

# Nambour Learning and Lifestyle Hub



## Operating Hours

**Monday – Friday**  
8.30am – 5pm

### Contact Us for More Information

#### Client Support

Phone: 1800 112 112

Email: [clientsupport@endeavour.com.au](mailto:clientsupport@endeavour.com.au)



# Nambour Learning and Lifestyle Hub

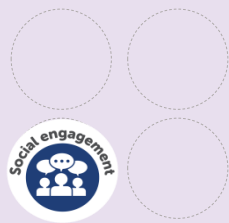
Program Dates: 05 01 2026 – 17 04 2026

## What's On!

## Monday

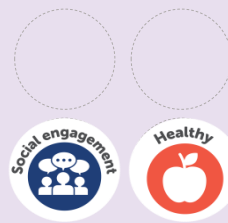
### Morning meeting 09:00am - 09:30am

What's On? Share news, stories, anything you like. Discuss your day. Play games, exercise or listen and dance to music to get ready for the day.



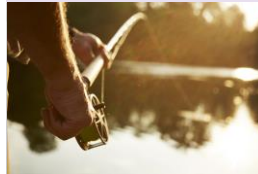
### Morning tea 09:30am - 10:00am

Socialise, have your morning tea onsite or offsite before or during your program.



### Fishing 10:00am - 12:00pm

Have a morning out fishing in the community on the coast at various locations. \$2 (bait)



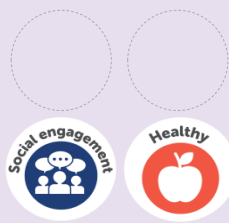
### Coffee Critics & Bush Walking / Bunnings DIY once monthly 10:00am - 12:00pm

Socialise with peers, enjoy coffee or other drinks all over the coast and in between explore the coast beautiful nature with a brisk walk.  
**Once a month** visit Bunnings Maroochydore for our own DIY session run by their staff and materials provided.



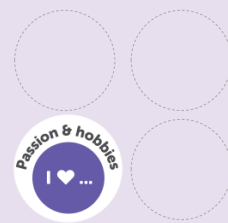
### Lunch 12:00pm - 12:30pm

Enjoy your packed lunch onsite or offsite to refresh and reenergise for the afternoon.



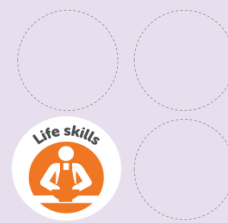
### Gardening 12:30pm - 14:30pm

With plenty of space to dig, grow, plant, create and maintain a beautiful space while enjoying the fresh air, get stuck into some gardening!



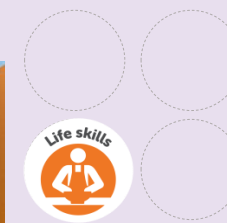
### Life Skills 12:30pm - 14:30pm

Onsite maintenance, tidy up, bins, kitchen and common areas cleaning, gardening, offsite, vehicle maintenance, recycling drop off etc



### Pen Pals 14:00 - 15:00pm

Create cards, send letters with stories and pictures to peers in the community or loved ones.



# Nambour Learning and Lifestyle Hub

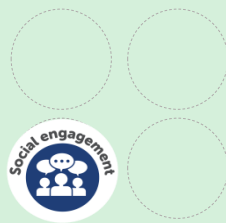
Program Dates: 05 01 2026 – 17 04 2026

## What's On!

## Tuesday

### Morning meeting 09:00am - 09:30am

What's On? Share news, stories, anything you like. Discuss your day. Play games, exercise or listen and dance to music to get ready for the day.



### Morning tea 09:30am - 10:00am

Socialise, have your morning tea onsite or offsite before or during your program.



### Cooking 10:00am - 13:00pm

Explore different foods from around the world, look up and use ingredients, create favourites and new meals that you cooked. Get creative secret ingredients chosen at random. \$10 max.



