

Redcliffe Learning and Lifestyle Hub Program Calendar



Program Dates: 13/04/2026 - 26/06/2026

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

13/04/2026 - 27/06/2026

What's On! Monday - Morning

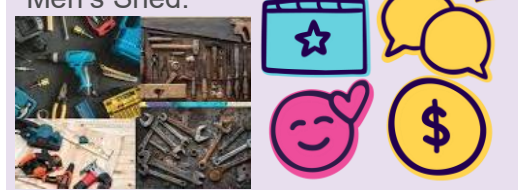
Morning communication 8:30am – 09:00am

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.



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.



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.



Yoga & gentle exercises in the park 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.



Thrive – Life Skills 9am – 10am

Our Thrive programs have been specially developed to help you build your skills to live your best life. From healthy relationships to literacy and numeracy there are resources and virtual reality to help you learn.



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.



Redcliffe Learning and Lifestyle Hub

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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.



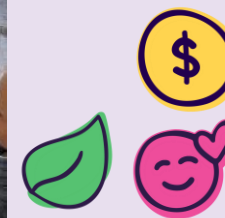
Health and wellbeing 1pm – 2:30pm

Learn about how to keep yourself healthy and safe – you can ask any questions and discover the answers. How does my body work? What is consent and boundaries? Who do I go to for help?



Art and craft/Hobby workshop 1pm – 2:30pm

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.



First Aid and safety 10.30am – 12:30pm

Learn how to keep your self and others safe, how to call emergency services and what they do, and what's in a first aid kit and how you can use it. This basic course will help you to be confident in case of an emergency.



Story telling and creativity workshop 10.30am – 12.30pm

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.



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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What's On!

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.



Current Events and Good news stories 9am-10am

Find out what's happening in the world today with a focus on the good things people are doing to help one another and their communities.



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.



Newsletter 9am-10am

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.



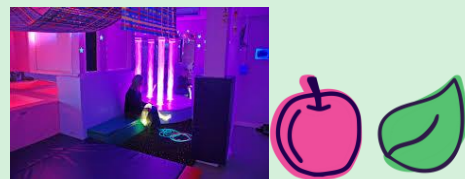
Recycling and fundraising 9am-12.30pm

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



Sensory room 9am-10am

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.



Fun fitness and local walk 9am-10am

Keep healthy while enjoying what the beautiful Redcliffe area offers with a local walk and the fitness park equipment.



Mosaic 9am-10am

Get creative and explore your artistic side with our mosaic activity. It may be a group project for everyone to enjoy and admire at the hub.



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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.



Design and creation 10.30am-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.



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.



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.



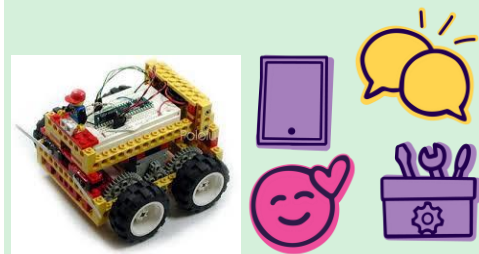
Fishing 9am-2.30pm

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 10:30am - 12.30pm

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.



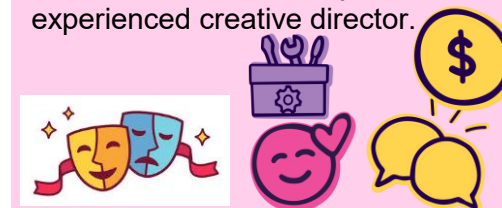
Laughing yoga and meditation 9am-10am

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.



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.



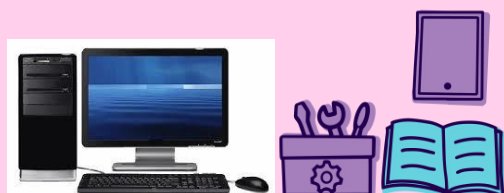
Sewing 9am-12.30am

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.



Tech in daily life 9am-10am

At Endeavour we have laptops, interactive whiteboards and virtual reality to help you learn and explore your passions and daily living skills. From the novice to those who have great foundational skills



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.



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What's On!

Wednesday - Afternoon

Library 10.30am-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.



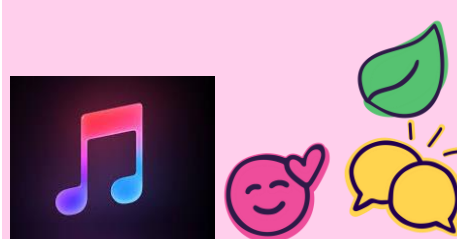
Around the world cooking 10.30am-12.30pm

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.



Sensory art 1pm-2.30pm

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



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.



Art and mosaic 1pm-2.30pm

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.



Sewing 1pm-2.30pm

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.



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

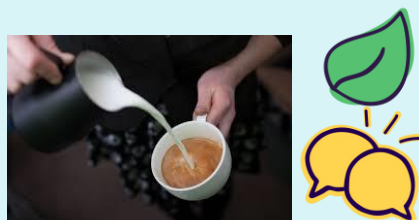
Morning communication 8:30am – 09:00am

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.



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.



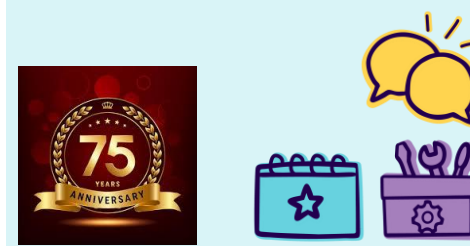
Vehicle maintenance 9am-10am

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.



