

Communities@Work

2019

Adult Program

Tuggeranong | August

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

- Please make sure everyone packs a hat and their Companion Card
- Outdoor activities are subject to weather conditions

Spring Cleaning		Independent Living Skills Training Theme Week 1: Cleaning Techniques	
MON 5 Please bring a packed lunch or money for lunch		TUE 6 Please bring a packed lunch or money for lunch	
			
Walking group or swimming Bring appropriate clothing		Bowling at Zone Bowling Cost: \$6.45 per game	
WED 7 Light lunch provided			
Skill Building Workshop <ul style="list-style-type: none"> • How to clean different surfaces • Cleaning equipment discovery – brooms, mops, vacuum etc • How often to Clean rooms, appliances, etc • What to consider when cleaning 			
			
Art and craft: group project		Shopping at South.Point	
			
		Program Planning	

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Spring Cleaning		Independent Living Skills Training Theme Week 2: Cleaning Products	
MON 12	TUE 13 Light lunch provided	WED 14 Light lunch provided	
			
Garden Planning	Trivia Competition	Cooking Thai Beef Salad	
Skill Building Workshop <ul style="list-style-type: none"> • Types of Cleaning products – Chemicals Vs Natural • Chemical Caution • Cost evaluation of cleaning products • How to read the label – what to be aware of 			
			
Knitting	Preparing Light Lunch	Literacy and numeracy	

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Spring Cleaning		Independent Living Skills Training Theme Week 3: Cleaning Inside	
MON 19 Please bring a packed lunch or money for lunch		TUE 20 Light lunch provided	
			
Art and craft: group project		Walking group or swimming Bring appropriate clothing	
MON 21 Light lunch provided		TUE 22 Light lunch provided	
			
Cooking Spinach, Bacon and tomato quiche		Walking	
Skill Building Workshop <ul style="list-style-type: none"> • Developing a cleaning schedule • Bedrooms • Bathrooms and Toilets • Kitchens • Lounge/Dining Rooms 			
			
STEM Challenge		Preparing Light Lunch	
			
Literacy and numeracy		Walking	

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Spring Cleaning		Independent Living Skills Training Theme Week 4: Cleaning Outside	
MON 26 Please bring a packed lunch or money for lunch		TUE 27 Lunch Provided	
			
Pamper Day Hand massages, nail painting, etc		Picnic at the park	
WED 28 Please bring a packed lunch or money for lunch			
Pool Competition			
			
Lantern Making		STEM challenge	
			
Art and craft: group project			