Communities@Work

April Young Adult Activities

Tuggeranong

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

VALUES — **Independent living skills training:** Trust, integrity and respect

MON 3	TUE 4	WED 5	THU 6	FRI 7
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
CC - Carissa Rogers	CC - Ginny	CC - Kelly Garnett	CC - Fred	CC - Robert DeRose
Arts & Craft	**Bowling @ AMF** Cost: $6.45 per game	**Swimming** Cost: Free	**Cooking**	**Rock Climbing** Cost: $13.50
CC - Kate DeLaurier	CC - Kate DeLaurier	CC - Max Randall	CC - Kate DeLaurier	CC - Kate DeLaurier
Trust Workshop Circle of Trust	**Workshop: Respect**	**Workshop: Communication**	**Workshop: Trust**	**Workshop: Respect**

WELLNESS & MINDFULNESS

CC - Brambleton	CC - Carissa Rogers	CC - Max Randall	CC - Kate DeLaurier	CC - Morton Grove Public Library
Trust Obstacle Course	**ME' Poster Project**	**Communication games**	**Trust Games**	**Role Play Activity**

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

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VALUES — **Independent living skills training:** Flexibility and responsiveness

MON 10	TUE 11	WED 12	THU 13	FRI 14
Light lunch provided	Lunch provided	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch	
CC - Fred	CC - Fred	CC - annettebarbara	CC - Mark and Angela Waller	
Cooking Class	**Cook Off**	**Lake Walk** Hat & drink bottle needed	**Meal Planning & Shopping**	
CC - wewlorka_wagner	CC - Gary David Bouton	CC - Max Randall	CC - wewlorka_wagner	
Workshop: Emotions	**Workshop: Time Management**	**Teamwork Games**	**Workshop: Understanding Compromise**	***Centre closed for Good Friday public holiday.***

WELLNESS & MINDFULNESS

CC - Benjamin Reay	CC - wisp101	CC - Tea Tricks	CC - Benjamin Reay	
Problem Solving	**Cooperative Construction**	**Mad Hatter Tea Party Planning**	**Problem Solving**	

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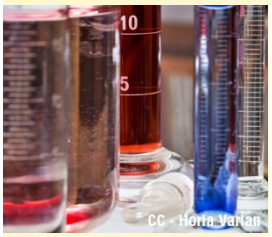
VALUES — **Independent living skills training:** Self improvement / innovation

MON 17	TUE 18	WED 19	THU 20	FRI 21
	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
	 CC - Horia Varlan	CC - Kelly Garnett	CC - Fred	CC - wisp101
	Crazy Science	Swimming	Cooking	Crazy Construction
Centre closed for Easter Monday public holiday.	CC - nathanmac87	CC - Mark and Angela Walker	CC - Benjamin Reay	CC - nathanmac87
	Workshop: Improving Yourself	Meal Planning & Shopping	Workshop: Thinking Outside the Box	Visualisation Board: Setting Goals

WELLNESS & MINDFULNESS

	CC - heather pierce	CC - Tea Tricks	CC - Max Randall	CC - nathanmac87
	Self Esteem Collage	Mad Hatter's Hat Project	Skill Sharing Activity	Practical Improvement Project

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VALUES — **Independent living skills training:** Affordability and sustainability

MON 24

Lunch provided

Cooking

Workshop: Budgeting

TUE 25

Centre closed for ANZAC Day public holiday.

WED 26

Please bring a packed lunch or money for lunch

Gardening: Grow your own Food

Please bring a hat

Workshop: World Earth Day

THU 27

Please bring a packed lunch or money for lunch

Meal Planning on a Budget

Workshop: Using What You Have

FRI 28

Light afternoon tea provided

BUNNINGS warehouse

Bunnings Workshop

Empowering Participation & Feedback

WELLNESS & MINDFULNESS

Energy Efficiency Project

Earth Day Art Project

Event Planning Project

Mad Hatter's Tea Party

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