

Mermaid Waters Learning and Lifestyle Hub Program Calendar

Program Dates: 26th October – 18th December 2026



Operating Hours

Monday – Friday
8.00am – 3pm

Contact Us

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NDVR
Endeavour
Foundation

Mermaid Waters Learning and Lifestyle Hub

Week 1: 26th October 2026 – 30th October 2026 **National Carers Week**

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 8am – 12pm	Centre Grocery & Personal Shopping 	Dance Fitness 10:45am At Broadbeach Cultural Precinct 	Community Gardening (centre) 	Travel Training Go Card & \$5-\$10 	CROSSROADS \$15 Lunch or BYO Lunch 
	Bowling \$7 	Art Class with Elisha \$10 	Cycling @ The Spit X2 10:45 	Community Gardening Centre 	Halloween Party - Labrador L&L \$10 – including lunch \$5 – Entry only 
Lunch Break (12pm – 1pm)					
Afternoon 1pm – 3pm	Strong & Sure Movement 	Looking after myself – Self Care 	Bingo/Trivia 	Scrapbooking (One off \$10) 	Chair Yoga 
	Library Visit, Literacy Skills & Pen pals 	Car Care & Centre Reset  RSVP For Melbourne Cup	Memory and Board games 	Karaoke & Drama 	Group Discussion 

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Week 2: 2nd November 2026 – 6th November 2026

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 8am – 11.30am	Travel Training Go Card \$5-\$10  		Theme Parks Annual Pass & Picnic Lunch 	Flow Yoga – Broadbeach Cultural Centre 11am  	CROSSROADS \$15 Lunch Or BYO Lunch  
	Art & Craft \$5  	Melbourne Cup Day 2 Course Lunch & Drinks 	Lunch Club Cooking \$8  	Beach Picnic @ The Spit (BYO Lunch or can buy)  	Lunch Outing \$25  
Lunch Break (12pm – 1pm)					
Afternoon 1pm – 5pm	Community Gardening (centre)  	\$25 Games, Sweeps and Prizes to be won! 	Scrapbooking (One off \$10) 	Strong and Sure Movement  	Meditation & Relaxation  
	Chair Yoga and Movement  		Life Skills  	Car Care & Centre Reset 	Group Discussion 

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Week 3: 9th November 2026 – 13th November 2026

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 8am – 11.30am	Art Class with Elisha - \$10 	Morning Melodies @ RSL Charlie Mitchell \$10 	Healthy Baking \$5 	Cinema Outing \$15 	CROSSROADS \$15 Lunch or BYO Lunch 
	Healing Hooves \$10 	Computer Skills 	Cycling @ The Spit X 2 10:45 	Walking Club (BYO or Buy lunch) 	Cycling @ Paradise Point X3 11:30 & Picnic Lunch 
Lunch Break (11.30am – 1pm)					
Afternoon 1pm – 5pm	Centre Grocery & Personal Shopping 	Christmas Decorations 	Languages & Auslan 	Strong and Sure 	Bingo 
	Library Visit, Literacy Skills & Pen pals 	Car Care & Centre Reset 	Looking after myself – Self Care 	Memory and Board games 	Group Discussion 

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Week 4: 16th November 2026 – 20th November 2026

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 8am – 11.30am	Travel Training Go Card \$5-10  	Twin Towns Show \$10 The Two Tenors  	Lunch Club Cooking \$8  	Rainforest or Beachfront Scavenger Hunt 	Crossroads \$15 Lunch Or BYO Lunch  
	Line Dancing – Burleigh Community Centre 11:30  	Dance Fitness 10:45am At Broadbeach Cultural  	Op Shopping (Bring \$\$ if you wish to purchase anything)  	Healthy Baking \$5  	Lunch Outing \$25  
Lunch Break (11.30am – 1pm)					
Afternoon 1pm – 5pm	Library Visit, Literacy Skills & Pen pals 	Sensory Exploration 	Chair Yoga  	Recycling  	Meditation & Relaxation 
	Chair Yoga & Movement 	Community Gardening - Centre  	Karaoke  	Strong and Sure  	Group Discussion 

16th – 22nd November Social Inclusion week

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Week 1: 23rd November 2026 – 27th November 2026

