

Redcliffe Learning and Lifestyle Hub Program Calendar



Program Dates: 6/10/2026- 23/12/2026

Operating Hours

Monday – Friday

8:00am – 3:00pm

With special evening events

Contact Us

Client Support

Phone: 1800 122 122

Email: clientsupport@endeavour.com.au



Redcliffe Learning and Lifestyle Hub

6/10/2026 - 23/12/2026

What's On!

Monday - Morning

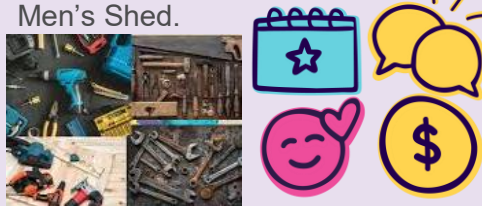
Morning communication 8:30am – 09:00am

Start the day with a morning discussion about your chosen activities and planned day using communication styles tailored to your needs. Learn to be confident talking within a group and expressing yourself.



Men's Shed 9:00am – 12:30pm

Become a valued member of the Clontarf Men's Shed, whilst working on a project of your choosing. This is great for the hands-on person who wants to maintain or develop woodworking skills. Members also join special events organised by the Men's Shed.



Stocktake and shopping 9:00am – 10am

The stock take program helps you work out what needs to be replaced, make shopping lists, budget, purchase items and store items.



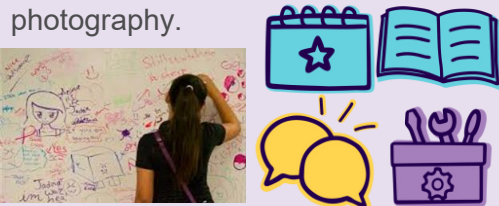
Sewing 9am – 12pm

If you have ever wanted to master the skills of sewing, then this program is for you. Make an item of your choosing and learn how to sew by hand and using the sewing machine.



Fundraising 9am – 10am

At the centre you decide what would make your experience great and learn how to apply for grants and partner with community to raise funds. Clients have successfully purchased photo editing equipment to explore their passion for photography.



Gardening 9am – 10am

Enjoy the outdoors while gardening. Grow and look after vegetables and herbs and reap the rewards when you pick the food you have grown and use it in the cooking programs.



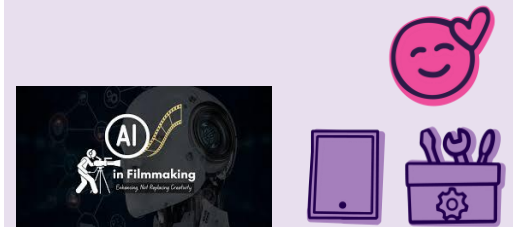
Centre maintenance 9am – 10am

Learn life skills in cleaning and maintaining safe places – from helping with the dishes too fixing things you will be able to contribute and be part of your community hub



AI & movie making 9am-10am

Use AI apps to explore movie making. Get creative with your team to develop scripts and images while having fun exploring your passions and interests. Show the film to your target audience.



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What's On!

Monday - Afternoon

Bowling 10:00am – 2.30pm

Join us for a fun social bowling. It's a great way to stay active, meet new people and enjoy some friendly competition. Whether you are a beginner or experienced, everyone is welcome to come together and have fun.



Yarn circle 1pm – 2:30pm

Speech therapist questions are used to encourage conversations and sharing. From questions about your values to childhood experiences, it's a great to be curious about others and discover something new about your friend.



Coffee club 1pm – 2:30pm

Enjoy a cup of coffee at your local coffee shops while enjoying the company of your friends.



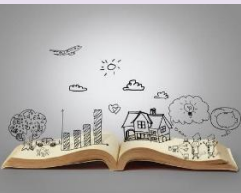
Vehicle maintenance 1pm – 2:30pm

Do you like to help and have responsibility? Helping keep the vehicles at the site clean is a great way to show your pride and responsibility. It's a highlight when the team high five one another for a great job.



Creative writing 1pm– 2:30pm

Use your imagination and sharpen your communication skills in the creative writing program. Explore different types of creative writing and find out how technology may assist you to communicate your ideas and feelings.



Armchair travel 1pm-2.30pm

Travel the world and through multimedia explore places of interest, go on adventures, learn about customs, language and more. Have sensory experiences and learn to cook some local food.