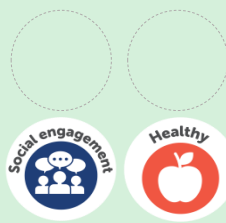
### Recreational Fun 10:00am - 13:00pm

Get active with different sports each week onsite and offsite working in a team or individually. \$10 - \$15



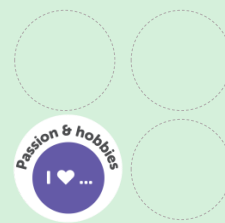
### Lunch 12:00pm - 12:30pm

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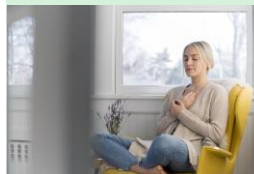
### Music and Games 12:30pm - 14:30pm

Listen to tunes, play games involving classic hits or new songs. Guess the tune, artist etc.



### Relaxation and positive affirmation 14:00pm - 15:00pm

Unwind and relax as the day comes to an end with some positive affirmations and rejuvenate.



### Seated Exercise 14:00pm - 15:00pm

Unwind and relax as the day comes to an end with some simple chair exercise, breathing and meditation.



# Nambour Learning and Lifestyle Hub

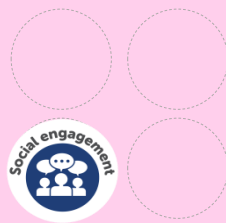
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## What's On!

## Wednesday

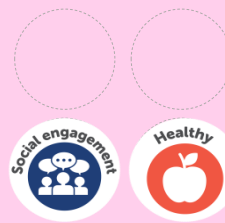
**Morning meeting**  
09:00am - 09:30am

What's On? Share news, stories, anything you like. Discuss your day. Play games, exercise or listen and dance to music to get ready for the day.



**Morning tea**  
09:30am - 10:00am

Socialise, have your morning tea onsite or offsite before or during your program.



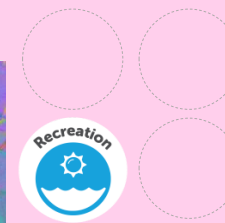
**Bike Week 1 / Movies Week 2**  
10:00am - 13:00pm

Head out for a ride on the paths around the beachside of Caloundra. Visit the local cinema and watch the latest blockbusters. \$10 - \$15 (includes snacks)



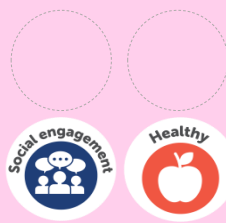
**Sensory Play**  
12:30pm - 14:30pm

Water play, bubbles, beads, sensory toys, puzzles and more.



**Lunch**  
12:00pm - 12:30pm

Enjoy your packed lunch onsite or offsite to refresh and reenergise for the afternoon.



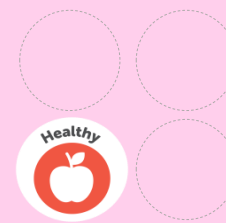
**Safety Awareness / Delta Therapy Dogs Week 1 fortnightly**  
13:00 pm - 14:00pm

Work through modules and discuss safety onsite and in the community  
Pet, walk, sit and cuddle, give the dog treats for tricks, learn basic commands, discuss approaching dogs with communication to owners.



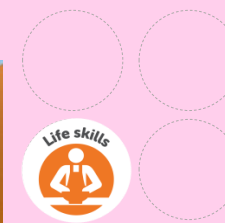
**Music and Movement**  
13:30pm - 15:00pm

Play instruments, dance and sing to all the old classics and new hits.



**Pen Pals**  
14:00 - 15:00pm

Create cards, send letters with stories and pictures to peers in the community or loved ones.



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Program Dates: 05 01 2026 – 17 04 2026

## What's On! Thursday

**Morning meeting**  
09:00am - 09:30am

What's On? Share news, stories, anything you like. Discuss your day. Play games, exercise or listen and dance to music to get ready for the day.




