

Communities@Work

May Young Adult Activities Tuggeranong

Contact the Lifestyle
Services Team to book:
(02) 6293 6500

VALUES

Independent living skills training:
Values & Ethics

MON 30

Lunch provided



CC - annettebarbara

Library Visit

TUE 1

Please bring a packed lunch
or money for lunch



CC - Ginny

Bowling @ AMF

\$6.45/game

WED 2

Please bring a packed lunch
or money for lunch



CC - Kelly Garnett

**Walking group
or swimming**

Bring
appropriate clothing

THU 3

Lunch provided

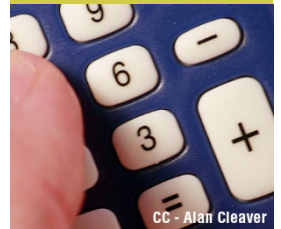


CC - Fred

Cooking

FRI 4

Please bring a packed lunch
or money for lunch



CC - Alan Cleaver

**Literacy &
numeracy**



CC - Frank V

**Organise TCC
cooking class**



CC - mlqqi

**Lunch at
local cafe**



**Workshop:
ethics**



CC - suno curve

**Program
planning: have
your say**



**Workshop:
decision
making**

Tai Chi

Yoga

Meditation

Aerobics

**Wellness &
Mindfulness**

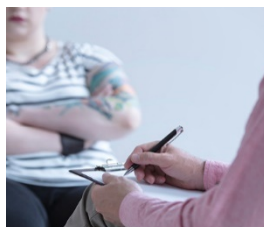


**Workshop:
inclusion &
participation**



CC - suno curve

**Program
planning: have
your say**



**Workshop:
workplace
values**



CC - wewlorka_wagner

**Workshop:
values &
behaviour**



CC - heather pierce

**Poster project:
your values**

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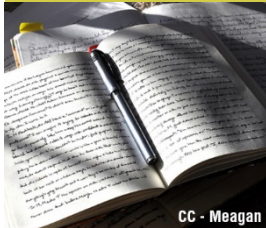
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VALUES

Independent living skills training:
Respect for All

MON 7

Please bring a packed lunch
or money for lunch



CC - Meagan

**Literacy &
numeracy**

TUE 8

Please bring a packed lunch
or money for lunch



CC - Kelly Garnett

**Walking group
or swimming**

Bring
appropriate clothing

WED 9

Lunch provided

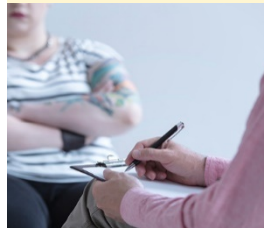


CC - Fred

Cooking

THU 10

Please bring a packed lunch
or money for lunch



**Workshop:
values**

FRI 11

Please bring a packed lunch
or money for lunch



CC - Courtney

**Workshop:
diversity**



CC - Max Randall

**Complement
project**



**Workshop:
respect**



CC - Joe Baker

**Art & Craft:
values mural**



**Workshop:
inclusion &
participation**



**Workshop:
respect**

Meditation

Tai Chi

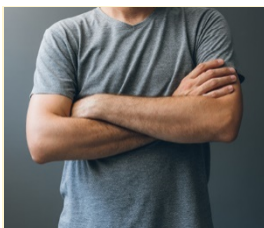
Yoga

Mindfulness

Aerobics



**Workshop:
manners**



**Workshop:
decision making**



**Workshop:
human rights**



CC - nathanmac87

**Goal based
activity**



CC - Epicantus

**Project:
people you
respect**

Games, computer, tablets, TV, pre-vocational skills and walking are available as alternative activities every day.