Fun Science 10.30am – 12:30pm

Science is everywhere. Be curious and ask why and how and find answers. From learning that cooking is chemistry in action too learning about the wonders of our natural world.



Key group discussion 2:30pm - 3:00pm

Come together in your team to discuss your day and progress. Get ready for the next day and have a chat with your friends.



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Tuesday - Morning

Morning communication 8:30am – 09:00am

Start the day with a morning discussion about your chosen activities and planned day using communication styles tailored to your needs. Learn to be confident talking within a group and expressing yourself.



Sensory craft 9am-10am

Stimulate your sense of touch, sight, sound, smell and movement in this fun and engaging activity.



Shopping for cooking 9am-10am

The Endeavour Foundation's cooking class program is all about you feeling confident in the kitchen. Learn about meal planning, budgeting and nutrition.



Holiday crafts 9am-10am

Celebrate the end of year holiday at the centre by decorating the hub for the end of year special celebrations and activities. Share your festive spirit with everyone at the hub.



Centre Maintenance 10.30am-12.30pm

Learn life skills in cleaning and maintaining safe places – from helping with the dishes too fixing things you will be able to contribute and be part of your community hub



Exploring cultures 9am-10am

Are you curious about people and cultures around the world? Explore languages, dress, traditions, language and more. Use technology to learn as well as real life experiences – taste test food, attend a cultural festival.



Fun fitness and local walk 9am-12.30pm

Keep healthy while exploring what the Moreton Bay area offers with a local walks and exploring various fitness park equipment.



Design and creation 9am-12.30pm

Get creative and explore your artistic side with our design and creation activity. Whether you enjoy painting, drawing, or making unique items; this session is a great way to relax, express yourself, and have fun.



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What's On!

Tuesday - Afternoon

City Hall concert 9am-2.30pm

Head to the city on the train and have lunch. Then it's a short walk to the beautiful city hall to enjoy live music and performances. From opera to rock there is something for everyone.



Culinary experience 10.30am-12.30pm

The Endeavour Foundation's cooking class program is all about you feeling confident in the kitchen. Explore foods and learn about meal planning, budgeting and nutrition.



Wii Games 12.30-2.30pm

Play a variety of games that develop your skills and let your abilities shine. Have fun competing while enjoying the benefits of teamwork.



Leagues Club 10.30am-2.30pm

Enjoy lunch at the Club while socialising with friends and community members, have a dance or just enjoy the live music.



Auslan 1pm-2.30pm

Learn some Auslan in a fun way – practice Auslan to a song and then present it at our end of year special event.



Fishing 9am-2.30pm

Relax and enjoy the great outdoors with your friends. Pick up your bait and aim to get the catch of the day! Have a picnic or BBQ in the park and go for a local walk.



Lego and robotics 12:30am – 2.30pm

Do you enjoy using technology for fun and learning then these programs will be for you. Figure out how to build ideas into reality and explore your creative side.



Key group discussion 2:30pm - 3:00pm

Come together in your team to discuss your day and progress. Get ready for the next day and have a chat with your friends.



Redcliffe Learning and Lifestyle Hub

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What's On!

Wednesday - Morning

Morning communication 8:30am – 09:00am

Start the day with a morning discussion about your chosen activities and planned day using communication styles tailored to your needs. Learn to be confident talking within a group and expressing yourself.



Shopping for cooking 9am-10am

The Endeavour Foundation's cooking class program is all about you feeling confident in the kitchen. Learn about meal planning, budgeting and nutrition.



Barista 9am-10am

For the coffee enthusiast, select and try different coffee roasts and learn to use the coffee machine to make your favourite coffee, sit down with your friends to have a chat.



Drama Ensemble 9am-2.30pm

Join a group of your friends to explore your creative side and problem solve through drama and role playing. Untap your potential and increase your confidence and sense of belonging. This is a facilitated course lead by an experienced creative director.



Photography 9am-12.30pm

Head out into your local communities to look at places and a variety of interesting things through the camera lens. Learn different techniques and how to edit your photos. Visit galleries to gain inspiration.



Gardening 9am-10am

Enjoy the outdoors while gardening. Grow and look after vegetables and herbs and reap the rewards when you pick the food you have grown and use it in the cooking programs.



