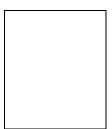
# Ipswich Learning & Lifestyle Hub Imagine What's Possible

		Program: Ja	anuary-April 2025	5	
	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00am		he centre and getting settle afety, WHS Practices, prep		lletin undates and inform	nation and time to share
	alengage	alengage	alengagen	40undation	agaion & hobbie
	Community Explorers	A cuppa with friends	Mens Group (Escape Rooms, Game Arcades, budeting)	Bingo @ Leichardt	Fishing/bbq \$10
	QeCreat/on	agion & hoof	og Hood Hood Hood Hood Hood Hood Hood Ho	Me skille	Me skills
	Bremer River Seniors Club @ CSI Ipswich	Games Group- Leichardt Community Center	Woodworking	Our Kitchen Rules \$10	Train Travel \$5
	assion & hobbie	qecreation	qecreation	qecreation	QECTE BION
	Paint by numbers	Cuppa with friends	Cards and Games	Great South East	Swimming
	Family numbers			\$15 or packed lunch	\$10
		q <sub>e</sub> creation	or shoot in the state of the st	coundations.	
		Bowling	Sewing	Weekly Journals	
		\$10	\$5	,	
	coundations	Me skills		S. C.	
9:00am-12:00pm	Cooking	Lunch Cooking \$10		Brothers Leagues Club lunch and dancing \$20	
Lunch Time 12:00 – 12:30pm	Support and assistance during and after mealtimes including meal and drink preparation.  Assistance and support with your medication and any personal care.				
	agion & hobdie	Health	koundat/on	a hood	of IV
	Music Therapy with Trevor	Literacy – Thrive \$5 one off payment	Relationships - Thrive	Music Therapy with Trevor	Movie or Music
-2:30PM	(\$10)			(\$10) COMING SOON	
12:30 -;	koundations.	Health	decreat/o	40undations	Qecreat/on
	Numbers & Letters	Mindful Meditation & Wind down Music	Cards and Games	lpswich Library	Team Games

## Ipswich Learning & Lifestyle Hub

**Imagine What's Possible** 



#### **ACTIVITIES ARE DELIVERED VIA IN HOUSE AND COMMUNITY**

## 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

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, communicationNumbers, 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 othergames



## **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, hushwalking
- 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