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 8am – 12pm	Centre Grocery & Personal Shopping 	Cycling @ Paradise Point X5 @ 11:30am 	Lab's Got Talent @ Lab L&L \$5 BBQ Lunch 	Café Outing - \$15 	CROSSROADS \$15 Lunch or BYO Lunch 
	Bowling \$7 	Art Class with Elisha - \$10 	Healthy Baking \$5 	International cooking \$8 	Picnic in the Park 
Lunch Break (12pm – 1pm)					
Afternoon 1pm – 3pm	Strong & Sure Movement 	Christmas Art & Craft \$5 	Strong & Sure Movement 	Languages & Auslan 	Karaoke 
	Library Visit, Literacy Skills & Pen Pals 	Car Care & Centre Reset 	Life Skills 	Community Gardening – Centre 	Group Discussion  RSVP for Christmas Party Due

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Week 2: 30th November 2026 – 4th December 2026

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 8am – 11.30am	Line Dancing – Burleigh Community Centre 11:30 	Op Shopping Spending Money Optional 	Christmas Gift Making - \$6 	Scenic Cardio @ the Park 	Crossroads \$15 Lunch Or BYO Lunch 
	Christmas Art & Craft \$5 	Top Golf – Free 	Lunch Club Cooking - \$8 	Christmas Card Making - \$5 	Lunch Outing \$25 
Lunch Break (11.30am – 1pm)					
Afternoon 1pm – 5pm	Strong and Sure Movement 	Karaoke 	Life Skills 	Chair Yoga & movement 	Meditation & Relaxation 
	Life Skills 	Chair Yoga & Movement 	Car Care and Centre reset 	Bingo 	Group Discussion 

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Week 3: 7th December 2026 – 11th December 2026

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 8am – 11.30am	CHRISTMAS PARTY  Burleigh Surf Club	Morning Melodies \$10 @ RSL Tommy Memphis 	Art Class with Elisha - \$10 	Cinema Outing \$15 	CROSSROADS CHRISTMAS PARTY \$15 Lunch or BYO Lunch
	 10:30am to 1:30pm	Healthy Baking \$5 	Cycling @ The Spit X 2 11:30 	Fishing - \$5 (for supplies) 	Cycling @ Paradise Point X 3 10:45 & Picnic Lunch 
Lunch Break (11.30am – 1pm)					
Afternoon 1pm – 5pm	Please see invitation for details 	Community Gardening - Centre 	Languages & Auslan 	Strong and Sure Movement 	Chair Yoga and Movement 
		Car Care & Centre Reset 	Looking after Myself – Self Care 	Sensory Exploration 	Group Discussion 

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Week 4: 14th December 2026 – 18th December 2026

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 8am – 11.30am	Christmas last minute Shopping 	Cycling @ Paradise Point X5 10:45  	Christmas Craft/Present Wrapping 	Café Outing \$15  	Christmas movie / Carols Fun day 
	Languages & Auslan  	Twin Towns Show \$10 Dusty & the Divas  	Beach BBQ \$6 or \$8 GF  	Memory Games & Puzzles 	\$10 for Party Lunch  
Lunch Break (11.30am – 1pm)					
Afternoon 1pm – 5pm	Christmas Art & Craft \$5 	Sensory Exploration 	Community Gardening – Centre  	Christmas Karaoke 	Centre Pack down for the year 
	Chair Yoga & Movement 	Strong and Sure  	Christmas Art & Craft \$5 	Recycling & Centre Tidy Up  	Enjoy Your Christmas Holidays

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Activity Descriptions

Activity	Description	Related Skills	Cost
<p>Shopping</p> 	<p>Need to do some personal shopping? Bring your shopping list, and our team can support you to shop with confidence and independence.</p>		<p>As you require.</p>
<p>Bowling</p> 	<p>Bowling is a fun, social activity where participants visit a bowling venue to build coordination, teamwork, and community engagement.</p>		<p>\$7</p>
<p>Strong & Sure Movement</p> 	<p>An Endeavour Foundation created program, a series of videos to promote movement for people of all abilities.</p>		<p>No Cost</p>
<p>Zumba</p> 	<p>We attend Zumba at the Broadbeach Cultural Precinct from 10:30am. The class is taken by instructors.</p>		<p>\$8</p>

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Activity Descriptions

Activity	Description	Related Skills	Cost
<p>Cycling</p> 	<p>Our cycling program involves visiting Cycling Without Age Gold Coast, where participants enjoy relaxed rides in a carriage, taking in the outdoors and connecting with the community.</p>		<p>No Cost.</p>
<p>Travel Training</p> 	<p>Build confidence using trains, trams and buses while developing safe travel skills, independence and greater community access.</p>		<p>\$5 - \$10 or Go Card.</p>
<p>Crossroads</p> 	<p>Crossroads is held at a church and focuses on community connection, support, and personal growth through group activities, discussion and music.</p>		<p>Free *If lunch required \$15</p>
<p>Recycling</p> 	<p>This involves recycling bottles and cans we collect and take to a recycling centre. The funds raised are used towards the centre programs.</p>		<p>No Cost</p>

Learning and Life Skills Icons and Definitions



Foundation Skills supports skill development in literacy and numeracy, with a focus on scaffolding learning from base line concepts to increasingly complex written, reading, viewing, listening and comprehension tasks. Foundation Skills also seeks to develop numeracy and mathematical skills in concepts including number, measurement, geometry, probability and statistics.



