

October Young Adult Activities

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

FUNCTIONAL LITERACY & NUMERACY

Independent living skills training:
Self

MON 1

TUE 2

Please bring a packed lunch or money for lunch

WED 3

Please bring a packed lunch or money for lunch

THU 4

Lunch provided

FRI 5

Please bring a packed lunch or money for lunch

MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS

**Centre Closed:
Public Holiday**



CC - Ginny

Zone Bowling

\$6.45 a game



CC - Kelly Garnett

Walking group or swimming

Please bring appropriate clothing



CC - Fred

Cooking



CC - Foxcroft Academy

Walking group or swimming

Please bring appropriate clothing

Skill Building Workshops

- Understanding size and weight measurements generally and personally
- Understanding clothes and shoe sizes generally and personally
- Understanding own personal information
- Using a phone



**Centre Closed:
Public Holiday**



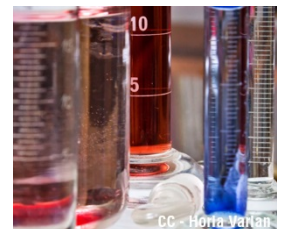
Shopping at South.Point



STEM challenge



Program planning: have your say



Crazy science

***Meditation and Mindfulness exercises will take place on a daily basis**

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

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FUNCTIONAL LITERACY & NUMERACY

Independent living skills training:
Reading

MON 8

Lunch provided

TUE 9

Please bring a packed lunch or money for lunch

WED 10

Please bring a packed lunch or money for lunch

THU 11

Lunch provided

FRI 12

Please bring a packed lunch or money for lunch

MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS



CC - Fred

Cooking



CC - Kelly Garnett

Walking group or swimming

Please bring appropriate clothing



CC - Chilli Head

Basketball



CC - Todd Milton

Travel training to Belconnen



CC - hoomanz

Art & craft

Skill Building Workshops

- The alphabet
- Identifying important information
- Using the internet
- Recognising signs
- Reading labels and prices



CC - annettebarbara

Library visit

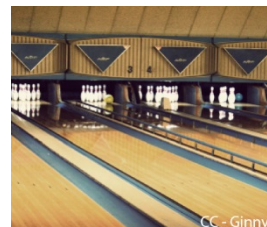


CC - Emerson Posadas

Board games



Planning our bus trip tomorrow



CC - Ginny

Zone Bowling

\$6.45 a game



CC - Meagan

Computer skills

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FUNCTIONAL LITERACY & NUMERACY

Independent living skills training:
Writing

MON 15

Lunch provided

TUE 16

Please bring a packed lunch or money for lunch

WED 17

Lunch provided

THU 18

Please bring a packed lunch or money for lunch

FRI 19

Lunch provided

MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS



Walking group or swimming

Please bring appropriate clothing



Movies @ Limelight Cinemas



Art & craft



Walking group or swimming

Please bring appropriate clothing



Fire drill

Skill Building Workshops

- The alphabet
- Writing own name and address
- Composing a sentence
- Identifying important information
- Writing a note, shopping list, letter or email
- Using word processors
- Completing forms



Board games



Lunch at a local cafe



Cooking



Crazy science



Photography

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FUNCTIONAL LITERACY & NUMERACY

Independent living skills training:
Time

MON 22

Lunch provided

TUE 23

Lunch provided

WED 24

Please bring a packed lunch or money for lunch

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



Meal planning, shopping, cooking



BBQ at the centre



Walking group or swimming

Please bring appropriate clothing



Car wash & cleaning



Cooking

Skill Building Workshops

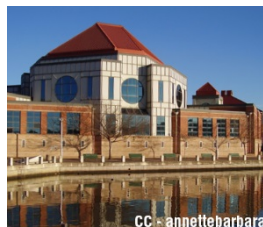
- Number recognition
- Telling the time/reading a clock
- Concept of time (days, weeks, months, years)
- Planning your time
- Estimating duration



Art & craft



Computer skills



Library visit



Comic strip social stories



Basketball

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October Young Adult Activities

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FUNCTIONAL LITERACY & NUMERACY

Independent living skills training:
Money

MON 29

Lunch provided

TUE 30

Please bring a packed lunch or money for lunch

WED 31

Please bring a packed lunch or money for lunch

THU 1

Lunch provided

FRI 2

Please bring a packed lunch or money for lunch

MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS



CC - Noomanz

Art & craft



CC - Ginny

Zone Bowling



Halloween party



CC - Fred

Cooking



CC - Kelly Garnett

Walking group or swimming

Skill Building Workshops

- Coin and note identification
- Understanding the value of currency
- Calculating change
- Budgeting
- Online money minded activities
- Paying bills
- Opening a bank account



Halloween Party cooking



Shopping at South.Point



Party games



CC - Ivan T

Origami



Bunnings workshop

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