Townsville Learning and Lifestyle Hub Cassowary Program Calendar

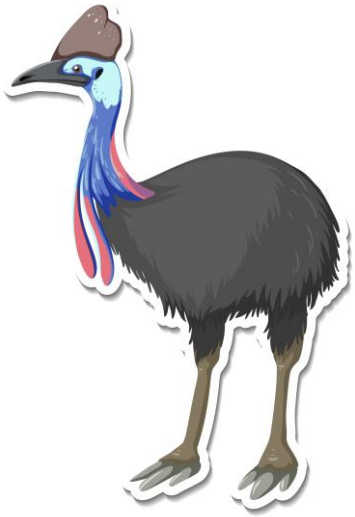
Program Dates: 01/11/2026 – 30/11/2026

Operating Hours

Monday – Friday
9:00am – 3:00pm

Contact Us

Client Support
Phone: 1800 122 122
Email: clientsupport@endeavour.com.au



NDVR Endeavour Foundation

Townsville Learning and Lifestyle Hub

Week 1: 02/11/2026 – 06/11/2026

CASSOWARY CREW

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 9:00am – 12pm	**Movement, Music & Dance** Morning Tea 	**MELBOURNE CUP – Craft & Activities** 	**Socialise OR Grocery Shopping** 	**Pallarenda Walk** Morning Tea 	**Strand Walk OR Colouring** Morning Tea 
	Library OR Christmas Calendar Craft 	**RSL Morning Melodies** Morning Tea 	**Cooking for Lunch** 	**Making Music, Percussion & Instruments** 	**Games @ The Strand OR Craft** 
Lunch Break (12pm – 1pm)					
Afternoon 1pm – 3pm	**Shopping/ Baking OR Tech Time** 	**MELBOURNE CUP – Watch the Race!** 	**Golf Range OR Ice-cream @ The Strand** 	**Remembrance Poppy Craft OR Ten-pin Bowling** 	**Bocce, Puzzles OR Free Choice** 
	Afternoon Reset 	**Afternoon Reset** 	**Afternoon Reset** 	**Afternoon Reset** 	**Afternoon Reset** 

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Week 2: 09/11/2026 – 13/11/2026 CASSOWARY CREW

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 9:00am – 12pm	Queen's Park Walk OR Poppy Craft Morning Tea	Morning Socialise OR Penpal Activity	All Abilities Workout OR Grocery Shopping	Morning Socialise OR Pen Pal Activity Morning Tea	Strand Walk OR Pen Pal Activity Morning Tea
	Pen Pal Activity OR Christmas Calendar Craft	RSL Morning Melodies Morning Tea	REMEMBRANCE DAY & Cooking for Lunch	Gurpreet's Indian Dancing	Ball Games in the park OR Pen Pal Activity
Lunch Break (12pm – 1pm)					
Afternoon 1pm – 3pm	Tech Time OR Library	Baking OR Remembrance Day Craft	Golf Driving Range OR Pen Pal Activity	Bingo Colouring & Numbers OR Ten-pin Bowling $	Tech-Time, Movie OR Craft
	Afternoon Reset	Afternoon Reset	Afternoon Reset	Afternoon Reset	Afternoon Reset

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Week 3: 16/11/2026 – 20/11/2026

CASSOWARY CREW

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 9:00am – 12pm	**Ball Games OR Christmas Craft** Morning Tea	**All Abilities Workout OR Craft**	**Dance & Music OR Grocery Shopping**	**Sherriff Park Walk** Morning Tea	**Riverway Walk** Morning Tea
	Pen Pal Activity OR Colouring	**RSL Morning Melodies** Morning Tea	**Craft, Colouring OR Cooking for Lunch**	**Ball Games @ Sherriff Park OR Craft**	**Games on the Deck OR Christmas Craft**
Lunch Break (12pm – 1pm)					
Afternoon 1pm – 3pm	**Client Service Meeting, Library OR Activity of Choice**	**Bus, Car Wash & Vacuum OR Tech-Time**	**GRAMMAR SCHOOL VISIT & ACTIVITY**	**Craft OR Ten-pin Bowling**	**Bingo Colouring & Numbers OR Free Time**
	Afternoon Reset	**Afternoon Reset**	**Afternoon Reset**	**Afternoon Reset**	**Afternoon Reset**

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Week 4: 23/11/2026 – 27/11/2026

CASSOWARY CREW

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 9:00am – 12pm	Music & Dance OR Craft Morning Tea	Socialise, Games OR Christmas Craft	Socialise OR Grocery Shopping	Socialise OR Card Games Morning Tea	All Ab. Workout OR Bingo Morning Tea
	Library OR Activity of Choice	RSL Morning Melodies Morning Tea	Cooking for Lunch OR Christmas Craft	Gurpreet's Indian Dancing	COWBOY'S LC BIG DAY OUT SOCIAL LUNCH $
Lunch Break (12pm – 1pm)					
Afternoon 1pm – 3pm	Shopping & Baking, Craft OR Tech Time	Making Music, Percussion OR Craft	Driving Range OR Activity of Choice	Ten-pin Bowling $	Pen Pal Project, games OR Movie
	Afternoon Reset	Afternoon Reset	Afternoon Reset	Afternoon Reset	Afternoon Reset

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Week 5: 30/11/2026 – 30/11/2026

CASSOWARY CREW

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 9:00am – 12pm	**Queen's Garden Walk** Morning Tea 				
	Games on the deck OR Craft 				
Lunch Break (12pm – 1pm)					
Afternoon 1pm – 3pm	**Shopping & Baking OR Library** 				
	Afternoon Reset 				

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Activity Descriptions

Activity	Description	Related Skills	Cost
Bowling 	Whether you are a seasoned pro or a first-timer, this activity offers a fantastic opportunity to socialise and stay active.		$12
Cooking program 	Build new cooking skills or maintain existing ones in a supportive environment. Participants work together to choose the menu and prepare meals.		Up to $8
Recycling 	Join your peers on a visit to the recycling centre to collect and return cans. Funds raised are saved and used to support future group activities and events.		Free of charge
Cowboys Bingo/Lunch COWBOYS	Monthly Social Event Clients can attend Bingo and have morning tea or choose to attend for lunch only. A favourite activity for our clients.		Bingo $1 gold coin + cost of morning tea Lunch from $12 Items priced by venue

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Activity Descriptions

Activity	Description	Related Skills	Cost
Art & Craft projects 	Allows our clients to be mindful, artistic and to practice fine motor skills while creating works to be proud of		Free of Charge
Music & Dance 	Enjoy the opportunity to try new musical instruments and share in the joy that music and dance can bring		Free of Charge
RSL 	Morning Tea, Morning Melodies and the opportunity to meet friends new and old		Cost of morning tea and drink priced by venue
All Abilities Workout 	Light exercise program designed to suit people of all Abilities,		Free of Charge.

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 under-take 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