

Communities@Work

2019

Young Adult Activities Gungahlin | August

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

Spring cleaning			Independent Living Skills Training Theme Week 1: Cleaning Techniques	
MON 5	TUES 6	WED 7	THU 8	FRI 9
Lunch provided	Please bring a packed lunch or money for lunch	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				
				
Trip to Corin Forest Snow play \$20 Toboggan hire \$5	Meal plan, shop and cook	Swimming	Cleaning treasure hunt	Bunnings workshop
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 				
				
Picnic lunch	Gardening	Play Cleaning Jenga	Cooking Cheesy pumpkin pasta bake	Update Chore charts

*Meditation and Mindfulness exercises will take place on a daily basis

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












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Spring cleaning			Independent Living Skills Training Theme Week 2: Organising How To	
MON 12	TUES 13	WED 14	THU 15	FRI 16
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				
				
Meal plan, shop and cook Tuna Caesar salad wraps	Cleaning Product Trivia	Travel training: Bus trip to Zone bowling Bring MyWay Card or Bus Fare	Swimming	Sports at the park
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 				
				
Gardening	Cooking Ham & vegetable Risotto	Bowling \$6.45	Cleaning Product Literacy Learning	Art & craft

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Spring cleaning		Independent Living Skills Training Theme Week 3: Cleaning Inside		
MON 19 Lunch provided	TUES 20 Please bring a packed lunch or money for lunch	WED 21 Please bring a packed lunch or money for lunch	THU 22 Lunch provided	FRI 23 Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Meal plan, shop and cook Mexican quiche	Swimming	Sports at the park	Gardening	National Gallery of Australia
Skill Building Workshop <ul style="list-style-type: none"> • Developing a cleaning schedule • Bedrooms • Bathrooms and Toilets • Kitchens • Lounge/Dining Rooms 				
				
STEM Challenge	Sorting game	Crystal egg geodes	Cooking Spaghetti & meatballs	Clean to the music

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Spring cleaning			Independent Living Skills Training Theme Week 4: Cleaning Outside	
MON 26 Lunch provided	TUES 27 Please bring a packed lunch or money for lunch	WED 28 Lunch provided	THU 29 Please bring a packed lunch or money for lunch	FRI 30 Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Meal plan, shop and cook Bacon, lettuce and tomato wrap	Visit to Royal Australian Mint	Gardening	Swimming	Scavenger Hunt (outdoor cleaning)
Skill Building Workshop <ul style="list-style-type: none"> • Cleaning Schedules • What to consider when cleaning outside • Maintenance tasks – what to look for • Gardening – weeding, mowing, pruning etc • Fire Safety around the house • How to get rid of waste (general household, recycling, green) 				
				
Cardboard Circle Weaving	Literacy & Numeracy skills	Cooking Chicken parmigiana	Spring & Summer chores list	Air fresheners made with plaster of paris

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