

Communities@Work

2019

Young Adult Activities

Tuggeranong | 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
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	Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Program planning: have your say	Bowling at Zone Bowling Cost: \$6.45 per game	Walking group or swimming Bring appropriate clothing	Cooking Enchiladas with rice & beans	Pool Competition
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 				
				
Library Visit	Sports & Fitness at the park	Art and craft: Group Project	Literacy and Numeracy Skills	Program planning: have your say

*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: Cleaning Products		
MON 12 Please bring a packed lunch or money for lunch	TUES 13 Please bring a packed lunch or money for lunch	WED 14 Please bring a packed lunch or money for lunch	THU 15 Please bring a packed lunch or money for lunch	FRI 16 Lunch Provided
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Garden Planning	Sports & Fitness at the park	Walking group or swimming	National Museum Visit	Cooking Mini Sliders
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 				
				
Board games	Literacy and Numeracy Skills	Garden Planning	Program Planning: have your say	Literacy and Numeracy Skills

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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 Please bring a packed lunch or money for lunch	FRI 23 Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Cooking Sweet potato & lentil veggie rolls	Walking group or swimming Bring appropriate clothing	Travel training Bring MyWay and Companion Card	Art & craft: Group Project	Car wash - exterior
Skill Building Workshop <ul style="list-style-type: none"> • Developing a cleaning schedule • Bedrooms • Bathrooms and Toilets • Kitchens • Lounge/Dining Rooms 				
				
Literacy and Numeracy Skills	Planning our bus trip tomorrow	Shopping & lunch at a local cafe	Trivia Competition	Lantern making

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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 Please bring a packed lunch or money for lunch	THU 25^g 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				
				
Cooking Lasagne Scrolls	STEM Challenge	Literacy and Numeracy Skills	STEM Challenge	Walking group or swimming Bring appropriate clothing
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) 				
				
Pamper Day Hand Massages	Fire safety drills	Library Visit	Art & craft: Group Project	Trivia Competition

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