


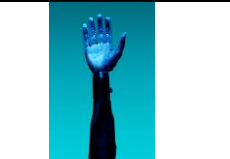














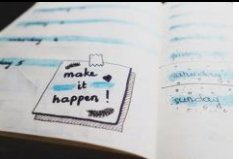

## Young Adult Activities Gungahlin | July

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

Your Community		Independent Living Skills Training Theme Week 1: Understanding your community		
MON 29 Lunch Provided	TUES 30 Please bring a packed lunch or money for lunch	WED 1 Please bring a packed lunch or money for lunch	THU 2 Please bring a packed lunch or money for lunch	FRI 3 Please bring a packed lunch or money for lunch
<b>MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS</b>				
				
<b>Water xylophone</b>	<b>STEM</b> Heart rate challenge	<b>Make your own board games</b>	<b>Planning our own Christmas in July party</b>	<b>STEM Challenge:</b> DIY robot hand
<b>Skill Building Workshops</b> <ul style="list-style-type: none"> <li>Where is my local community? Is it where I work? Or where I live?</li> <li>How can I find out what's in my community?</li> <li>Are there any community events happening soon?</li> </ul>				
				
<b>Shopping/Cooking show</b> risotto	<b>Learning to draw</b>	<b>Gardening:</b> Make your own greenhouse	<b>Goal check</b>	<b>Outdoor Tai Chi</b>

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Your Community		Independent Living Skills Training Theme Week 2: Interest and activities		
MON 6	TUES 7	WED 8	THU 9	FRI 10
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	Please bring a packed lunch or money for lunch
<b>MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS</b>				
				
Making a birthday chart	Walking in small groups	Computer skills	Make your own movie part 1	Learning sign language
<b>Skill Building Workshops</b> <ul style="list-style-type: none"> <li>• What are my interest and activities?</li> <li>• Where can I participate in these activities?</li> <li>• How do I connect with people who have similar interest?</li> </ul>				
				
Shopping/Cooking Show Nachos	Planning our own Christmas in July party	In house bowling	Program Planning	Outdoor games Hot potato












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Your Community		Independent Living Skills Training Theme Week 3: Engaging in Community		
<b>MON 13</b> Please bring a packed lunch or money for lunch	<b>TUES 14</b> Lunch Provided	<b>WED 15</b> Please bring a packed lunch or money for lunch	<b>THU 16</b> Please bring a packed lunch or money for lunch	<b>FRI 17</b> Please bring a packed lunch or money for lunch
<b>MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS</b>				
				
<b>Shopping or walking</b>	<b>Cooking show</b> Pumpkin soup	<b>Gardening</b> Future plans for the garden	<b>Paper Mache volcanoes</b>	<b>Straw painting</b>
<b>Skill Building Workshops</b> <ul style="list-style-type: none"> <li>How can I engage with others in my community?</li> <li>What do I do about starting?</li> </ul>				
				
<b>Make your own movie part 2</b>	<b>Fitness at the centre</b>	<b>STEM</b> Dancing rice	<b>Program planning</b>	<b>Planning our own Christmas in July party</b>

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Your Community		Independent Living Skills Training Theme Week 4: Community Skills		
<b>MON 20</b> Lunch Provided	<b>TUES 21</b> Please bring a packed lunch or money for lunch	<b>WED 22</b> Please bring a packed lunch or money for lunch	<b>THU 23</b> Please bring a packed lunch or money for lunch	<b>FRI 24</b> Please bring a packed lunch or money for lunch
<b>MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS</b>				
				
<b>Shopping and bake off</b>	<b>Planning our own Christmas in July party</b>	<b>Make your own movie part 3</b>	<b>Paper vs book challenge</b>	<b>Walking in small groups</b>
<b>Skill Building Workshops</b> <ul style="list-style-type: none"> <li>How do I seek assistance when needed?</li> <li>Where do I find essential services: Emergency (police, ambulance, fire), chemist, doctors, hospitals, shops, fuel and public transport etc.</li> </ul>				
				
<b>STEM</b> Making a rubber band helicopter	<b>Lock down drill</b>	<b>Clay ordainments</b>	<b>Paper Mache volcanoes</b>	<b>Canberra scavenger hunt</b>

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Your Community		Independent Living Skills Training Theme Week 5: Making new friends		
<b>MON 27</b> Lunch Provided	<b>TUES 28</b> Lunch Provided	<b>WED 29</b> Please bring a packed lunch or money for lunch	<b>THU 30</b> Please bring a packed lunch or money for lunch	<b>FRI 31</b> Please bring a packed lunch or money for lunch
<b>MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS</b>				
				
<b>Shopping</b> Cooking show minestrone soup	Christmas in July party	Engage in the community	Indoor mini golf	Canberra scavenger hunt
<b>Skill Building Workshops</b> <ul style="list-style-type: none"> <li>• What is a friend?</li> <li>• What qualities do I like in a friend?</li> <li>• What qualities do I not like in a friend?</li> <li>• What makes someone a friend?</li> </ul>				
				
<b>STEM</b> Mentos vs coke	Karaoke/ DISCO	Scrapbooking	Walking in small groups	Paint iconic things in Canberra