# Nambour Learning & Lifestyle Imagine What's Possible

Imagine What's Possible         Term 1 Programs: January 28 <sup>th</sup> – April 4 <sup>th</sup> 2025									
	Monday	Tuesday	Wednesday	Thursday	Friday				
Session 1 09:00am-									
09.30am	What's On? Share news, stories, anything you like. Morning meeting.	What's On? Share news, stories, anything you like. Morning meeting.	What's On? Share news, stories, anything you like. Morning meeting.	What's On? Share news, stories, anything you like. Morning meeting.	What's On? Share news, stories, anything you like. Morning meeting.				
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	Tech - free VR, iPads, Cosmo the robot, We Do Lego and coding, Nintendo switch	<b>Exercise - free</b> Games, Music, Exercise/Champion Life	Gardening - free	<b>Exercise - free</b> Games, Music, Exercise/Champion Life	Gardening - free				
09.30am- 10:00am	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea				
<u>10:00am</u> Session 2 10:00am- 12:00pm	Fishing - \$5 Have a morning out fishing in the community on the coast. End of Term fishing boat outing. Creative arts in the community – free or up to \$5 Get creative at various locations on the coast with painting, photography, drawing etc. Library – Free Visit the local libraries. Browse and borrow books to read or take back to site, to read and share with your peers	Cooking - \$10 Explore different foods from around the world, create a cookbook of your favorite recipes. Bowling - \$10 Social and friendly competition at the local bowling alley. Sensory Time - Free Learn by touch, relax by feel, calmed by sounds are many ways to indulge your senses.	Technology - free Interact with Cozmo the robot, VR Games and training modules, WeDoLego builds with basic coding, Nintendo Switch, drone flying, basic iPad Knowledge and skills, and Thrive modules. Bikes Week 1 - free Head out for a ride on the paths around the lakeside of Kawana. Movies Week 2 - \$10 - \$15 (includes snacks) Visit the local cinema and watch the latest blockbusters.	Australia Zoo - Week 1 Visit Australia Zoo and join the shows, see the animals from all over the world (annual passes suggested, \$149 – unlimited access for the year) Meals on Wheels - free \$3 Coffee if wanted when out Volunteer work – Deliver Meals to members of our community on your route. Sports – Free Shoot hoops, kick around a variety of sports balls, play table tennis, croquet, cricket, lawn bowls and more onsite and in the community Karaoke and Dancing – Free Sing your favourite songs or classics, get the crowd dancing while you light up the stage.	Mystery Tour Week 1 \$10 - \$15 Clients discuss ideas; places and events they would like to go or join in and head for the mystery tour. EF L&L Connect Week 2 - \$5 - \$15 Meet up at various locations around the coast and connect with L&L's from Gympie to Brisbane. Drumming Group - \$5 Feel the beat and beat down on the drums at Coolum Hearts.				

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# Nambour Learning & Lifestyle

**Imagine What's Possible** 

# Learning & Life Skills Icons & 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.

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.

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.

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 in order 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 (ie: Show Day)



















#### Foundation Skills

- Support and development in areas relating to:
- Reading, writing, comprehension
- Speaking, communication
- Numbers, Addition, Subtraction
- Measurement, Size
- Signing eg. 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 eg 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 eg. 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 music - 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