

Rockhampton Learning and Lifestyle Hub Program Calendar



Program Dates: 26th September – 31st December 2026

Operating Hours

Monday – Friday

9:00am – 3:00pm

Contact Us

Client Support

Phone: 0438 458 499

Email: Taylor.Young@endeavour.com.au



Rockhampton Learning and Lifestyle Hub

26th September – 31st December 2026

What's On!

Monday

Arrivals

9:00am-9:30am

Welcome all activity for the day our friends and choose your activity.



Morning Tea

9:30am – 10:00am

Time to enjoy a coffee/tea before we begin our morning activities



Gym

10:00am – 12:00pm

Time to work up a sweat and work on health and fitness.
Work out in the Gym, learn to use the equipment safely while improving your fitness levels. Enjoy chair Yoga, fitness bands or weights



Storytelling and Arts & Crafts

12:45am-3:00pm

Join us for storytelling and craft

- Build strong connections
- Improve memory
- Develop empathy skills
- Show creative side



Cooking - \$7

10:00am – 12:00pm

Prepare and cook a meal to either eat at the centre for lunch or take home.

Learn all about budgeting, healthy choice meals and kitchen safety



Lunch

12:00pm – 12:45pm

Take a break, relax and enjoy some lunch while developing social connections.

Work on your daily living skills keeping your kitchen and dining space clean.



Technology

10:00am – 12:00pm

Technology boosts productivity, communication skills, expanding knowledge to new information, exploration, and many more.



In Centre Activities

12:45pm – 3:00pm

What do you feel like doing?

- Games/Puzzles
- Movies
- Arts and Craft
- Bingo
- Karaoke
- Lego



Rockhampton Learning and Lifestyle Hub

26th September – 31st December 2026

What's On!

Tuesday

Arrivals

9:00am - 9:30am

Welcome all our friends and choose your activity for the day.



Sailing with Sailability \$15

10:00am – 12:00pm
1st and 3rd Tuesday each month

Head to Causeway Lake and enjoy sailing with friends. While learning water safety.

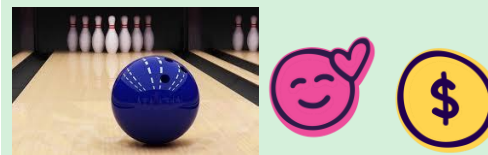
- Option of sailing boats or the motorised pontoon (accessible)



Bowling - \$7

10:00am – 12:00pm
Alternate Tuesday to sailing

Head to Rocky Bowl and Leisure for a fun game of 10 pin bowling. Engage with our friends for some friendly competition.



Morning Tea

9:30am - 10:00am

Time to enjoy a coffee/tea before we begin our morning activities.



In-centre Activities

10:00am – 12:00pm

What do you feel like doing?

- Games/Puzzles
- Movies
- Arts and Crafts
- Bingo
- Karaoke



Lunch

12:00pm - 12:45pm

Take a break, relax and enjoy a delicious lunch while developing social connections.

Work on your daily living skills keeping your kitchen and dining space clean and safe.



Gardening

10:00am - 12:00pm

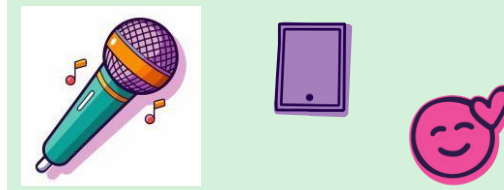
Learn about gardening - plant care, composting, worm farming in our great outdoor space. Create a new look for the front of our centre.



Music and Dancing

12:45pm – 3:00pm

Listen and sing on the mic to your favourite songs. Learn new songs and genres.



Rockhampton Learning and Lifestyle Hub

26th September – 31st December 2026

What's On!

Wednesday

Arrivals

9:00am-9:30am

Welcome all our friends and choose your activity for the day.



Morning Tea

9:30am - 10:00am

Time to enjoy a coffee/tea before we begin our morning activities.



Walk and Talk

10:00am – 12:00pm

Walk and talk helps to improve mental and emotional well beings as well as enjoying time outdoors.



Park visit/lunch

10am - 12:00pm

Park visit with lunch offers a reset button as well as benefits to psychological, physical and social well being.

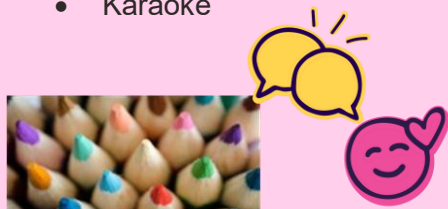


In-centre Activities

12:45pm – 3:00pm

What do you feel like doing?

- Games/Puzzles
- Movies
- Arts and Crafts
- Bingo
- Karaoke



Lunch

12:00pm - 12:45pm

Take a break, relax and enjoy a delicious lunch while developing social connections. Work on your daily living skills keeping your kitchen and dining space clean and safe.



