Communities@Work

2020

Young Adult Activities

Tuggeranong | June

Contact the Lifestyle Services Team to book: 6293 6500

Winter		Independent Living Skills Training Theme Week 1: Winter activities		
MON 1	**TUES 2** Please bring a packed lunch or money for lunch	**WED 3** Lunch provided	**THU 4** Please bring a packed lunch or money for lunch	**FRI 5** Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
Public Holiday	**Making snowman**	**Fire safety drill**	**Movie trivia**	**What is the Olympics**
Skill Building Workshops • What are some fun activities that I can do at this time of year? • How can the weather impact on what I would like to do with family/friends or myself? • What are some winter traditions?				
Public Holiday	**Journal writing**	**Pizza party**	**3D puzzle challenge**	**Colour by number**

Please bring water bottle, hat and lunch each day.

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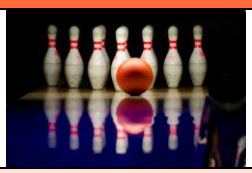
Winter		Independent Living Skills Training Theme Week 2: Winter events		
MON 8	**TUES 9** Please bring a packed lunch or money for lunch	**WED 10** Lunch provided	**THU 11** Please bring a packed lunch or money for lunch	**FRI 12** Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Public Holiday	**Mathematic bowling**	**Cooking Show** Mac n cheese	**Fitness at the centre**	**Make a time capsule**
Skill Building Workshops • What are some fun events that I can participate in at this time of year? • Let's have a look at the weather and my budget to see if I can do these with friends/family or by myself? • Research a famous winter event				
Public Holiday	**STEM Challenge** DIY parachutes	**Planning Christmas in July party**	**Program planning**	**In house movies**

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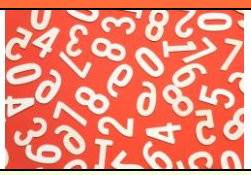
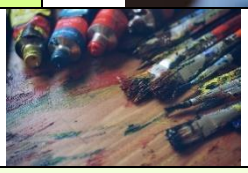
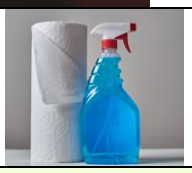
Winter		Independent Living Skills Training Theme Week 3: Seasonal weather and cooking		
MON 15 Lunch provided	**TUES 16** Please bring a packed lunch or money for lunch	**WED 17** Please bring a packed lunch or money for lunch	**THU 18** Please bring a packed lunch or money for lunch	**FRI 19** Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Program planning	**Gardening** Terracotta pots	**Number games**	**Beading**	**Planning our Christmas in July party**
Skill Building Workshop • What can I cook at this time of year? • What kind of foods are available or that I can grow in the garden? • Let's have a look at the menu and my budget to see what I can do.				
				
Cooking Show Zucchini slice	**Walking in small groups**	**Arts and Crafts** Photo collage	**Car washing**	**Clean up the centre**

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Winter		Independent Living Skills Training Theme Week 4: Goal progress check		
MON 22 Please bring a packed lunch or money for lunch	**TUES 23** Please bring a packed lunch or money for lunch	**WED 24** Lunch provided	**THU 25** Please bring a packed lunch or money for lunch	**FRI 26** Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
Walking in small groups	**Music and Dance**	**In house movies**	**Planning Christmas in July party**	**Minute to win it**
Skill Building Workshops • What are we up to? Am I on track? • What else do I need to consider? • Share your progress so far				
Make your own comic story	**Fitness at the centre**	**Cooking show** Vegie wraps	**Movement maze**	**STEM:** DIY robot hand

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