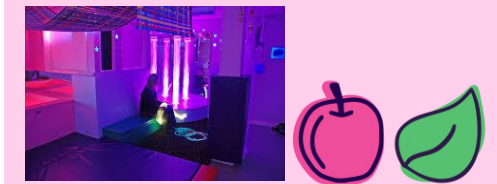
Sewing 9am-12.30pm

If you have ever wanted to master the skills of sewing, then this program is for you. Make an item of your choosing and learn how to sew by hand and using the sewing machine.



Sensory room/Relaxation 10am-12.30pm

At the hub you can enjoy our sensory space as well as play sensory games that stimulate your sense of touch, sight, sound, smell and movement.



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What's On!

Wednesday - Afternoon

Library 9am-12.30pm

Discover what's on offer at your local Moreton Bay libraries. Become a member and borrow books, music and movies. Your local librarians are happy to help you find what you want.



Healthy options cooking 10.30am-12.30pm

The Endeavour Foundation's cooking class program is all about you feeling confident in the kitchen. Travel the world exploring foods as you learn about meal planning, budgeting and nutrition.



Music Melodies 1pm-2.30pm

Immerse yourself in a sensory experience as you discover all types of music. How do these make you feel? What instruments do you enjoy listening too? Share your love for music with like minded friends.



Photo Editing and scrap booking 1pm-2.30pm

At Endeavour we have laptops, interactive whiteboards and virtual reality to help you learn photo editing. Get creative and make your own scrap book.



Games room 1pm-2.30pm

Whether you want a bit of friendly competition or just to relax our games room has it all – we have table tennis, pool, Wii, computer games and board games.



Newsletter 1pm-2.30pm

At Endeavour we like to keep friends and family informed. You can have your say and give valuable information on what's new and what's been happening at the hub in the monthly newsletter.



Goals and dreams 10.30am-2.30pm

Explore your passions and interests in your local communities with a group of like-minded adventurers. Learn life skills on your adventure. From ferry trips too art galleries you'll share your experiences with your fellow explorers



Key group discussion 2:30pm - 3:00pm

Come together in your team to discuss your day and progress. Get ready for the next day and have a chat with your friends.



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What's On!

Thursday - Morning

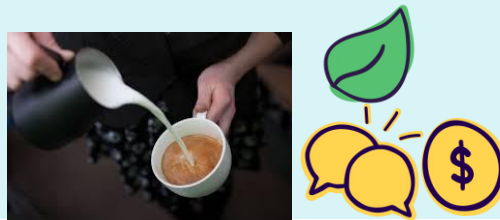
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Barista 9am-10.30am

For the coffee enthusiast, select and try different coffee roasts and learn to use the coffee machine to make your favourite coffee, sit down with your friends to have a chat.



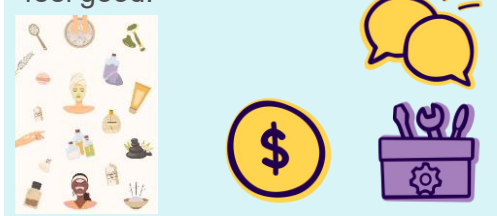
Shopping for healthy lunch 9am-10am

The Endeavour Foundation's cooking class program is all about you feeling confident in the kitchen. Learn about meal planning, budgeting and nutrition.



Self care and beauty 9am-10am

Take some time for you... learn how to enhance your natural beauty by testing popular hair and make up artists techniques. Learn about the importance of your overall health and wellbeing and what helps you feel good.



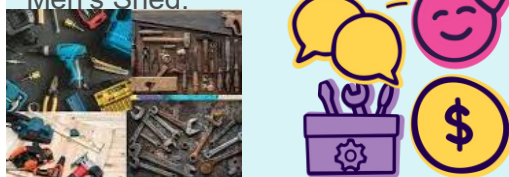
Yoga and meditation 10.30am-12.30pm

Time to unwind and focus on yourself. The session includes chair yoga and guided sessions with breathing exercises, body awareness, and visualisation.



Men's Shed 9am-12.30pm

Become a valued member of the Clontarf Men's Shed, whilst working on a project of your choosing. This is great for the hands-on person who wants to maintain or develop woodworking skills. Members also join special events organised by the Men's Shed.



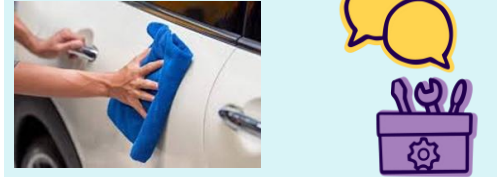
Recycling and fundraising 9am-10 am

Help the environment and be sustainable while recycling items at the hub. See the funds raised go towards activities that the participants select.