Shop & Bake \$7

10:00am – 12:00pm

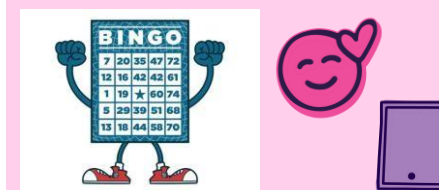
Shop with support for ingredients While learning about budgeting, kitchen safety you will bake some delicious treats take home to enjoy. \$3.



BINGO/Board Games

12:45pm-3:00pm

Play bingo and win prizes or play your favourite board games with friends.



Rockhampton Learning and Lifestyle Hub

26th September – 31st December 2026

What's On!

Thursday

Arrivals

9:00am-9:30am

Welcome all our friends and choose your activity for the day



Morning Tea

9:30am - 10:00am

- Time to enjoy a coffee/tea before we begin our morning activities.



Op Shopping - \$ - for you to decide

10:00am – 12:00pm

Find a bargain!
Social with friends, while developing your budgeting and communications skills.



Community Visit

10:00am – 12:00pm

Join us on an outing to explore your local area.

- Art Gallery
- Rockhampton Zoo
- Library
- Explore new places in our community.



Lunch- COOL CAFE

12:00PM – 1:00PM

Take a break, relax and enjoy some lunch at our cool café. Coffees, milkshakes, toasties, wraps and savoury muffins are just some of the foods that can be purchased.

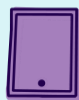


In Centre Activities

1:00pm – 3:00pm

Pick an activity of choice

- Games
- Movies
- Colouring
- Fitness Games/Gym



Karaoke/Music

1:00pm – 3:00pm

Grab and mic and sing some Karaoke or sing along with your friends. You can also grab an instrument and play a long with the Tune.



Arts & Crafts

1:00pm – 3:00pm

Spend time with friends and make a project to take home and show off.



Rockhampton Learning and Lifestyle Hub

26th September – 31st December 2026

What's On!

Friday

Arrivals

9:00am – 9:30am

Welcome all our friends and choose your activity for the day.



Morning Tea

9:30am - 10:00am

Time to enjoy a coffee/tea before we begin our morning activities.



Woodwork - \$8

10:00am – 11:00am

Learn how to safely use tools
Learn WHS skills
Have fun creating products to take home and show off to your family and friends



Week 1

PUB Lunch - \$30

11:00am – 1:30pm

Head out with friends to one of our local eateries to have a meal and socialise – while building your daily living skills around money handling and social inclusion.

\$30



Week 2

BBQ

11am – 1:30pm

BBQ Lunch enables social, mental and shared experiences. So let's enjoy a snag on the barbie.



Week 3 –

Fishing

11:00am – 1:30pm

Fishing benefits mental and social interactions. So hook on that line and let's catch us a fish.



Week 4

Car Washing

11:00am – 12:00pm

Car washing enables meaningful work, essential life skills, confidence and independency.



Music Lovers

1:30pm-3:00pm

Put your favourite tunes on, sing karaoke and have a dance.



Rockhampton Learning and Lifestyle Hub

26th September – 31st December 2026

What's On!

OTHER

Monthly
Last Thursday of each month
9am to 12pm

Cycling without age

- Join us monthly for this free activity



Supports Available at Endeavour Foundation

- Learning & Lifestyle Hubs
- Supported Independent Living
- Supported Employment
- Community Access
- In home Supports

Support ratios are tailored to your needs – making possibilities a reality.

About Endeavour Foundation

At Endeavour Foundation we focus on ability and making things happen. Whether it's learning life skills, living independently, socializing and making new friends, getting job ready or exploring interests and trying new things. We work with you to make your possibilities a reality

If you are interested in any of our services, contact our Client Support Team 1800 112 112 or clientsupport@endeavour.com.au to arrange a Site Tour.

12th October – 30th October Halloween Activities

Throughout this week we have planned activities at LnL

- 12th October decorating centre
- 30th October Dress-up for Halloween, contest for the best spooky outfit, incorporating spooky foods, dancing to thriller and having a movie (Scooby-Doo)

3rd November Melbourne Cup Day

Joining in for Melbourne Cup Day, we have planned the following:

- Fancy dress for both males and females
- Runway parade
- Creating or bringing fascinator for the women and creating or bringing pins for the males
- Enjoying non-alcoholic drinks in flutes
- Draw out numbers from hat (winner gets a prize).

1st December – 24th December Christmas Activities

Christmas activities planned for this month:

- Decorate centre
- Cooking Christmas inspired meals for the whole month
- Dressing up in clothes that are inspired by Christmas

24th December

- Christmas lunch
- Christmas movie
- Christmas music/ karaoke
- Secret Santa for the clients



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