# Townsville Learning and Lifestyle Hub 2 Program Calendar

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

## Operating Hours

**Monday – Friday**
**900am – 3:00pm**

## Contact Us

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

NDVR Endeavour Foundation

# Townsville Learning and Lifestyle Hub 2

Week 1: 02/11/2026 - 08/11/2026

Endeavour Foundation

| What's On! | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Morning**<br>9am – 12pm | TCLC visiting | Supermarket<br>- Purchase cooking ingredients | All abilities workout | Strand walk | Supermarket<br>- Purchase cooking ingredients |
| | TCLC visiting | Cooking program | Thrive | Library - city | Cooking program – lunch menu |
| **Lunch Break (12pm – 1pm)** | | | | | |
| **Afternoon**<br>1pm – 3pm | Tech time/VR/ puzzles | Client service meeting<br>Melbourne cup | Ten pin bowling | Craft activity | Tech time |
| | Hub Reset | Hub Reset | Hub Reset | Hub Reset | Hub Reset |

# Townsville Learning and Lifestyle Hub 2

Week 2: 09/11/2026 – 15/11/2026

Endeavour Foundation

| What's On! | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Morning**<br>9am – 12pm | TCLC visiting<br> | Supermarket<br>- Purchase cooking ingredients<br> | Supermarket<br>- Purchase baking ingredients<br> | Fishing<br> | Supermarket<br>- Purchase cooking ingredients<br> |
| | TCLC visiting<br> | Cooking program<br> | Baking<br> | Boardgames<br> | Cooking program – lunch menu<br> |
| **Lunch Break (12pm – 1pm)** | | | | | |
| **Afternoon**<br>1pm – 3pm | Library - Aitkenvale<br> | Ten pin bowling<br> | Tech time<br> | Tech time<br> | Woodworking/ craft<br> |
| | Hub reset<br> | Hub Reset<br> | Hub Reset<br> | Hub Reset<br> | Hub Reset<br> |

# Townsville Learning and Lifestyle Hub 2

Week 3: 16/11/2026 – 22/11/2026

Endeavour Foundation

| What's On! | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Morning**<br>9am – 12pm | Thrive | Supermarket<br>- Purchase cooking ingredients | All abilities workout | Basketball shootout | Aplins weir (take morning tea) |
| | Recycle | Cooking program | Thrive | Library - Riverway | Boardgames<br>Cowboys Lunch |
| | Lunch Break (12pm – 1pm) | | | | |
| **Afternoon**<br>1pm – 3pm | Golf driving range | Tech time/ Scrapbooking | Ten pin bowling | Craft/ puzzles | Tech Time |
| | Hub Reset | Hub Reset | Hub Reset | Hub Reset | Hub Reset |

# Townsville - Learning and Lifestyle Hub 2

Week 4: 23/11/2026 – 29/11/2026

Endeavour Foundation

| What's On! | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Morning**<br>9am – 12pm | All abilities workout | Supermarket<br>- Purchase cooking ingredients | Sheriff park (take morning tea) | Supermarket<br>- Purchase baking ingredients | Supermarket<br>- Purchase cooking ingredients |
| | Library - Riverway | Cooking program | Bingo | Baking | Cooking program – lunch menu |
| **Lunch Break (12pm – 1pm)** | | | | | |
| **Afternoon**<br>1pm – 3pm | Tech time/ VR/ Puzzles | Ten pin bowling | Scrapbooking | Tech time | Woodworking/ Craft |
| | Hub Reset | Hub Reset | Hub Reset | Hub Reset | Hub Reset |

# Townsville - Learning and Lifestyle Hub 2

Week 5: 30/11/2026

| What's On! | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Morning**<br>9am – 12pm | Indoor Bocce  | December | | | |
| | Tropical Museum – People, culture and country  | | | | |
| **Lunch Break (12pm – 1pm)** | | | | | |
| **Afternoon**<br>1pm – 3pm | Craft  | | | | |
| | Hub Reset  | Hub Reset  | Hub Reset  | Hub Reset  | Hub Reset  |

# Townsville - Learning and Lifestyle Hub 2

Activity Descriptions

| Activity | Description | Related Skills | Cost |
|---|---|---|---|
| Ten pin 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. |  | $7 |
| 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. |  | |
| Thrive  | Thrive is a capacity-building program that supports participants to develop practical life skills, including independent living, safety, healthy eating, technology, and fitness. |  | |

# Townsville - Learning and Lifestyle Hub 2

Activity Descriptions

| Activity | Description | Related Skills | Cost |
|---|---|---|---|
| Golf driving range  | Provides opportunities for clients to develop coordination and motor skills, participate in physical activity and engage socially. | | |
| Gardening  | Grow plants, grow skills! Gardening supports teamwork, learning, and wellbeing. | | |
| Library   | Participants visit the local library to explore books, build reading skills, and connect with the community. | | |
| Baking  | Learn baking skills while building confidence and enjoying time together in the kitchen. | | $4 |

# 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