75th Preparation 9am-10am

It's Endeavours 75th celebration of supporting people – be part of the hubs planning committee for the special friends and family event to be held in July 2026.



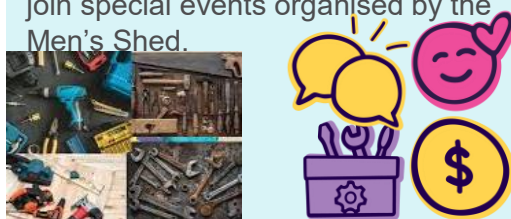
Yoga and meditation 9am-10am

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.



Gardening 9am-10 am

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.



Thrive – Daily living skills 9am-10am

Our Thrive programs have been specially developed to help you build your skills to live your best life. From healthy relationships to literacy and numeracy there are resources and virtual reality to help you learn.



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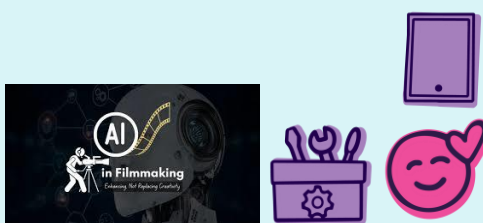
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What's On!

Thursday - Afternoon

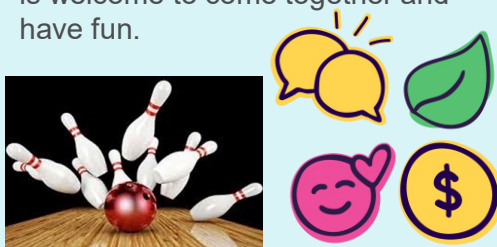
AI and movie making 10.30am-12.30pm

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.



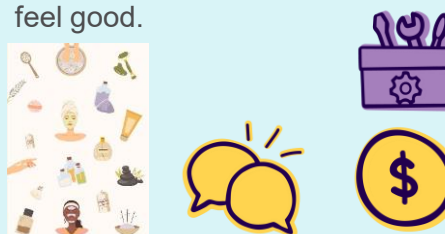
Bowling 10.30am-2.30pm

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.



Self and beauty care 10.30am-12.30pm

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.



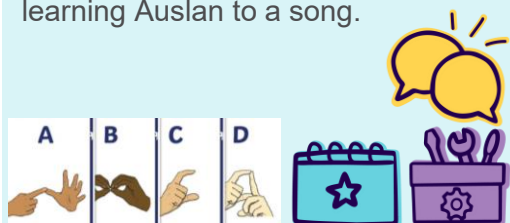
Games and building 1pm-2.30pm

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



Auslan presentation 1pm-2.30pm

Learn Auslan in preparation for a special presentation at the hub to celebrate Endeavours 75th Anniversary. Whether you are a confident presenter or wanting to build your confidence have fun learning Auslan to a song.



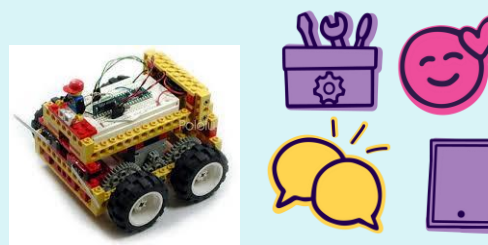
Paper mache art 1pm-2.30pm

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



Lego and Robotics 10.30am-12.30pm

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

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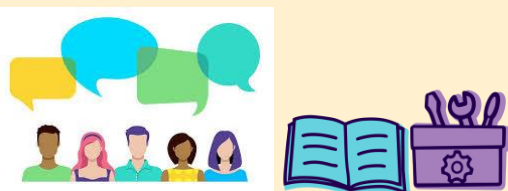
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What's On!

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.



Shopping for healthy lunches/baking 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.



Story telling using tech 10.30am-12.30pm

Learn the art of story telling to convey a message, entertain or educate using various technological tools – at the hub we have interactive whiteboards, laptops and iPads to assist you to tell a story.



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.



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



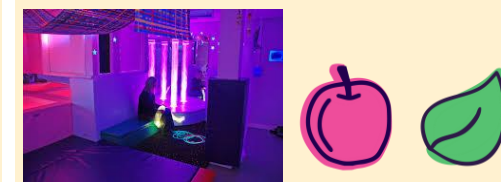
AI creativity 9am-10am

At Endeavour we have laptops, interactive whiteboards and virtual reality to help you learn and creatively explore AI to bring to life your passions or to help you with daily living skills. From the novice to those who have great foundational skills



Sensory room 9am-10am

At the hub you can enjoy our sensory space –this is a place to relax, self regulate, improve your focus and reduce stress and anxiety.



Redcliffe Learning and Lifestyle Hub

13/04/2026 - 27/06/2026

What's On!

Friday - Afternoon

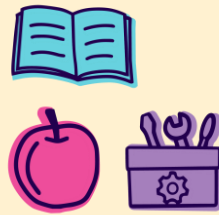
Photography 9am-2.30pm

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.



Healthy lunch prep week 1 10.30am-1pm

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



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 to art galleries you'll share your experiences with your fellow explorers.



Friday frolics 1pm-2.30pm

At the Endeavour Hub we want to explore your passions and hobbies and expand your experiences. Introduce your passion to your friends and show them your skills or try something new. From Wii to pool have fun with everyone.



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. Take home what you have made.



Coffee Review Time

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



Art 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.



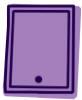
Utilising local connections and support, **Social Engagement** supports people to attend and interact with local people, areas and events. It also means that those interactions can also occur at a local Endeavour site.



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