Communities@Work

October Teens After School Care

Tuggeranong

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

MON 9

TUE 10

WED 11

THU 12

FRI 13



Workshop: Communication



Cooking



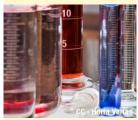
Mental Health & Exercise



Sports at the Centre



Art: Emotions in Colour



Crazy Science



Program Planning



Trivia Competition



Mental Health Challenge

THU 19



Puzzles & Games

MON 16

TUE 17



Music & Dance

WED 18



Maintain



Relationships



Aerobics





Relationships Poster

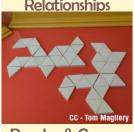


Workshop: Diwali

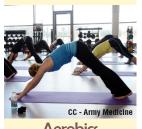
Origami

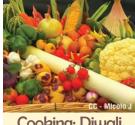


Workshop: Communities



Puzzles & Games





Cooking: Diwali Day

- · Afternoon tea provided
- Assistance with homework and life skills can be provided throughout the afternoon
- · Clients wishing to swim in the afternoon should bring their swimmers. Swimming will be permitted only when client to staff ratios allow.

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MON 23

TUE 24

WED 25

THU 26

FRI 27



Workshop: Hygiene



Lake Walk



Cooking



Exercise Challenge



Sports at the Centre



Puzzles & Games



Workshop: Exercise



Healthy Choices
Project



Origami



Personal Hygiene Poster