>Building self-esteem and confidence, literacy, and role playing.</p>	  <p>Centre-Based</p> <p>Take a break from the day and immerse yourself in mindful colouring. This activity promotes relaxation, concentration, and emotional wellbeing.</p>
	Car Care and Centre Reset	Car Care and Centre Reset	Lego/Model Building	Karaoke	Group Discussion
	  <p>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.</p>	  <p>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.</p>	  <p>Get creative with LEGO bricks and model kits! Build, design, and explore your imagination while developing fine motor skills, problem-solving and teamwork.</p>	  <p>Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment</p>	  <p>Centre-Based</p> <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>

Endeavour Foundation	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 disappointment, coping strategies, staying fit, looking for work, goal setting.	Rememberance 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 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.	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	Centre Grocery & Personal Shopping Spending money optional	Twin Towns Show \$10  	Travel Training Go Card & \$5- \$10  	Coffee Critics & Review Writing \$15  	Crossroads 
	Prepare a shopping list, compare prices, and practise budgeting while purchasing items for the centre. Develops confidence with planning and money handling skills.	Enjoy a lively daytime show featuring a variety of artists. Opportunities to socialise, listen to music and relax..	Community outing where participants learn to safely use trams, buses and trains. Practise reading timetables, plan routes and travel confidently around the community.	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.	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  	Cycling Without Age @ Paradise Point 4 Trishaws  	Cycling Without Age @The Spit 3 Trishaws  	Rainforest or Beachfront Walk & Scavenger hunt  	Picnic Outing 
	Practice your aim, have a laugh and spend time with friends in a social and active environment.	Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.	Provides participants with a safe and enjoyable outdoor cycling experience using specially designed trishaws with a pilot for a leisurely ride along the waterfront.	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	Supports social inclusion, wellbeing, communication and light physical exercise while enjoying a connection in nature and shared meals.
	Healthy Baking \$3  	Art & Craft \$5  	Jewellery Making \$5  	Memory & Board Games  	
	Learn simple, nutritious baking skills. Supports skill building in fine motor coordination, sequencing, problem solving and confidence with everyday living skills.	Every session is a new adventure! Try different art and craft projects, make something unique and let your imagination run wild.	Creative and engaging opportunity to design and craft jewellery pieces. Encourages fine motor skills, creativity, concentration and self expression.	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  	Thrive Fitness  	Thrive Looking After Myself  	Drama Club  	Mindful Colouring  
	Explore a local library, engage in activities to support literacy development. Practise recognising letters and words.	Setting goals, planning exercises, and engaging in low intensity fitness movements to improve health and mobility	Personal hygiene, dental hygiene, sleep health, diet, mindfulness, challenging yourself	Building self-esteem and confidence, literacy, and role playing.	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  	Car Care and Centre Reset  	Lego/Model Building  	Karaoke  	Group Discussion  
	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.	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.	Get creative with LEGO bricks and model kits! Build, design, and explore your imagination while developing fine motor skills, problem-solving and teamwork.	Build confidence, self-expression, communication, creativity, reduces stress in a fun social supportive environment	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, 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  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 
	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.	   An opportunity to practice choice making, positive social interactions and independent living skills in a supportive manner
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 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.	Rememberance 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.