








Adult Program Tuggeranong | October

Contact the Lifestyle Services Team to book: **6293 6500**

Health and Movement		Independent Living Skills Training Theme Week 2: Mini Olympics	
MON 12 Please bring a packed lunch or money for lunch		TUE 13 Lunch provided	
			
Walking/ Yoga		Cooking Show Spanish Cuisine Chicken paella	
Skill Building Workshops <ul style="list-style-type: none"> 1. Identifying ways to move Identifying healthy foods 2. Trying new ways to move Setting healthy eating goals 3. Implementing movement into my day Creating a healthy menu 			
			
Program planning		Mosaic Design	
Learning how to Vote			

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Health and Movement		Independent Living Skills Training Theme Week 3: Active Hobbies	
MON 19 Please bring a packed lunch or money for lunch		TUE 20 Please bring a packed lunch or money for lunch	
			
Walking in small groups		Library Visit	
Planning our Melbourne Cup			
Skill Building Workshops <ul style="list-style-type: none"> 1. Learning what a hobby is Researching hobbies 2. Try a new hobby 3. Demonstrating your hobby to others 			
			
Learning how to Vote		Mosaic design	
		Cooking Show Mexican cuisine Nachos	

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Health and movement		Independent Living Skills Training Theme Week 4: Fuel for the body	
MON 26 Please bring a packed lunch or money for lunch		TUE 27 Lunch Provided	WED 28 Please bring a packed lunch or money for lunch
			
Walking/ Yoga		Cooking Show Greek cuisine Zucchini Slice	Zumba
Skill Building Workshops <ol style="list-style-type: none"> 1. Look up food pyramids Knowing the difference between healthy and unhealthy 2. Seeking support where needed 3. What food fuel your body 			
			
Planning our Melbourne Cup		Car wash	Mosaic design