Vehicle maintenance 9am-10am

Do you like to help and have responsibility? Helping keep the vehicles at the site clean is a great way to show your pride and responsibility. It's a highlight when the team high five one another for a great job.



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What's On!

Thursday - Afternoon

Leagues Club 10.30am-2.30pm

Enjoy lunch at the Club while socialising with friends and community members, have a dance or just enjoy the live music.



Bowling 10.30am-2.30pm

Join us for a fun social bowling. It's a great way to stay active, meet new people and enjoy some friendly competition. Whether you are a beginner or experienced, everyone is welcome to come together and have fun.



Gardening 1pm-2.30pm

Enjoy the outdoors while gardening. Grow and look after vegetables and herbs and reap the rewards when you pick the food you have grown and use it in the cooking programs.



Zumba and dance 10.30am-12.30pm

Keep healthy while having fun dancing to some upbeat tracks.



Team building workshop 1pm-2.30pm

Be part of the dream team to achieve your goals and learn what it means to part of the bigger picture where success is group fun and happiness.



Art and craft 1pm-2.30pm

Have fun with this simple art technique where you can express your imaginative side and have a sensory exploration experience.



Yoga/Meditation 10.30am-12.30pm

At the hub you can enjoy our sensory space as well as play sensory games that stimulate your sense of touch, sight, sound, smell and movement.



Key group discussion 2:30pm - 3:00pm

Come together in your team to discuss your day and progress. Get ready for the next day and have a chat with your friends.



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What's On!

Friday - Morning

Morning communication 8:30am – 09:00am Start the day with a morning discussion about your chosen activities and planned day using communication styles tailored to your needs. Learn to be confident talking within a group and expressing yourself. 	Sensory activities and exploration 9am-10am Stimulate your sense of touch, sight, sound, smell and movement in this fun and engaging activity. 	Swimming 9am- 12.30pm Summer is here and there is no better way to enjoy the weather, keep fit and cool than swim in the local pools at Redcliffe. 	Yoga and gentle exercises 9am-10am Activate your mind and body connection through gentle exercises that promote your overall health and wellbeing. Learn the power of laughter and exercise through our dedicated laughing yoga program. 
Design and creation 9am-12.30pm Get creative and explore your artistic side with our design and creation activity. Whether you enjoy painting, drawing, or making unique items; this session is a great way to relax, express yourself, and have fun. 	Scrapbooking 9am-10am In this creative activity you can share a bit about yourself in a scrapbook – what you like, who is important to you, what makes you happy and much more. 		

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What's On!

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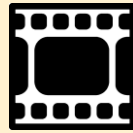
Photography 9am-12.30pm

Head out into your local communities to look at places and a variety of interesting things through the camera lens. Learn different techniques and how to edit your photos. Visit galleries to gain inspiration.



Movie matinee/Team games 1pm-2.30pm

You can relax with your friends watching a movie or play some games- it's time to relax and chat with your friends.



Goals and dreams 10.30am-2.30pm

Explore your passions and interests in your local communities with a group of like-minded adventurers. Learn life skills on your adventure. From ferry trips too art galleries you'll share your experiences with your fellow explorers



Story writing/scrapbooking 1pm-2.30pm

Explore your imagination and you'll be able to demonstrate your creativity in many forms – from a movie script to telling a tale...it's about how you want to express yourself.



Baking week 2 10.30am-1pm

The Endeavour Foundation's baking program is all about you feeling confident in the kitchen. Learn about budgeting, healthy options and staying safe.



Coffee Klatch 1pm-2.30pm

Enjoy the coffee that the region has to offer. Research different places and rate the coffee and service with your friends.



Art and exploration 10.30am-12.30pm

Get creative and explore your artistic side with our arts and crafts activity. Whether you enjoy painting, drawing, or making unique crafts; this session is a great way to relax, express yourself, and have fun.



Key group discussion 2:30pm - 3:00pm

Come together in your team to discuss your day and progress. Get ready for the next day and have a chat with your friends.



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.



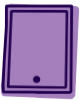
Utilising local connections and support, **Social Engagement** supports people to attend and interact with local people, areas and events. It also means that those interactions can also occur at a local Endeavour site.



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