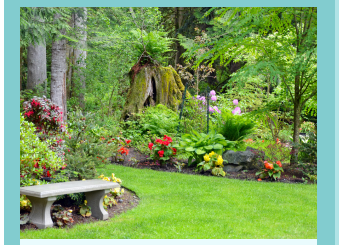
Autumn	Independent Living Skills Training Theme Week 1: Autumn Cooking			
MON 1	**TUE 2**	**WED 3**	**THU 4**	**FRI 5**
Lunch provided	Please bring a packed lunch or money for lunch	Lunch Provided	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
Cooking and shopping Gnocchi	Bowling $6.50	Cooking Vegetarine Nachos	Walking	Clean up Australia Day challenge
Skill Building Workshops • What fruits and vegetables grow best at this time of year? • Autumn cook book • What recipes would you like to see in the next few months?				
 Garden and Art project	Badge Making 2	Swimming at Dickson pool	Learning to Knit	Clean up the centre

March 2021

Young Adult Activities

Gungahlin

Please bring a water bottle and hat each day.

Contact the Lifestyle Services Team to book: 6293 6500

Communities@Work

commsatwork.org

Autumn			Independent Living Skills Training Theme Week 2: Autumn Events and Activities	
MON 8	**TUE 9**	**WED 10**	**THU 11**	**FRI 12**
Puclic Holiday	Lunch Provided	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch	Lunch Provided
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
 Public Holiday	 Cooking San Choi Bao	 Story telling	 Autumn painting	 Disco
Skill Building Workshops • What are some fun events that I can do at this time of year? • let's have a look at the weather and how these might impact on what we would like to do • Do I have the budget to do the activities I want				
 Canberra Day	 Garden and Art Project	 Fitness at the park	 Bullying workshop National Day of Action aginst bullying	 BBQ at the centre

March 2021

Young Adult Activities

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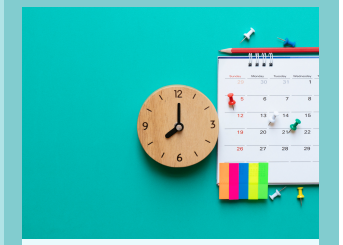
Autumn			Independent Living Skills Training Theme Week 3: Seasonal Changes	
MON 15	**TUE 16**	**WED 17**	**THU 18**	**FRI 19**
Lunch provided	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch	Lunch Provided	Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
Cooking and Shopping Chicken Noodle Soup	Bird Aviary $13 TBC	Autumn art and crafts	Planning our Easter party	Harmoney Day celebrations
Skill Building Workshops • What happens to the weather during Autumn? • What are the changes outside? • What do you have to consider during Autumn compaired to other months? • Fire Drill				
Garden and art project	Clay designs	Swimming at Dickson Pool	Cooking Green Vegetable Bake	 Program planning

March 2021

Young Adult Activities

Gungahlin

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Autumn			Independent Living Skills Training Theme Week 1: Event Planning	
MON 22	**TUE 23**	**WED 24**	**THU 25**	**FRI 26**
Lunch provided	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch	Lunch Provided	Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
Cooking and Shopping Pumpkin Pilat	Library Visit	Paper plan Compertition	Bake Off	Car wash
Skill Building Workshops • What event would you like to plan? • Choosing a date, time, location etc? • What other things need to be consided? Transport, money etc?				
Garden and Art Project	Planning our Easter Party	Fitness at the centre	Outdoor games	Walking

March 2021

Young Adult Activities

Gungahlin

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