Life Skills focuses on day-to-day tasks, such as cooking and domestic skills, hygiene, organisational skills, budgeting, home maintenance, public transport and public safety and interactive tasks such as banking and social activities.



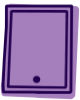
Utilising local connections and support, **Social Engagement** supports people to attend and interact with local people, areas and events. It also means that those interactions can also occur at a local Endeavour site.



Healthy Body / Healthy Mind focuses on being active, making healthy choices and being responsive to a person's mental and physical wellbeing. It supports people to take care of themselves and their family and friends and directs people to make right choices when it comes to a person's health and lifestyle activities.



Recreation provides people with the opportunity to having fun, making connections and simply doing what makes you happy Recreation focuses on connecting with friends, doing fun things at home, at a centre or in the community, or simply taking time to relax and unwind.



Technology utilises current materials, components, tools, equipment and techniques to design, make and record solutions. It draws on traditional and new types of technology, including computers, tablets, smart phones, virtual technologies, robotics, coding, digital photography, video and music to support people to describe, draw and model ideas and create content.



Employment focuses on developing skills needed for work. Whether it's work experience, volunteer or paid employment, people will undertake both theory and practical applications to learn those skills required to know what type of work a person is interested in, search for work, apply for and undertake interviews, explore ideas appropriate dress and language and behaviour when in the workplace.



Passion & Hobbies is all about doing the things you love! It could be skill development, or launching your own online business, or simply exploring a creative outlet as a hobby. Whether it's the bush or ocean, growing flowers or vegies or even collecting eggs from hens in the backyard, It might mean conducting experiments to see how things work, or taking time out to literally smell the roses. If it makes you smile; if you lose track of time doing it, then this is what passion projects & hobbies is all about.



Special Events enables communities to come together. Whether competitively in events like 'Battle of the Bands', celebrating calendar events like Australia Day or hosting monthly BBQ's, special events provide an opportunity for people to show off their talents or participate in local community events (i.e. Show Day).



Activity Fees will be required to participate in some sessions. Fees cover the cost of ingredients or venue fees charged by some venues.

Foundation Skills

Support and development in areas relating to:

- Reading, writing, comprehension
- Speaking, communication
- Numbers, Addition, Subtraction
- Measurement, Size
- Signing, e.g. Pecs, Makaton, key word sign

Life Skills

Support for activities relating to:

- Home and domestic skill
- Cooking
- Shopping
- Personal care
- Budgeting, banking and other money skills
- Safety and public transport Maintenance (home, vehicles)

Social Engagement

Supporting people to attend and interact with:

- Library
- Bunnings
- Men's Shed
- Ladies Group
- Music e.g. Battle of the Bands
- Drumming Circle
- Volunteering Healthy

Body / Healthy Mind

Focusing on:

- Physical wellbeing
- Personal relationships
- A person's mental, emotional and social wellbeing
- Outdoor/indoor activities e.g. Gym, Sailability, Martial Arts, Yoga, Sport

Technology

Learning activities and support relating to:

- Computers
- Virtual Reality
- Robotics
- Coding
- Safety (on the web, using devices)
- Smart phones, tablets and other devices
- 3D printing

Recreation

Activities that support people to:

- Art and craft - Art groups
- Bowling
- Photography and video
- Music (listening to, playing)
- Fishing
- Bingo and other games

Employment

Support to enhance a person's ability to search for and obtain meaningful employment via:

- Work placement / pracs
- Resume and letter writing
- Interview skills
- Grooming and dress sense

Passion & Hobbies

Projects or activities that are specific to a person or groups of people:

- Furniture restoration
- Woodworking
- Activities that relate to the outdoors - gardening, chooks, bushwalking
- Understanding how things work (gadgets & experiments)

Special Events

Activities/Events that bring people together:

- Australia Day, Anzac Day,
- Easter, Christmas
- Melbourne Cup, Show Day
- Site Open Day