**Morning tea**  
09:30am - 10:00am







Socialise, have your morning tea onsite or offsite before or during your program.





**Coastal Adventure Wk 1 / Let's get creative Wk 2**  
10:00am - 12:00pm

Walk, talk, take in the fresh air and enjoy the beautiful coast we have.  
Arts / Crafts, let's get creative. So many great activities to let your imagination shine.

**Pub Crawl Wk 1 / Meals on Wheels Wk 2**  
11:00am - 13:00pm

Socialise, lunch and dance to live music with your peers at Club Kawana.  
Volunteer work – Deliver Meals to members of our community on your route. (Purchase a drink while out if you like)







**Lunch**  
12:00pm - 12:30pm

Enjoy your packed lunch onsite or offsite to refresh and reenergise for the afternoon.





**Virtually Reality, Spike Education, 3D printer / Games**  
12:30pm – 14:30pm

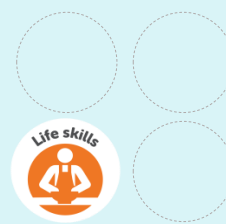
Play individually or in teams with a range of games. Board and card games. Virtually reality games and modules, 3D print, Spike Lego, build and create moving projects






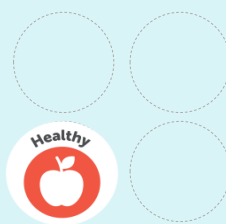
**Gardening**  
12:30pm - 14:30pm

With plenty of space to dig, grow, plant, create and maintain a beautiful space while enjoying the fresh air, get stuck into some gardening!

**Aromatherapy**  
14:00pm - 15:00pm

In the sensory room, make use of the white noise, the diffuser with different scents. Have a relaxing hand massage. Close your eyes and relax.

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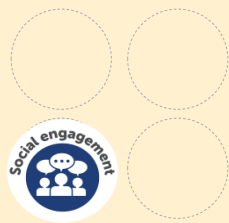
## What's On!

## Friday

### Morning meeting

09:00am - 09:30am

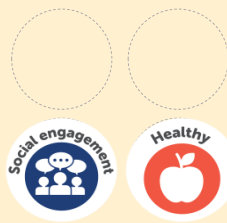
What's On? Share news, stories, anything you like. Discuss your day. Play games, exercise or listen and dance to music to get ready for the day.



### Morning tea

09:30am - 10:00am

Socialise, have your morning tea onsite or offsite before or during your program.



### Drumming

10:00am – 12:00pm

Drumming offsite at Coolum Hearts. \$5



### Mystery tour / Classic Movies

All day 10:00am - 12:00pm

Visit and enjoy our Sunshine Coast region. Have an adventure! \$10

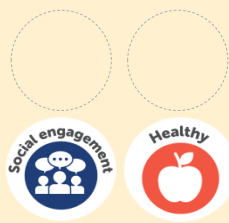
Watch the old favourites from Westerns, Marshall arts, love stories and the musicals!



### Lunch

12:00pm - 12:30pm

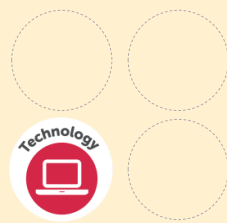
Enjoy your packed lunch onsite or offsite to refresh and reenergise for the afternoon.



### Tech and games

12:30pm – 14:30pm

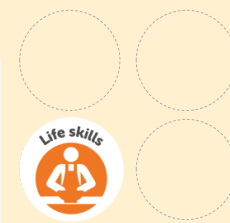
3D print, Spike Education Lego, VR and the Nintendo Switch!



### Numeracy

12:30pm - 13:30pm

Work sheets, money handling, accounting, budgeting and practical use of numbers.



### Reading and Literacy

13:30pm - 15:00pm

Read and write, being transported to another place through books and imagination.



# Learning and Life Skills Icons and Definitions



**Foundations 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