








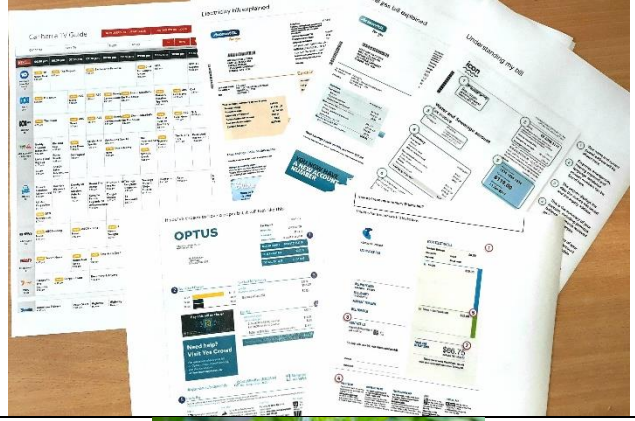



Adult Program Tuggeranong | August

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

Functional Numeracy and Literacy		Independent Living Skills Training Theme Week 1: Money	
MON 3 Lunch Provided		TUE 4 Please bring a packed lunch or money for lunch	
			
Canvas painting	Program Planning	Mini Olympics	
Skill Building Workshops <ul style="list-style-type: none"> • What is important to me in terms of money? • How to ask for help with handling my money? • What do things cost? • Shopping on a budget • Saving for a holiday 			
			
Cooking show Japanese cuisine Tofu Noodles	Yoga	Mosaic Design	

Adult Program Tuggeranong | August

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

Functional Numeracy and Literacy	Independent Living Skills Training Theme Week 2: Reading	
<p>MON 10 Lunch Provided</p>	<p>TUE 11 Please bring a packed lunch or money for lunch</p>	<p>WED 12 Please bring a packed lunch or money for lunch</p>
		
<p>Cooking show Italian cuisine Chicken casserole</p>	<p>Virtual Taronga Zoo</p>	<p>Mosaic design</p>
<p>Skill Building Workshops</p> <ul style="list-style-type: none"> • How to read street signs, labels and household items • How to read my bills • How to read recipes/receipts and the price tags at the supermarket • How to find out what is on the television • Reading job advertisements 		
		
<p>Goal based activity</p>	<p>Walking in small groups</p>	<p>Gardening Cleaning up the garden</p>




Adult Program Tuggeranong | August

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

Functional Numeracy and Literacy		Independent Living Skills Training Theme Week 3: Writing	
MON 17 Please bring a packed lunch or money for lunch		TUE 18 Lunch Provided	
WED 19 Please bring a packed lunch or money for lunch			
			
Meal plan, shop and cooking show Australian cuisine Meat pies		Book week Create your own story	
Walking in small groups			
Skill Building Workshops <ul style="list-style-type: none"> • How to complete an application form • How to write my name, address or other important information • Creative writing • How to write a letter, social media post or an email • How to write a shopping list or take a message for someone. 			
			
Board games		Car wash	
		Mosaic design	

Adult Program Tuggeranong | August

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

Functional Numeracy and Literacy		Independent Living Skills Training Theme Week 4: Time	
MON 24 Lunch Provided		TUE 25 Please bring a packed lunch or money for lunch	
			
Cooking show Burgers		Mosaic design	
Skill Building Workshops <ul style="list-style-type: none"> • How to tell the time using digital and analogue clocks • How to plan and prioritise my time • How to estimate how long something will take to do or how long it will take. • Concept of days, weeks, years and hours? 			
			
			
Meal planning for next month		Puzzles	
		Canvas painting	