





























**20 Jan – end of March 2025**  
**Bowen Hills Learning & Lifestyle Hub Morning Programs**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cooking \$7  <b>CASH ONLY</b>	Sweet Treats \$3  <b>CASH ONLY</b>	Cooking \$7  <b>CASH ONLY</b>	Sweet Treats \$3  <b>CASH ONLY</b>	Cooking \$7  <b>CASH ONLY</b>	Cooking \$7  <b>CASH ONLY</b>
Morning Melodies \$7 	Bowling \$6 	Morning Melodies all day \$7 	Swimming \$9 	Discover Brisbane 	Out and about Brisbane 
Op Shop \$10 	Swimming – all day \$9 	Albion Indoor sports \$10 	Bunnings build it 	Ten pin Bowling \$6 	
Reading is FUN 	Auslan 	Fishing all day \$4 	Lego Master \$7 	Native nursery 	
Sail ability \$10 	English/Newsletter 	Music 	Golf \$10 	Clay Craze \$4 	
	Nature walk/ train ride – go card 				

Afternoon Programs until 3pm

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Maths/English 	Maths/ Communication 	Coffee Hop \$9 	Photography Club 	Native nursery 	Cooking 
Healthy relationship 	Swimming– all day 	Morning melodies – all day \$7 	Around the world 	Discover Brisbane 	Out and about Brisbane 
First aid/ emergency 	Pets & Garden 	Maths 	Pets & garden 	Movies critics 	
Containers for change/ Centre Maintenance 	Spanish 	Fishing all day 	VR/3d printing 	Library 	
sail ability \$10 Individual boats 	Nature walk/ train ride – go card 	Sewing/knitting 		Bingo/ board games 	
		Science 			

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**Bowen Hills Learning & Lifestyle Hub**  
**Imagine What's Possible**

- Cooking** - To learn about different food groups, cultural foods, find recipes, make shopping lists, budgeting, purchasing items, return and preparing a meal, cleaning up and enjoying the meal itself.
- Sweet treats** – Learn basic baking techniques, budgeting, creating shopping list, find recipes & learning to follow each instruction. Last 2 weeks, group will look at 2 baking shops to purchase sweet treat & rating their experience.
- Morning melodies**– Mondays will continue to go out Arana Hills to enjoy the live music, meeting new people, & rating the coffee and the service received. Wednesday morning melodies will be trying different RSL to enjoy live music, have a boogie, rating service & meeting people out in the community.
- Golf** - access to mini golf range towards the airport to practice and use golf skills.
- Sail ability** – go out to Manly and sail on individual boats all sailed by experienced volunteers.
- English units/ Newsletter** - improving Literacy skills through workbooks and interactive games on the Smart board & incorporating creating monthly newsletter for the centre on Tuesday only.
- Math's Units/ communication** – Looking at how we can improve student's numeracy skills via interactive smart boards, games and workbooks. – Planning a budget, knowing costs, wants and needs, how to prioritise. Tuesday only, we have incorporated communication to help with communication skills. Participants will learn and practice a variety of methods to communicate, including learning AAC devices, key sign and speech, in real life scenarios.
- Ten pin bowling** - play in a team and expand your bowling skills & social skills.
- Auslan learning** – development of neural pathways and cognitive processes unique to using a visual language. Using your body to communicate
- Swimming** – go to a local pool and with support workers in the pool have a nice swim.
- Comedy** – this is a 12-month program that has a performance every quarter.
- Knit & /Stitch**– Learning to create and sew using different skills, materials, making practical items and gifts for others. Improving cognitive skills
- Discover Brisbane** – Customers will choose locations to visit utilizing our bus vehicles, trying different places, fun day filled exploring what Brisbane has to offer.
- Fishing** – all day out program where you visit different locations to practice your fishing skills.
- Bunnings build it**- go to the local bunnings and make something different each time.
- Native Nursery** – Volunteering all day program at the Paten Park Nursery, sorting seeds, weeding, planting etc.
- Op shopping** – Managing our money handling and budgets finding bargains for ourselves by visiting different op shops.
- Music/ Karaoke** - We will combine different music and dance/movements them combine them together, all while having fun singing along.
- Pets & Gardens** – Care for the centre guinea pigs and care for the different plant/vegetables we are growing and learn about each.
- Weird Science**- Complete different safe and wacky science experiments
- Mindfulness/ reading**- spend some time in the sensory room utilising the different equipment during a mindfulness session, also enjoying a story being old either by staff reading a book or participants.
- Library** – Go to the local library and borrow books, magazines of your choosing whilst learning how to borrow and take care of the items to return to the library.
- Board Games/Bingo** – these activities incorporate learning opportunities.
- VR/3D Printing** – Using the 3d printer and VR machine learn whilst having some fun.
- Around the world/ History** – learn and discover interesting facts about countries from around the world, along with History about the country.
- Photography Club** – each week will be different it will provide the opportunity to learn a variety of art-making skills and knowledge about the elements of art while being inspired by famous artists. Incorporating walking around the local areas and taking photo of objects/buildings, learning basic skills of taking pictures.
- Containers for change/ Centre Maintenance** – Taking the containers we collect to re cycle and receive money which we will use for our next Christmas party. -Learn different activities such as using the blower vac, vacuum cleaner etc
- Nature walk/Train** – will provide the opportunity for participants to learn to catch trains to different locations, have lunch out & understanding road safety when walking to the station.
- Spanish** – Learning basic language of Spanish, using iPad app.
- Movie Critics** – Based on 1 movie, this will break into 10 weeks of watching certain sections and having discussions based on movie, incorporating workbooks about the movie.
- Clay Craze** – using clay to create different models.

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**Saturday programs 8am – 3pm**

**Cooking – making different recipes for your lunch.**

**Out and about Brisbane – Visit museums, festivals, car shows, have picnic in the park. (see Saturday Program)**