






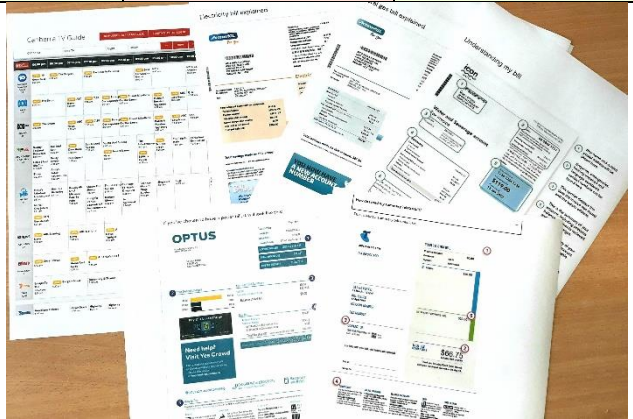



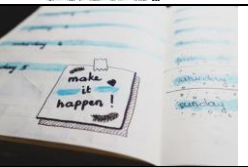

Young Adult Activities Gungahlin | August

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	TUES 4 Please bring a packed lunch or money for lunch	WED 5 Please bring a packed lunch or money for lunch	THU 6 Please bring a packed lunch or money for lunch	FRI 7 Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Goal based activity	STEM Tower building	Trivia Competition	Mini Olympics	Bingo
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 				
				
Meal plan/shop and cook Fish and chips	Create a bucket list	Walking in small groups	In house movies	De-clutter challenge












Young Adult Activities Gungahlin | August

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

Functional Numeracy and Literacy		Independent Living Skills Training Theme Week 2: Reading		
MON 10 Lunch Provided	TUES 11 Please bring a packed lunch or money for lunch	WED 12 Please bring a packed lunch or money for lunch	THU 13 Please bring a packed lunch or money for lunch	FRI 14 Lunch Provided
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Outdoor picnic	Walking in small groups	Tidy up the garden	Make your own art gallery	Virtual Taronga Zoo
Skill Building Workshops <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 				
				
Send a hug in the mail	Bubble painting	Board games	Program Planning	Meal plan/shop and cook Chicken soup



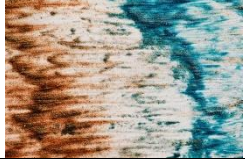








Young Adult Activities Gungahlin | August

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	TUES 18 Lunch Provided	WED 19 Please bring a packed lunch or money for lunch	THU 20 Please bring a packed lunch or money for lunch	FRI 21 Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Meal plan/shop and cook Breakfast buffet	Winter arts and crafts Penguin creation	Create your own story (Book week)	Gardening Harvesting the garden	Mug Design
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. 				
				
Hockey Competition	Car wash	Dress up parade	DIY pom poms	Fitness at the centre

Young Adult Activities Gungahlin | 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	TUES 25 Please bring a packed lunch or money for lunch	WED 26 Lunch Provided	THU 27 Please bring a packed lunch or money for lunch	FRI 28 Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Meal plan/shop and cook Stir-fry noodles	Plan a recycle project	Tie Dye pillowcases	Outdoor games Tic Tac Toe	DIY Juggling balls
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 				
				
Kite flying	Walking in small groups	Cooking falafel wraps	STEM DIY Hovercrafts	Marco Polo