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VALUES

Independent living skills training:
Integrity & Transparency

MON 14

Light lunch provided



CC - Foxcroft Academy

**Walking group
or swimming**

Bring appropriate
clothing



CC - Fred

**TCC cooking
class**

TUE 15

Please bring a packed lunch
or money for lunch



CC - Daniel Hoey

**Movies at
limelight**

Cost: \$11.50



CC - Patrick Walsh

**Lunch at
local cafe**

WED 16

Lunch provided



CC - Kristofer Palmvik

BBQ at centre



**Workshop:
values**

THU 17

Please bring a packed lunch
or money for lunch



CC - Loren Kerns

**Sports
at centre**



CC - Epicantus

**Workshop:
honesty**

FRI 18

Please bring a packed lunch
or money for lunch



CC - Kelly Garnett

**Walking group
or swimming**

Bring appropriate
clothing



CC - nathanmac87

**Workshop:
integrity**

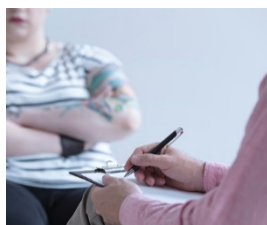
Mindfulness

Yoga

Tai Chi

Aerobics

Meditation

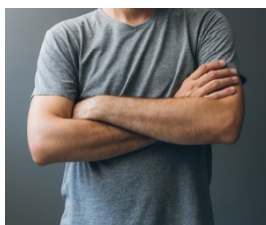


**Workshop:
values &
behaviour**

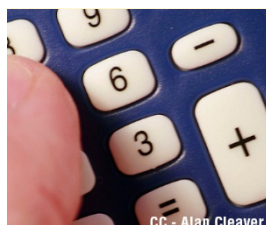


CC - Max Randall

**Workshop:
communication**

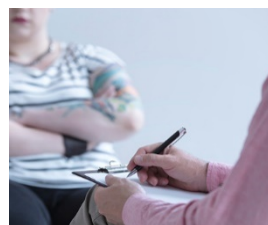


**Workshop:
decision
making**



CC - Alan Cleaver

**Literacy &
numeracy**



**Workshop:
workplace
values**

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VALUES

Independent living skills training:
Trust

MON 21

Light lunch provided

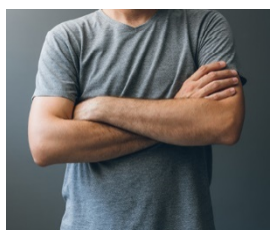


**Meal Planning,
shopping &
cooking**



**Workshop:
trust**

Meditation



**Workshop:
decision making**

TUE 22

Please bring a packed lunch
or money for lunch



**Pine
Island outing**



**BBQ at
Pine Island**

Tai Chi



**Trust
obstacle course**

WED 23

Please bring a packed lunch
or money for lunch



**Walking group
or swimming**
Bring appropriate
clothing



**Workshop:
values &
behaviour**

Yoga



Art & craft

THU 24

Please bring a packed lunch
or money for lunch



**Literacy &
numeracy**



Workshop: trust

Mindfulness



**Teamwork
games**

FRI 25

Please bring a packed lunch
or money for lunch



**Bunnings
workshop**



**Workshop:
values**

Aerobics



**Workshop: risk
awareness**

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VALUES

Independent living skills training:
Personal Core Values

MON 28

**Centre
closed for
Reconciliation
Day Public
Holiday**

TUE 29

Please bring a packed lunch
or money for lunch



Library visit

WED 30

Light lunch provided



Cooking

THU 31

Please bring a packed lunch
or money for lunch



Sports at centre

FRI 1

Please bring a packed lunch
or money for lunch



**Walking group
or swimming**

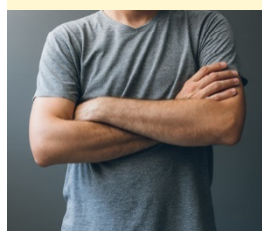
Bring appropriate
clothing



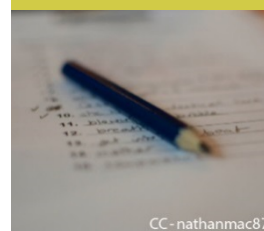
STEM challenge



**Shared values
project**



**Workshop:
decision making**



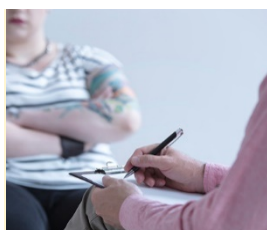
**Workshop:
personal values**

Yoga

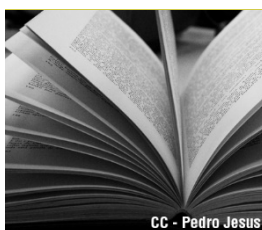
Tai Chi

Aerobics

Meditation



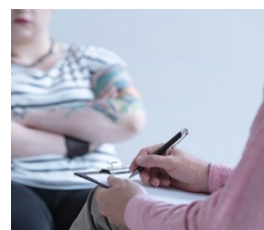
**Workshop:
values**



**Literacy &
numeracy**



**Shared values
project**



**Workshop:
values &
behaviour**

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