

Endeavour Foundation - Gladstone Learning & Lifestyle

Gladstone L&L Hub Program January 6th – April 13th 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
8.30-9.30	Morning tea Outing Week 1- \$10 Buy drink Week 2 - \$2		Café Open - Wednesdays 8.30am -10am - \$2 donation	Purchase drink - Community	
Session 1 9.30-12.00pm	 Woodwork \$2 Gym Bring a change of clothes	 Gladstone PAWS Collections /Recycling -Collect from donation bins -Dispense any donations -Take cans to recycling station, sort cans Café Baking/Shopping \$3 Delicious treats to take home and enjoy at the Café	 Café - Barista Training Let's make coffee! \$2 8.30am-10.00am Café Clean up Craft (10am-12pm) \$2.00	 Gym Bring a change of clothes Lunch Cooking – \$5 Cuisines of the world Wk 1: Chic Curry Wk 2: Meatballs Wk 3: Mac'n'Cheese Wk 4: Picadillo Con Papas Wk 5: Pad Thai Wk 6: Pate Chinios Wk 7: Sausage Rolls Wk 8: Coc. Chic Curry Wk 9: Jjapaguri Wk 10: Goulash Wk 11: Quiche Wk 12: Singapore Noodles Wk 13: Empanadas Wk 14: Chicken Paella Wk 15: Beef & Onion Piroshki	 Technology (Thrive) or Customer Meeting Shopping WEEK 1 BBQ \$6.00 BBQ -What will we have today? WEEK 2 Pub Lunch \$30 -Where will we go?
Morning Melodies: Dates TBA Disco: Easter Theme 11th April 2025					
12pm-12.45	Lunch	Lunch	Lunch	Lunch	
Session 2 12.45-2.45pm	 Photography - iPad Technology -Computers -3D Printing -VR -Robotics Week 2 –Buy a drink – in Centre/ community \$2 Gardening -Watering -Weeding -Mulching -Planting	 Literacy/Pen Pals Music Appreciation Wk 1 – Tina Arena Wk 2 – Bobby Brown Wk 3 – Daryl Braithwaite Wk 4 – Michael Jackson Wk 5 – Van Halen Wk 6 – Prince Wk 7 – Dolly Parton Wk 8 – REM Wk 9 – Beyonce Wk 10 – Adma Lambert Wk 11 – Lewis Capaldi Wk 12 – Lauren Hill Wk 13 – Meat Loaf Wk 14 – Justin Timberlake Wk 15 – Guns & Roses Evening Cooking session \$10 3.30pm-6.30pm	 Dancing/ Yoga/ Fitness Games -Indoor bowling -Tennis -Badminton -Go to the park for basketball or soccer Gardening - Watering - Weeding - Mulching - Planting	 Bowling \$15 -Central lane Leisure Activities - Craft - Games - Sports Evening Cooking session \$10 3.30pm-6.30pm	 Leisure Activities - Indoor for summer -Craft - Games Gardening Prepare Garden for weekend.
2.45-3pm	Tidy up / Prepare for Pick up	Tidy up / Prepare for Pick up	Tidy up / Prepare for Pick up	Tidy up / Prepare for Pick up	Tidy up / Prepare for Pick up

Please refer to the icons legend on the following page



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, Community 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.



Information, Communication and 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.



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.



Getting out - or staying in - having fun, making connections and simply doing what makes you happy is what Leisure, Adventure and Recreation is all about. Leisure, Adventure and 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 behavior when in the workplace.



Passion Projects is all about doing what you're passionate about! It could be skill development, or launching your own online business, or simply exploring a creative outlet. If it makes you smile; if you lose track of time doing it, then this is what passion projects is all about.



The importance of nature – whether it's the bush or ocean, growing flowers or vegies or even collecting eggs from hens in the backyard, means that people are able to touch, taste, smell, hear and see those things which make up the world. It might mean conducting experiments to see how things work, or taking time out to literally smell the roses.



This support allows the person to identify specific types of supports required, and, if available, provide those supports on an individual basis. This might mean extra focus on Foundation Skills, or Community Engagement, or an area that isn't captured in a person's Pathway profile.