



























# Nambour Learning & Lifestyle















Imagine What's Possible

## Term 1 Programs: January 28<sup>th</sup> – April 4<sup>th</sup> 2025

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

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| Lunch<br>12:00pm-<br>12.30pm            | Lunch  | Lunch   | Lunch   | Lunch   | Lunch  |
|---|--|---|---|---|--|
| <b>Session 3</b><br>12:30pm-<br>14.45pm |  <p><b>Baking \$5-\$10</b><br/>Get sweet and bake good to take home or share onsite.</p>  <p><b>Acoustic music and singing – free</b><br/>Play some music with a range of instruments and sing along to classics.</p>  <p><b>Reading group – Free</b><br/>Enjoy the stories and pictures of the book you have borrowed from the local library</p> |  <p><b>Life Skills - free</b><br/>Onsite maintenance, tidy up, bins, kitchen and common areas cleaning, gardening, offsite, recycling drop off etc.</p>  <p><b>Ladies social - \$5 - \$10</b><br/>Onsite and offsite activities including pampering and afternoon teas to add a woman's touch to the day before heading home.</p>  <p><b>Puzzles, Board Games, Card games – Free</b><br/>Get puzzled and put the pictures together or play a range of games with peers.</p> |  <p><b>Men's Social - \$5 - \$10</b><br/>Onsite and offsite activities ranging from sports to pub visits so, we can bond and have a good yarn.</p>  <p><b>Numeracy - free</b><br/>Get challenged or have fun with numbers. Games, budgets, money handling, number puzzles, etc</p>  <p><b>Delta Therapy Dog, Week 1 – free</b><br/>Each fortnight Louie will visit and loves getting treats for tricks, walking with clients or simply laying down for pat's and to relax.</p> |  <p><b>Diamond art - \$5 initial purchase of the art, free</b><br/>Create wonderful art requiring precision, colors and a nice activity to relax with.</p>  <p><b>Free – Pen Pals</b><br/>Write letters, get to know clients from all over the state.</p>  <p><b>Hot wheels and car racing – free</b><br/>Build many different racetracks and race with classic hot wheel's car.</p> |  <p><b>Chilled fun – various activities free</b><br/>Unwind from a busy week with various activities including movies, arts, games, stories, music, sports and gardening.</p>  <p><b>Chair yoga and meditation – free</b><br/>Breath, relax, stretch and unwind from a busy week, getting ready for the weekend ahead.</p> |
| 2:45pm-<br>3:00pm                       | Pick up/Taxis/Bus  | Pick up/Taxis/Bus   | Pick up/Taxis/Bus   | Pick up/Taxis/Bus   | Pick up/Taxis/Bus  |

# 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.



#### 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** 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



#### 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)

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



#### 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** 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.



#### 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** 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.



#### 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** 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.



#### 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** 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.



#### 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** 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.



#### 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** 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)



#### Special Events

Activities/Events that bring people together:

- Australia Day, Anzac Day,
- Easter, Christmas
- Melbourne Cup, Show Day
- Site Open Day