

Townsville Learning and Lifestyle Hub Cassowary Program Calendar



Program Dates: 01/10/2026 – 31/10/2026

Operating Hours

Monday – Friday

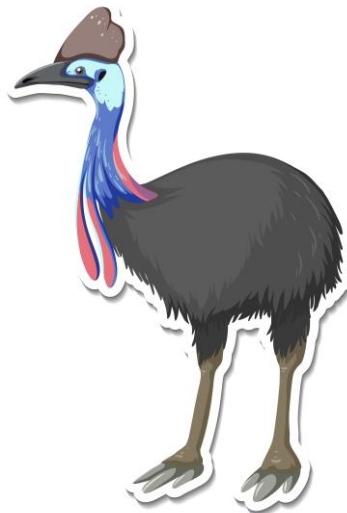
9:00am – 3:00pm

Contact Us

Client Support

Phone: 1800 122 122

Email: clientsupport@endeavour.com.au



NDVR
Endeavour
Foundation

Townsville Learning and Lifestyle Hub

Week 1: 28/09/2026 – 02/10/2026

CASSOWARY CREW

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 9:00am – 12pm	All Abilities Workout Morning Tea 	Morning Socialise 	Socialise OR Grocery Shopping 	Morning Socialise Morning Tea 	Strand Walk Morning Tea 
	Baking OR Tech-Time 	RSL Morning Melodies Morning Tea 	Cooking for Lunch 	Gurpreet's Indian Dancing 	Free Choice OR Halloween Craft 
Lunch Break (12pm – 1pm)					
Afternoon 1pm – 3pm	Library OR Christmas Craft 	Christmas Craft or Activity of Choice 	Golf Driving Range OR Craft 	Board Games OR Activity of Choice 	Games on the deck OR a movie 
	Afternoon Reset 	Afternoon Reset 	Afternoon Reset 	Afternoon Reset 	Afternoon Reset 

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Week 2: 05/10/2026 – 09/10/2026 **CASSOWARY CREW**

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 9:00am – 12pm	PUBLIC HOLIDAY KING'S BIRTHDAY	Morning Socialise 	All Abilities Workout OR Grocery Shopping 	Sherriff Park Walk Morning Tea 	Strand Walk Morning Tea 
	PUBLIC HOLIDAY KING'S BIRTHDAY	RSL Morning Melodies Morning Tea 	Cooking for Lunch 	Ball Games & Group Activities @ Sherriff Park 	Jezzine Barracks Museum 
Lunch Break (12pm – 1pm)					
Afternoon 1pm – 3pm	PUBLIC HOLIDAY KING'S BIRTHDAY	Baking OR Halloween Craft 	Golf Driving Range 	Ten-pin Bowling 	Tech-Time, Movie OR Halloween Craft 
	PUBLIC HOLIDAY KING'S BIRTHDAY	Afternoon Reset 	Afternoon Reset 	Afternoon Reset 	Afternoon Reset 

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Week 3: 12/10/2026 – 16/10/2026

CASSOWARY CREW

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 9:00am – 12pm	All Abilities Workout Morning Tea 	Morning Socialise 	Dance & Music OR Grocery Shopping 	Morning Socialise Morning Tea 	Riverway Walk Morning Tea 
	Client Service Meeting & Baking 	RSL Morning Melodies Morning Tea 	Halloween Craft OR Cooking for Lunch 	Gurpreet's Indian Dancing 	Activity of Choice OR Halloween Craft 
Lunch Break (12pm – 1pm)					
Afternoon 1pm – 3pm	Library OR Activity of Choice 	Bus, Car Wash & Vacuum OR Tech-Time 	Musical Instruments Jam Session 	Bowling on the Deck 	Puzzles, Card Games OR Movie 
	Afternoon Reset 	Afternoon Reset 	Afternoon Reset 	Afternoon Reset 	Afternoon Reset 

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Week 4: 19/10/2026 – 23/10/2026

CASSOWARY CREW

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 9:00am – 12pm	Dance & Movement Morning Tea 	Morning Socialise 	Socialise OR Grocery Shopping 	Strand Walk OR Craft Morning Tea 	All Ab. Workout OR COWBOY'S LC BINGO & Morning Tea 
	Baking OR Board Games 	RSL Morning Melodies Morning Tea 	Cooking for Lunch OR Halloween Craft 	Ball games @ The Strand 	COWBOY'S LC BIG DAY OUT SOCIAL LUNCH 
Lunch Break (12pm – 1pm)					
Afternoon 1pm – 3pm	Library OR Activity of Choice 	Musical Instruments Jam Session 	Driving Range OR Activity of Choice 	Ten-pin Bowling 	Puzzles, Card Games OR Movie 
	Afternoon Reset 	Afternoon Reset 	Afternoon Reset 	Afternoon Reset 	Afternoon Reset 

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Week 5: 26/10/2026 – 30/10/2026

CASSOWARY CREW

What's On!	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 9:00am – 12pm	Queen's Garden Walk Morning Tea 	Morning Socialise 	All Ab. Workout OR Grocery Shopping 	Morning Socialise 	Music, Movement & Dance 
	Morning Socialise 	RSL Morning Melodies Morning Tea 	Cooking for Lunch OR Card Games 	Gurpreet's Indian Dancing 	Halloween Craft OR Colouring 
Lunch Break (12pm – 1pm)					
Afternoon 1pm – 3pm	Baking OR Activity of Choice 	Library OR Craft 	Recycling OR Activity of Choice 	Ten-pin Bowling 	Movie OR Card Games 
	Afternoon Reset 	Afternoon Reset 	Afternoon Reset 	Afternoon Reset 	Afternoon Reset 

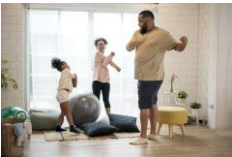
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Activity Descriptions

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 	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 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